THE WIN ALL DAY PLAYBOOK

YOUR GAMEPLAN ON HOW TO LIVE WITH PASSION, ON PURPOSE, SO THAT YOU CAN WIN IN LIFE!



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COACH JC



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This WIN ALL DAY Playbook Belongs To:

YOU ARE HERE ON PURPOSE. You have a purpose. Create your new story. Live your purpose driven life. - Coach JC Once you learn how to WIN the day you can live a life of purpose, productivity and true fulfillment. Your purpose driven life is created by stacking WINS. WINNING is built on WINNING! Coach JC

Hey WINNER,

You are holding in your hand a manual, a blueprint, a gameplan, your new daily **PLAYBOOK** to create your new reality and orchestrate your future. I am a walking miracle, a comeback kid, from rags to riches story but most importantly, I am a walking testimony! A testimony for you to be motivated, inspired and encouraged that if I could do it, you can too! I have been blessed to do what I love to do and make a living do it. That is to help people build a purpose driven life, profit from their passions and ultimately WIN IN LIFE! But it all started in 2003 when I layed face down in my apartment, in the fight of my life. Fighting to be a father, in a custody battle brought me to over \$400k in debt, ended me up depressed, oppressed, down and out and suicidal. I made a decision at that moment in time to create a new story for my life. I did some strategic things at that time to pull me out of the dark place I was in and create my new reality.

This Playbook you are holding is 17 years in the making and is based off of real life trial and error. Not theory, not something I think is a good idea, but the blueprint that I used in my own life to create a new story for my life. The same gameplan that has helped thousands of others create their new story for their life. And **YOU ARE NEXT!**

Every successful team and organization has a

Playbook. The gameplan, the blueprint of the plays that make them successful. In sports, it's the X's and O' in the Playbook. In business it's the systems from marketing, sales, fulfillment etc.. So, why in life, do we not have a Playbook on how to WIN? That is why this was created, to now provide a Playbook that you can follow to <u>BE THE BEST</u> version of you and ultimately **WIN IN LIFE!**

This Playbook is compiled of a few of the most important things I did EVERYDAY to create a purpose driven life and experience a life of abundance and true fulfillment. I am believing that this will serve you the same way it did me and the thousands of other people before you.

I am believing for <u>THE BEST</u> for you and as you implement this gameplan I pray that you will experience a life of over the top passion, joy, strength, peace, love, positivity, intensity, motivation, inspiration, encouragement, giving, impact and happiness... a **PURPOSE DRIVEN LIFE!**

WIN ALL DAY!

COACH JC Win all day — Founder & Ceo

For more free resources, videos and strategies to be your best and WIN more in life, visit CoachJC.com/get-started

WINNING IS BUILT ON WINNING

WINNING IS BUILT ON WINNING! Many people hope and wish to WIN but never WIN. Many people watch others WIN and desire to WIN but never WIN.

WINNING is built by producing small wins over and over again. I call it STACKING WINS! If you choose to use this Playbook everyday you will stack wins and those stacked wins will add up to your BIG WINS overtime!

DECIDE. COMMIT. RESOLVE.

DECIDE What One Decision WILL I MAKE Today That Will Create Momentum In My Life?

"I will make the DECISION that I want to be the best version of me and to do that I have decided to take action and implement the WIN ALL DAY Playbook, everyday!"

COMMIT What Am I Deciding Today That IS GOING TO HAPPEN in my life?

"I am deciding today to commit to be my best and create my new story for my life. To do this I am committed to doing the WIN ALL DAY Playbook everyday!"

RESOLVE What Am I Deciding Today that IS ALREADY DONE in my life?

"I am deciding that it is already done! That I will be the BEST version of me, I will create a new story for my life, I will live a life of purpose, significance and true fulfillment so that I can make my greatest impact and walk out my calling and fulfill my destiny. It is already done!"

YOUR BREAKTHROUGH IS COMING

I am not sure what motivated you to pick up this Playbook at this time in your life but I BELIEVE that you did on purpose. There are defining moments in time when we make certain decisions that have the possibility to change it all and I believe that this moment in time will be that for you. I am not sure what your life looks like at the moment but you are making a decision to want to be more and achieve more in life and as you sow you shall reap!

