

CERTIFIED

The 5 steps to overcome challenges and promote success

THE 5 STEPS

- Step 1. Take the time to establish why you are doing what you are doing.
- Step 2. Consider who you take advice from.
- Step 3. Visualize your achievements.
- Step 4. Have a mentor.
- Step 5. Win when you are winning.

STEP 1

Take the time to establish why you are doing
what you are doing

Your business or job should be the vehicle to help you achieve all that you wish for in life.

STEP 1

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Take the time to establish why you are doing
what you are doing

Time to reflect and share

Could it be possible that understanding your reasons for putting in the effort, you will find the determination that will help you plow through those challenging times?

Would an approach like this support you to maintain motivation for your chosen challenge?

STEP 2

THE
5
STEPS

Consider who you take advice from.

You are being conditioned by your environment from the moment you are born, and those who you spend your time with have a massive impact on you.

Take advice only from those who have achieved what you are looking to achieve.

Reflection:

How certain are you that the advice you are taking is moving you towards your goal?

STEP 2

STEP 3

Vizualize your achievements

Time to reflect and share

Could it be possible that recognizing and building on your successful past will help to keep self doubt at bay?

STEP 4

Have a mentor

Choosing someone that can bring you their experience, help answer questions and ask you the questions that you are too afraid to ask yourself is a great aid when dealing with challenging times.

It is your job to choose the mentor, rather than them choosing you!

Reflection:

Did you seek support of a mentor for your chosen challenge?

Give some thought to who would be your ideal mentor and make contact to see if that dream can come true!

STEP 5

Win when you are winning!

It is very easy to take your foot off the gas and enjoy the limelight when you reach a level of success.

Be your own champion, and when things are going well for you keep riding the wave and enjoy the momentum it goes on to create.

Reflection:

During your chosen challenge, did you stop and enjoy the limelight or continue using the momentum to move towards further achievements?

Explain to your partner the successes from the last month and how you are going to bring more momentum to them.