



| Principles         | Practices   |
|--------------------|---|
| 1. Why/Motivation  | <ul style="list-style-type: none"><li><input type="checkbox"/> Motivations - Who/What are you most in love with/motivated by? (kids, planet...)</li><li><input type="checkbox"/> Write, Post, Declare, Share, Feel Your Love/Motivation - Daily!</li><li><input type="checkbox"/> Know you can Be, Do, Have, Contribute anything you want</li></ul>                             |
| 2. What/Direction  | <ul style="list-style-type: none"><li><input type="checkbox"/> Current Passions &amp; Happiest Memories (Child/Teen/Adult) - Write, Envision, Feel</li><li><input type="checkbox"/> Gifts, Talents &amp; Value-Add you Bring - Write ALL.</li><li><input type="checkbox"/> Passion Roles - Fill in Grid w Passions down side &amp; Talents/Value/Roles across top</li></ul>     |
| 3. Clarity         | <ul style="list-style-type: none"><li><input type="checkbox"/> Dream/Vision Board, Dream Book - See, Write Dreams &amp; Chief Aims Regularly</li><li><input type="checkbox"/> Dream Card - Mobile with you - to see &amp; focus your wise choices</li><li><input type="checkbox"/> Dream Dates - Go to the Log Cabin, Sit in the Hybrid Car, Walk in Desired Areas...</li></ul> |
| 4. How/Tactics     | <ul style="list-style-type: none"><li><input type="checkbox"/> Declaration - "Everything for my highest &amp; best is coming onto my 'radar screen'."</li><li><input type="checkbox"/> Wins Journal - Write all 'off radar' wins/how's that came on to your screen - Daily.</li><li><input type="checkbox"/> ...</li></ul>  |
| 5. When/Time       | <ul style="list-style-type: none"><li><input type="checkbox"/> Completely commit to Dreams, Sweet Spot Goals, Results-Producing Activity</li><li><input type="checkbox"/> Relax as to When you &amp; the universe Manifest</li><li><input type="checkbox"/> Trusting that Everything happens in Perfect Time</li></ul>  |
| 6. Goal Types      | <ul style="list-style-type: none"><li><input type="checkbox"/> Ask - "Is this Sweet Spot Goal best Specific, General, or Feel Good?"</li><li><input type="checkbox"/> Let go of the myth that Every Goal has to be a "SMART" goal</li><li><input type="checkbox"/> ...</li></ul>  |
| 7. Goal Defined    | <ul style="list-style-type: none"><li><input type="checkbox"/> 'Right Size' Goal - from 'Sour Spot' to 'Sweet Spot' Goal</li><li><input type="checkbox"/> Set yourself up for Success</li><li><input type="checkbox"/> Write, Post, Declare Regularly your "Sweet Spot Goal"</li></ul>  |
| 8. Track to Win On | <ul style="list-style-type: none"><li><input type="checkbox"/> Link Quantitative Chief Aim and/or Sweet Spot Goal with Next Logical Steps</li><li><input type="checkbox"/> Ask - "Given my 1yr/90day targets, what daily activity will generate those results?"</li><li><input type="checkbox"/> Plan, Do, Measure - Your Daily/Weekly Activity Targets &amp; Actuals</li></ul> |
| 9. Decision        | <ul style="list-style-type: none"><li><input type="checkbox"/> Declarations: "I'm doing it! That's it period!", "Really it's already done!"</li><li><input type="checkbox"/> Choosing to be Succsesful, to Generate a Great Life, make Every Day Great...</li><li><input type="checkbox"/> Burning Desire - for the Achievement of your Sweet Spot Goals</li></ul>              |
| 10. Responsibility | <ul style="list-style-type: none"><li><input type="checkbox"/> Declarations: "I am Fully Responsible &amp; therefore Powerful to Create my Life."</li><li><input type="checkbox"/> Subconscious Rewire Technique - Clear 'Blame' Blocks, Rewire Responsibility/Power</li><li><input type="checkbox"/> ...</li></ul>   |



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|--|---|