As you make the decision, commit and operate with resolve by implementing the WIN ALL DAY Playbook into your routine, you are going to create and experience BREAKTHROUGHS in your life!

As my mentor Tony Robbins says,

A BREAKTHROUGH IS THE MOMENT IN TIME WHEN THE IMPOSSIBLE BECOMES POSSIBLE.

Your Breakthrough Is Coming! Expect a Breakthrough in your personal and professional life.

Personal Breakthroughs – Be expecting to create shifts in beliefs, perceptions, and standards.

Business Breakthrough – Be expecting to create strategies, ideas, systems, step by step gameplans and visions to make progress in your business.

WHAT DO YOU WANT?

What is WINNING to you? Your "What" is your VISION. If you don't know what you want you will never get it.

What does a WINNING life look like to you? What does WINNING in business look like for you? What do you need to get out of life long term? What do you need to get from your business long term?

Where are you? Where do you want to be? Clarify the results you desire in life. A crystal clear compelling vision for the future is needed to WIN! You will define this during the Pregame of your Playbook and as you go through this Playbook each day your "WHAT" will become more crystal clear and your Vision will come to life!



"WRITE THE VISION AND MAKE IT PLAIN SO THAT YOU CAN RUN WITH IT."

> THE BIBLE: HABAKKUK 2:2

WHAT IS YOUR "WHY"

WHY do you want to WIN? Your "WHY" is your PURPOSE. This is your driver and juice. Your motivator, the reason you do what you do! This is what pulls on you to overcome laziness, procrastination, worry, doubt, fear and to not be led by emotions and feelings.

THE GREATEST FORCE IN LIFE... IS THE SOUL ON FIRE. A LIFE ON PURPOSE!

Why do you do what you do? Why do you have to have your "WHAT"? Think about the impact you could make? The quality of life you could have for you and your loved ones?

You have to make what's in front of you STRONGER than what's behind you! You have to make what's inside of you BIGGER than what's outside of you! You have to make what you want GREATER than your greatest excuse!

CREATE YOUR NEW STORY

The only thing keeping you from getting what you really want in life is THE STORY you keep telling yourself of why you don't or can't have it!

Change your STORY. Change your life. Today is the day you stop making up stories to excuse the result you are getting at the moment.

"YOU only get a new result by taking a new action.

You only take a new action by creating a NEW STORY!"

Your story is a series of beliefs that you create around something. Change your belief, change your life! BELIEF is a feeling of certainty about what something means. The meaning of anything in life ONLY has the meaning YOU choose to give it!

What you look for, you will find! Start to assign your life, your business and anything you desire in life a new meaning, give it a new story so that you can create a new belief.

How? **REPETITION!**

1. **SEE IT!** SEE IT BETTER THAN IT IS! You are not moved by what you see in the natural any longer! You choose FAITH! Throughout this gameplan you will CREATE a vision beyond the moment. You will DESIGN it as what it could be and not what it currently is. You will start to see something that no one else sees.

2. **SAY IT!** YOUR WORDS CREATE BELIEF! As you implement this gameplan you will start to create a belief of, "I CAN!" A belief of, "I WILL!" And a belief that "I MUST!"

"The true reward is the person you will become on the way to creating your new story!"

MOVE THE BALL

WINNING IS BUILT ON WINNING! WINNING is a product of your STACKED WINS over time! To stack WINS you must move the ball. Through this Playbook, that is the entire goal. The goal is to get you to move the ball. You don't win the game all at once. BUT once you develop the commitment and discipline to STACK WINS you will MOVE THE BALL. Moving the ball is about creating momentum, traction, growth and progress.

FAITH WITHOUT WORKS IS DEAD JAMES 2:17

Most people never get what they want in life...or become who they were called to be because they are led by emotions and feelings. YOUR emotions no longer dictate and determine what you do. YOUR Actions do. Throughout this gameplan you will take action until you act your way into feeling.

Most people want to WIN and be successful but very few people are actually running the right plays to WIN. This Playbook is your gameplan, the plays you need to run to create your life you desire and deserve to ultimately WIN.

"DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT?"

