

COMMUNICATE & MOTIVATE WORKSHEET

Know Your "WHY"

Understanding our big "WHY" provides us purpose. Giving us a clear path of our future, allowing us to drive our dreams to reality. Here are some questions to consider in helping you discover your "WHY"

- What does success look like?
- Why are you doing this?
- What would your life look like if you hit your goals?

List 3 WHY's

1. _____
2. _____
3. _____

Set Your Goals

Our mind will work night and day to achieve the goals we set. They are essential to staying motivated. We all have personal goals to support what we want out of life. By setting daily business goals we are able to support the success of our personal goals.

"If you are bored with life, if you don't get up every morning with a burning desire to do things... you don't have enough goals." – Lou Holtz

What business goals will you commit to for your best life?
(ie...tracking my numbers, 5 star customer service, learn new skill sets...)

Goal #1

Goal #2

Goal #3

How Much Do You Really Want?

To live your dream's, you have to be willing to give up your limitations and excuses about why you didn't produce the result! At the end of the day all that matters is: "What result did you produce?"

Use this worksheet to help you determine how much money you need to produce as your average service ticket per client to hit your financial goal.

Service Provider - In Your Pocket

- Desired in your pocket? _____ (yearly)
- Doubled (x2) _____
- Divided by 50 weeks _____
- Divided by days worked _____
- Divided by number of clients per day _____ = Average Ticket

Solopreneur - In Your Pocket

- Desired in your pocket? _____ (yearly)
- Plus your monthly expenses x12 months _____
- Divided by 50 weeks _____
- Divided by days worked _____
- Divided by number of clients per day _____ = Average Ticket

Homeplay

Hitting your goal is easier than you think!

- Stay focused and connected to your WHY
- Set your daily GOALS
- Play the game "Double Your Day"

Follow the instructions on the double your day tool.
Stretch your mind and consider all the possibilities!