| <b>11. Focus</b>                         | <ul style="list-style-type: none"><li><input type="checkbox"/> Pure Focus - 68+sec Every Morning</li><li><input type="checkbox"/> Sweet Spot Goal - write, speak, declare regularly</li><li><input type="checkbox"/> Leveraging &amp; Future Pacing - with MasterMind, Coach, Mentor</li></ul>  |
| <b>12. Clearing Blocks</b>               | <ul style="list-style-type: none"><li><input type="checkbox"/> Subconscious Rewiring Technique</li><li><input type="checkbox"/> Equinimity</li><li><input type="checkbox"/> ...</li></ul>   |
| <b>13. Reframing</b>                     | <ul style="list-style-type: none"><li><input type="checkbox"/> Feel Good Dial, Language Reframe, Audio Reframe, Mining for the Gold</li><li><input type="checkbox"/> Reframe Workout</li><li><input type="checkbox"/> ...</li></ul>   |
| <b>14. Feeling Good</b>                  | <ul style="list-style-type: none"><li><input type="checkbox"/> Thoughts &amp; Emotions - Feel Good Dial, Reframe &amp; Restore Techniques</li><li><input type="checkbox"/> Body - Organic Vibrant Plant Input, Joyful Movement</li><li><input type="checkbox"/> Spirit - Meditation, Prayer, Outside in Nature, Connect to Source</li></ul>               |
| <b>15. Energy/Vitality</b>               | <ul style="list-style-type: none"><li><input type="checkbox"/> Expand Positive "Energy Ball" - Energy Techniques, Qi Gong...</li><li><input type="checkbox"/> Increase Vitality in your Body - Restorative Sleep, Living Food...</li><li><input type="checkbox"/> Know &amp; Do what gives you Joy, Laughter, Happiness</li></ul>                         |
| <b>16. Excitement in Sweat Spot Goal</b> | <ul style="list-style-type: none"><li><input type="checkbox"/> Increase Excitement to 8,9,10 - Ideally 10!</li><li><input type="checkbox"/> Strengthen link to dreams, possibly shift focus or increase size of goal</li><li><input type="checkbox"/> Add External Motivation - e.g. your kids education, planet restoration...</li></ul>                 |
| <b>17. Belief in Sweat Spot Goal</b>     | <ul style="list-style-type: none"><li><input type="checkbox"/> Increase Belief to 8,9,10 - Ideally 10!</li><li><input type="checkbox"/> Decrease size of goal, live aspects of dream life now...</li><li><input type="checkbox"/> Immerse in People who have Achieved, in People who Believe.</li></ul>   |
| <b>18. Belief in Self</b>                | <ul style="list-style-type: none"><li><input type="checkbox"/> Write, Post, Read ALL your Life Successes &amp; Strengths - Daily a.m.!</li><li><input type="checkbox"/> Wins Journal - Write ALL your Wins/Successes - Daily p.m.!</li><li><input type="checkbox"/> Subconscious Rewiring Technique</li></ul>   |
| <b>19. Daily Inner Game</b>              | <ul style="list-style-type: none"><li><input type="checkbox"/> Motivation - inspirational audio, reading...</li><li><input type="checkbox"/> Mindfulness - meditation, prayer...</li><li><input type="checkbox"/> Movement - walk, 'spurts', qi gong, yoga, rotate 13 major joints...</li></ul>   |
| <b>20. Daily Outer Game</b>              | <ul style="list-style-type: none"><li><input type="checkbox"/> Pure Focus - 68+sec on Sweet Spot Goal, Leverage with MasterMind</li><li><input type="checkbox"/> Priorities - Write Top 5 end of each day. Do Top 5 beginning of each day</li><li><input type="checkbox"/> Play - Celebrate each Win throughout day. Playful Restorative Breaks</li></ul> |





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|---------------------------------------|--|
| <b>21. Training</b>                   | <ul style="list-style-type: none"><li><input type="checkbox"/> Schedule Live Training/Events into your year</li><li><input type="checkbox"/> Relevant Learning into your day - audio, video, reading, live humans</li><li><input type="checkbox"/> 4 Stages of Learning - 1,2,3...to unconscious competence</li></ul>                          |