MOTIVATION

Motivation comes and goes. If you wait until you are motivated to take action you will never create your new story and **WIN ALL DAY**. You see, what's wrong is always available and many times we lose motivation and get stuck managing our circumstances that we don't have time to create our life!

Short term motivation comes from getting a result! Long term motivation comes from short term momentum. Using this **WIN ALL DAY Playbook** will help you to bring back the motivation by stacking wins and creating momentum. These small incremental increases in productivity will geometrically grow your life over time.

MEASURE TO WIN

What gets measured is what gets done! You can't move something you don't measure. How do you know if you are winning or losing? In a game it's a scoreboard, in business it's your numbers. With the Playbook you will now have a scoreboard for your life and each day, week and month you will know the score so that you know what play you need to run to increase your winning percentage in life!

IF YOU WANT SOMETHING YOU'VE NEVER HAD, YOU HAVE TO DO SOMETHING YOU'VE NEVER DONE...AND DO IT OVER AND OVER AGAIN UNTIL YOU WIN!"

COACH JC

HOW TO USE YOUR PLAYBOOK

There are three parts to your Playbook. Pregame, Gametime and Postgame. Every successful team and organization has the things they do prior to the game or the sales call or meeting that sets them up to win. Then you have the actual time of competition, the game. Then following the game you have the time of debrief, watching film, evaluation, asking what did we do right, what could we have done better. And of course to know if you are WINNING the game you have a scoreboard to measure your outcome.

So your Playbook for life will be no different. You will have three parts to your Playbook and each part has a gameplan to set you up to win and yes you will have a scoreboard to measure your outcome baby!

PREGAME:

Your pregame consists of your preparation gameplan to set you up for success. Your Pregame consists of two parts:

"Your Vision For Your Life"

This will be completed at the beginning of the Playbook before you start.

"Bring Your Vision To Life"

This will be completed at the beginning of your Playbook and at each 30 day mark.

YOUR VISION For your life

WRITE THE VISION; MAKE IT PLAIN, SO HE MAY RUN WHO READS IT. -HABAKKUK 2:2

For each area bring clarity by writing your vision for your life. This is not where you currently are. This is your perfect life! What would it look like in each of these areas if you had the perfect life? Try to list at least 3-5 specific, descriptive things in each area.

MISSION (CAREER, BUSINESS)

(What's your Mission in life? What kind of Business? What does it look like?)

FINANCIAL

(What are you earning? What is your income level? What is your net worth?)

PHYSICAL (HEALTH AND WELL-BEING)

(What does your body look like, feel like, perform like? What would your day look like as you build this you, the best version of you physically?)

PERSONAL GROWTH (MENTAL, EMOTIONAL, SPIRITUAL)

(What does this look like for you? What would you be doing to grow in these 3 areas? Reading, attending conferences, masterminds, school, etc.)

RELATIONSHIPS

(Who and what kind of relationships would you be in? What would this look like? Be specific?)

FREEDOM (FREE TIME, HOBBIES)

(What would you be doing with your free time? What would you be creating? What hobbies or travel are you doing?

IMPACT (CONTRIBUTION, SERVING)

(How will you give back? What kind of impact will you have?For your family, friends, society, ministries... This could be small or big depending on your vision on contribution. What does this impact look like for you in your world?)

BRING YOUR VISION TO LIFE

STEP ONE: YOUR VISION

(KNOW WHAT YOU WANT)

YOUR VISION – You have now created your vision for your life in each of your 7 Key Areas To WIN IN LIFE. This is your BIG life and your design of your life. Now it's time to make them happen. We will do that by setting goals, winning confessions, and taking action baby!

STEP TWO: SET A GOAL

From your 7 Key Areas To WIN IN LIFE create goals for each area. (You can start with 1-2 areas that are the most crucial for you at the moment) These are goals based off of who you are and the life you want to achieve. Don't state anything in the negative and don't lower your goal to meet your current reality. Be specific, realistic, measurable and place a timeline on each of the goals.

Ex. I am out of debt and financially free by January 1st.Ex. I am off my blood pressure medication, lose 30 lbs. and running 3 miles a day by January 1st.

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

FREEDOM (Free Time, Hobbies)

IMPACT (Contribution, Serving)

STEP THREE: CREATE YOUR WINNING CONFESSION

Your "I Am..." Your "I Will..." My Purpose Is... Take your "I am..." statements from above along with your "I Will..." statements, add your "Why" – "My purpose is..." and create your WINNING CONFESSION for each of your Visions for your life.

(Make it personal by stating "I am..." and create certainty stating "I Will..." Use descriptive, powerful, emotional action words throughout. Your "Why" must be deep, it's your purpose, your reason, your motivator.)

STEP FOUR: TAKE ACTION

Your exact next steps YOU MUST take to make this happen. List 3 action steps for each of the 7 areas and the goals that you have set. These are actions that you will take immediately to move the ball in that area and reach your goal. Be Specific.

Ex.

Not Specific Enough – Get out of debt

Specific – Spend 1 hour each week with my wife going over budget and eliminating unnecessary expenses. Ex.

Not Specific Enough - Lose weight

Specific – I will run 3 mornings a week for 30 min each time and I will walk 2 days for 30 min each time.

THE ACTION I WILL TAKE

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

FREEDOM (Free Time, Hobbies)

IMPACT (Contribution, Serving)

GAMETIME:

Your gametime consists of your Daily gameplan. This is where it all happens baby! Your daily gameplan is made up of your morning routine, your daily routine and your evening routine. Here is your daily gameplan that will be your routine everyday.

MORNING ROUTINE TO WIN

YOUR WINNING HOUR

This is your morning routine. This is the routine I created at my lowest point in life and have now personally used every day for the last 12 years. This is the same WINNING HOUR used by many high performers, world changers and many people from all walks of life in building the best version of themselves to WIN more in life.

Below you will find your morning routine, THE WINNING HOUR. You will do this each morning and on your daily gameplan you will check off that you did complete it.

(For a full version and explanation of THE WINNING HOUR you can visit www.CoachJC.com/winninghour)

COACH JC'S WIN ALL DAY WINNING HOUR ROUTINE

MENTAL — (10 MINUTES)

During these 10 minutes you will stimulate your mind by reading. There is so much power in reading. You will pick a book that you know is going to make you a better version of you. A book you are interested in. A non-fiction book that is going to challenge you and get you to think. Ask yourself this question when choosing a book, "What area of my life do I want to be more 'in' at the moment?" Maybe you already have a book in mind.

Here is my winning list of books that I would suggest for a reading list for anyone wanting to win in business and in life.

www.CoachJC.com/WinningBooks

EMOTIONAL - (10 MINUTES)

During these 10 minutes you will have 5 minutes of breathing and 5 minutes of Your Winning Confession with Visualization. So many times in life we allow emotions to dictate and determine what we say and do. These 10 minutes will train you to be in control of your emotions throughout the day.

Breathing/Meditation – (5 Minutes)

Deep slow breathing – Inhale through your nose and exhale through your nose. You will focus on slow, steady breaths. Five seconds on the inhale, hold for 5 seconds, and 5 seconds on the exhale. You elongate the inhale, hold, and elongate the exhale. Perform 3 sets of this cycle.

*You should be breathing through your belly and not your chest. Watch for your stomach to be moving and not your chest.

Focused Breathing – This is a technique I learned from the great Tony Robbins. This is a focused, aggressive breathing technique. After this focused breathing technique you will feel invigorated, rejuvenated, and energized like you just hit a good workout or had a cup of coffee.

Here is a video so that you can see how to properly perform this technique: FOCUSED BREATHING WITH COACH JC www.CoachJC.com/FocusedBreathing

Winning Confession

See It! Say It! See It! This is when you will call those things that are not, as if they are. During this time you will have your Winning Confession in front of you, on paper, and you will SEE IT. Then you will SAY IT. Say it with authority, mean it. Then you will SEE IT. This second SEE IT is about you visualizing yourself already there in what you are saying.

If you have never created a WINNING Confession here is one to start with:

Create three "I am..." statements, three "I will..." statements, and one "my purpose" statement.

I have helped thousands of people create WINNING Confessions that have changed their lives, and it will do the same for you. This is something that will evolve and you will add to over time.