| <b>22. Systems</b>                    | <ul style="list-style-type: none"><li><input type="checkbox"/> Select/Create Proven Systems - for Results-Producing Activity</li><li><input type="checkbox"/> Utilize Winning Systems - Daily</li><li><input type="checkbox"/> Love Proven Systems!</li></ul>  |
| <b>23. Know the Score Measurement</b> | <ul style="list-style-type: none"><li><input type="checkbox"/> Create Metrics, Measure, Manage - Revenue Producing Activity</li><li><input type="checkbox"/> Know your Revenue Streams, Expenses, Return on Investments</li><li><input type="checkbox"/> Budget/Allocate Revenue, Reduce Expenses, Optimize Returns</li></ul>                  |
| <b>24. Relationships</b>              | <ul style="list-style-type: none"><li><input type="checkbox"/> 5 Closest Friends/Colleagues</li><li><input type="checkbox"/> Give First, Give Often, Give to Givers, Let Go of Takers, Accept All</li><li><input type="checkbox"/> ...</li></ul>   |
| <b>25. Accountability</b>             | <ul style="list-style-type: none"><li><input type="checkbox"/> Learn the Skills of Being a Great Accountability Partner</li><li><input type="checkbox"/> Attract Great Accountability Partners</li><li><input type="checkbox"/> ...</li></ul>  |
| <b>26. Guide/Advisor Resources</b>    | <ul style="list-style-type: none"><li><input type="checkbox"/> Teach-Ability Index - Always have your Teach-Ability a 10 out of 10</li><li><input type="checkbox"/> Who do you Listen to? People been where you are, have what you want</li><li><input type="checkbox"/> Ultimately Yourself - Body Guided by Mind by Soul by Spirit</li></ul> |
| <b>27. MasterMind</b>                 | <ul style="list-style-type: none"><li><input type="checkbox"/> MasterMind Intention, Vision, Implementation</li><li><input type="checkbox"/> Leveraging</li><li><input type="checkbox"/> Future Pacing</li></ul>   |
| <b>28. Recognition</b>                | <ul style="list-style-type: none"><li><input type="checkbox"/> Recognize people's strengths regularly</li><li><input type="checkbox"/> Deep Belief - you too can be, do have the same or higher</li><li><input type="checkbox"/> ...</li></ul>   |
| <b>29. Dream Life</b>                 | <ul style="list-style-type: none"><li><input type="checkbox"/> Live Your Dream Life Now</li><li><input type="checkbox"/> Know &amp; Live One Aspect of Each of your Passions - Regularly</li><li><input type="checkbox"/> ...</li></ul>  |
| <b>30. Contribution</b>               | <ul style="list-style-type: none"><li><input type="checkbox"/> Always leave people/situations/objects better than you found them</li><li><input type="checkbox"/> Give more in use value than you charge</li><li><input type="checkbox"/> Contribute to Improvement of People, Planet, Well-Being, All Life</li></ul>                          |



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|---------------|--|
| 31. Gratitude | <input type="checkbox"/> Wake-Up & Fall Asleep Speaking & Writing Gratitude<br><input type="checkbox"/> Meditation - Feel & Expand Vibration of Gratitude for 1-5-10-mins<br><input type="checkbox"/> ...              |
| 32. Love      | <input type="checkbox"/> Meditation - Feel & Expand Vibration of Love<br><input type="checkbox"/> Practice Loving People, Animals, Nature... - Unconditionally<br><input type="checkbox"/> ...                         |
| 33. Flow      | <input type="checkbox"/> Flow - can be defined as "Living Your Vision with Happiness in the Now"<br><input type="checkbox"/> Increase Happiness Now<br><input type="checkbox"/> Increase Living Your Future Vision Now |
| 34. Happiness | <input type="checkbox"/> Mindfulness Practice - particularly "Equinimity" - a deep o.k.'ness<br><input type="checkbox"/> Declaration - "I am happy independent of conditions."<br><input type="checkbox"/> ... 😊       |
| 35.           |  |
| 36.           |  |
| 37.           |  |
| 38.           |  |
| 39.           |  |
| 40.           |  |