If you want to hear more WINNING confessions you can check out my WIN ALL DAY podcast show: WIN ALL DAY PODCAST SHOW www.CoachJC.com/Podcast Here is a WIN ALL DAY Winning Confession for you to get started with:



COACHJC.COM

SPIRITUAL — (10 MINUTES)

During this 10 minute investment you will pray. Prayer changes everything. If you follow me then you know that I am a big believer in prayer and my faith. I believe that the greatest miracles in life happen when you combine the natural with the spiritual. You want to WIN more in life then start today by using this simple formula:

PHYSICAL + SPIRITUAL = SUPERNATURAL.

Pray by giving thanks and then pray by asking, and then just listen. During this time of silence you will get creative ideas, strategies, and revelations like never before. Here is that simple strategy one more time: give thanks, ask, listen.

RELATIONAL - (10 MINUTES)

One of the GREATEST currencies in life is relationships. During this time of investment you will create your game plan for connecting with the people in your life who are most valuable and important to you. You will also create a gameplan for whom you will connect with today and how.

Here is how you WIN these 10 minutes:

- 1. How will I love my family today? (Spouse, kids, mom, dad, brother, sister, employees, co-workers, etc.) Be specific about what actions you will take today.
- 2. Who have I not connected with lately? Who do I need to reach out to today? How will I reach out to them?
- 3. Who will I connect with today? Who in life or business do I need to connect with but have not because of fear? How will I connect with them today?

MISSION (FOCUS/BUSINESS) — (10 MINUTES)

During this time of investment you will write. Get yourself a journal that you like and will want to look at everyday. Make sure to date each day as this will be a resource for you and a great reflection to look back on. During this time you will WIN by executing the following each day:

- 1. Reflection: Journal anything you learned or that was revealed to you today during your WINNING HOUR.
- 2. Today's gameplan: Plan and prepare to execute your mission for today. What will I do today to WIN in life? Business? And so on. Be as specific as possible and ask yourself these questions for each item on your hit list:

What? What will I accomplish?

When? At what time will I complete this task?

How? What do I need to make this happen?

Who? Who on my team will do this task or be a part of it?

Why? Why is this thing important and what will it bring when the outcome is achieved?

You are creating your daily hit list so that you can WIN!

PHYSICAL – (10 MINUTES)

There are two components in these minutes to help you WIN: fitness and nutrition. You were born to move and one of the most valuable things you can do to start your day is to get moving and get that blood flowing. This is so useful to release toxins, bring oxygen to your cells, and get your mind and body aligned.

Here is your PHYSICAL morning routine:

Fitness – 5 minute blast.

You will exercise for 5 minutes. Here are some 5 minute blasts for you to get started with: www.CoachJC.com/5-minute-blasts

In my book, "The Secret To REAL Weight Loss Success" I have a 25-day game plan with Daily 5 Minute Blasts that you can do anywhere, anytime. You can buy a copy of that book over at www.CoachJC.com

*If you already are exercising each day then continue to do what you are doing in place of this. If you are not excercising already, start with 5 minutes and increase to 2 sets, then 3 or 4 over time. Eventually, you should be excercising each day for at least 30 minutes.

Nutrition

What you put in your body directly affects your output. I have coached thousands of people for over 15 years on nutrition and what to eat to look their best, feel their best, and reach their body composition and health-related goals. Today I want to give you just two small nutritional keys to help you WIN

1. Hydration:

You will start in the morning by drinking two glasses of water during your WINNING hour.

2. WIN ALL DAY Shake:

***Protein** – Choose high-quality plant based or whey protein.

*Greens – Kale, spinach, or even a superfood green powder.

*Healthy fats – Almonds or cashews (you can also use the butters of these).

*Berries – Drop in some of these antioxidants (blueberries, raspberries, strawberries).

*You can find the highest quality whey protein, plant protein and greens over at www.CoachJC.com

YOUR WINNING STATE

How you choose to show up creates the reality of your life. Part of the goal of your WINNING HOUR is to put you in an optimal, peak state to start your day. Your state is your mental or emotional condition and many times, if we are not careful the circumstances of life and our emotions and feelings create our state.

In your WINNING STATE gameplan each day you will choose how you will show up in the 3 areas that create your state. The great news is you are in FULL control of these 3 areas. **YOUR FOCUS. YOUR EFFORT. YOUR ATTITUDE.**

Your **FOCUS** each day is what brings you clarity. Your focus will be on your Vision for your life which you created in your Pregame. You will also choose what your Purpose for today will be, your short term target you need to hit to get you there.

Your **EFFORT** each day will be focused on where your energy needs to go to increase productivity. You will ask yourself where do I need to put my energy, and give my best, 100%. You never get today back. Whatever you are doing, do it with YOUR BEST!

Your **ATTITUDE** is your position, posture, your behavior and how you choose to use your body language when you show up. Each day you will choose the attitude you want to bring to each area of your life. You will be intentional about your attitude you choose and this is done through your words, perspective and body language.

YOUR WIN THE DAY GAMEPLAN

During this part of your gameplan is where you will WIN the day by being strategic in what is most important and what has to get done. So many times we get overwhelmed with to-do lists and tasks that pull us away from our purpose and mission. This part of the Playbook will allow you to plan your WINS of the day before you go into your day. Now, some people have success doing this part in the am and others in the pm, that is totally up to you. The most important part is YOU DO IT!

There are 3 parts to your WIN THE DAY gameplan:



During this time, first you will write down all the things you could do. These are the things on your to-do list, and all the small things and big things you think of doing. Just brain dump and write all of them down. If you need more paper to do this part feel free.

After you finish the brain dump of everything you could do, you will then take your top items (max 10 items) from that brain dump list and move them over to the category of, "I WILL do."

At this time, you will prioritize this list with numbers, in order from most important to least important.

From this list of "I WILL do", you will then choose your, "The BIG 3". Your Big 3 are the top 3 from your I WILL do list that if you were to get done today they would move the ball and make the greatest impact on your life and business.

You will then place your BIG 3 in the category, **The BIG 3** – **I MUST** do today!

Your BIG 3 are your MUST do. These items get done today no matter what. You make it happen! Your other items from your, I WILL do will get placed onto your "STACK WINS" area which is next in your gameplan. Your brain dump, the "I COULD do" items, leave them there and don't even look at them again today.

You will repeat this same gameplan each day.

- 1. Everything I **COULD** do Your brain dump.
- 2. Everything I WILL do Your prioritized list.
- 3. Your BIG 3 What I MUST do!

YOUR STACK WINS DAILY PLANNER

Every successful team and organization goes into the day with a gameplan. "What are the things I will do today to WIN?" With this Playbook you will now have a gameplan for your days. During this time of the gameplan is where you will STACK WINS.

Stacking WINS is about you doing small, simple, disciplined things each day, and doing them over and over again until you produce a desired result. During this time you will plan out your day. From when you wake up, until you go to bed.

Look at your "Vision For Your Life" and the 7 Key Areas To WIN from your vision and while you are focused on those areas, ask yourself, "What can I do today to move the ball in that area?" For example, your Physical – Health and Fitness. If your vision for your life in this area is to lose 30lbs, be 10% bodyfat and feel energized, then what daily habits do you need to start doing that will move the ball, STACK WINS and lead to that vision for your body? Exercise? Eating healthy? You will start to place these items onto your daily STACK WINS planner.

You will also want to go back to your "BIG 3" and make sure those are on your daily planner along with your list of what you "WILL do."

By the time you are done with this part of your gameplan your entire day is built out for you to STACK WINS. Don't forget, even this Playbook, and when you will execute it, needs to be placed on your STACK WINS Daily Planner.

You will have tremendous peace of mind going into each day, no longer overwhelmed with a crazy to-do list and no more being led by emotions and feelings. YOU create your WINNING days! This is what you WILL do and WHEN you will do it each day! This is about self-accountability. You are creating your days based around the VISION you have for your life. You will STACK WINS each day in the 7 Key Areas To WIN and overtime you will increase your WINNING percentage.

EVENING ROUTINE TO WIN

WINS OF THE DAY

Now is the time to celebrate your WINS from the day. The first part of your evening routine is to go back to your STACK WINS daily planner, look at your BIG 3 and ask yourself this question: "What are my WINS from today?"

This is your time to celebrate you doing what you said you were going to do. Maybe there was a time throughout the day that you felt productive in what you did. Maybe a time when you gave of your time or felt loved or gave love in your family. Maybe it was a situation at work that you handled that moved the ball. Any and all things that you consider a WIN. It could be a physical, mental, emotional, spiritual, relational, financial or business/mission WIN. Take a few moments to write them down and celebrate the small and big WINS of the day.

DAILY SCOREBOARD

The second part of your evening routine is self-evaluation time. During this time you will ask yourself this simple but powerful question, "Was I THE BEST version of me today?" Not good! Not average! Not, did I get through or survive the day! "Was I THE BEST version of me?!" This Playbook was created to give you a tool that could change your life. A huge part of the gameplan is you doing what you said you were going to do! Holding yourself accountable! Yes or No?! There is no grey area when asked this question. THE BEST!!! "Did I do what I said I was going to do?!"

Next you are going to evaluate your performance. From your WINNING STATE gameplan you will give yourself a score on the 3 things you choose that create your state and ultimately your reality. Your **FOCUS** – "I knew my "why" and focused on being intentional today!" Your **EFFORT** – "I gave 100%! I worked on the most important things that moved the ball today!" Your **ATTITUDE** – "I chose my words, perspective, and body language today and wasn't led by emotions and feelings!"

Remember the goal is to move the ball so each day your score improves and overtime you will be a mental warrior and in any situation at anytime be able to create your WINNING STATE to WIN!

POST-GAME:

Your post game consists of your weekly scoreboard, monthly scoreboard and monthly prep.

YOUR WEEKLY Scoreboard

There is one powerful question that you should ask yourself when you lay your head on the pillow at night...

"WAS I THE BEST VERSION OF ME?"

And it is basically, asking the question, "Am I doing what needs to be done to move the ball and win in life?"

Many people's lives are at a standstill....stagnant and they are stuck. Your job each day is to get the ball moving and then once it's moving, to create momentum around that movement. Then the goal is to create more movement, more velocity, more speed until you create a victory, a win, a BREAKTHROUGH.

What if you had the ball moving, had momentum in an area of your life. How would your life look different?

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

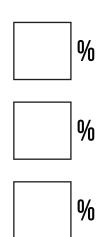
How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal/commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc.)



Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?

The great news is, that we can grow in each of these areas and that is the goal. To increase your WINNING percentage until you are consistently at a 90-100%.

This is when you can guarantee yourself a WIN!

Hit 95% consistently and you WILL WIN!!!

WINNING IS BUILT ON WINNING! Stack those wins baby!

WIN ALL DAY

YOUR MONTHLY Scoreboard

WILL THE REAL, YOU PLEASE STAND UP?!

This will be an ongoing action plan you will use on a monthly basis to determine where you are and how you are progressing.

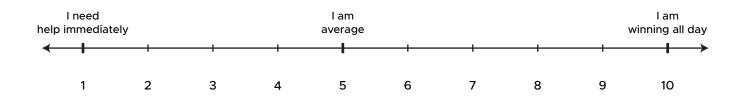
You don't have to win the entire game at once but the goal is to move the ball... to make forward progress so that you can stack wins and be your best.

Rank yourself where you currently are in life in the Core 7 Areas below. Then answer the "Get Real" questions to win.

You will rank from a scale 1-10. 1 = I need help immediately 5 = I am average 10 = I am winning all day

MENTAL

Being focused and having control over your mindset. Thinking strong, powerful thoughts and in complete control of your thought life. To be able to handle the situations of life with clarity, composure and perseverance.

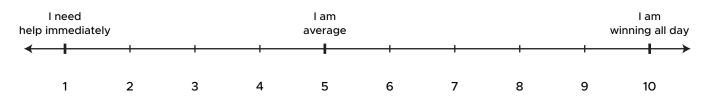


What do you know must change about your current mental situation?

What are you committed to do to grow mentally?

EMOTIONAL

Not being led by emotions and committed to being able to process emotions and what I do with them. Able to manage the emotions, circumstances, trials, storms and stressors of life and move past them quickly. My actions dictate my emotions rather than my emotions dictating my actions.

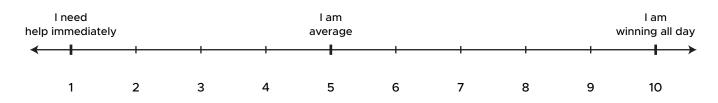


What do you know must change about your current emotional situation?

What are you committed to do to grow emotionally?

SPIRITUAL

To have a deep understanding in God and know that I am loved and going to be ok no matter what is going on outside me. A deep belief in who God is and the power that lives inside me. To have a strong faith in God and able to find a true joy and peace in life.

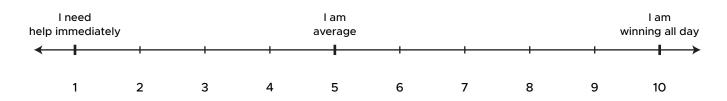


What do you know must change about your current spiritual situation?

What are you committed to do to grow spiritually?

RELATIONAL

I have deep meaningful relationships with my spouse, significant other, children and immediate family. I truly can give love and am loved. There is trust, commitment and vulnerability to grow. To have true accountability with people in my life that make me better.

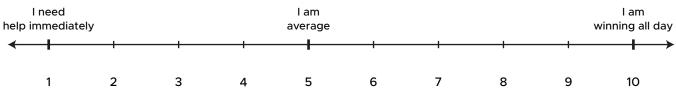


What do you know must change about your relationships?

What are you committed to do to grow your relationships?

PHYSICAL

To be strong, healthy, vibrant, energetic and full of life. To have complete control over how my body feels, looks and performs. To have a routine of discipline and consistent healthy habits from exercise to eating and life balance.

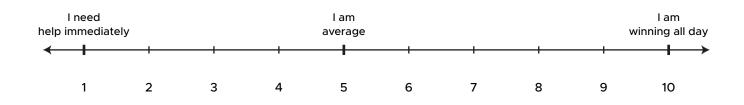


What do you know must change about your current physical situation?

What are you committed to do to grow physically?

MISSION

To know that I have a calling on my life. That I am here on purpose and have a purpose. To wake up with a fire and intensity, excited about life. To feel like each day I am doing what I was placed on this earth to do. That my daily actions are purposeful and meaningful. The peace of mind to know that I am making my greatest impact and contribution to society and that my mission when executed each day is leading to me fulfilling my destiny.

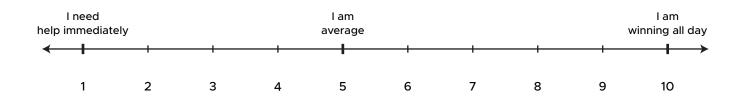


What do you know must change about your current mission and purpose in life?

What are you committed to do to live a life on purpose and be on a mission to fulfill your calling and destiny?

FINANCIAL

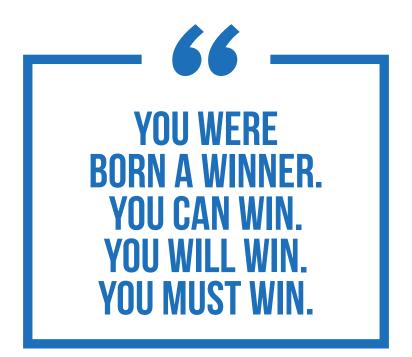
To have a sustainable current monthly income that pays the bills with left over each month. To have a current personal savings along with a great credit score. My current mindset and current income has me living a life of abundance and prosperity. Free of a scarcity mindset when it comes to money and the peace of mind that if I lost my income and couldn't replace it again soon, that I would be able to maintain my current lifestyle possibly living off of savings and credit.



What do you know must change about your current financial situation?

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What are you committed to do to grow financial?
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"THERE IS POWER IN OPENING UP IN REGARD TO WHO YOU CURRENTLY ARE So that you can become who you Always wanted to be!"



YOUR DAILY Gameplan

WINNING IS BUILT ON WINNING

MY WINNING HOUR

Mental (10 Min)

Read

Emotional (10 Min)

- Deep, slow breathing/focused breathing
- □ Winning confession (See it. Say it. See it.)

Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

- How will I love my family today?
- Who do I need to reach out/connect with today?

Mission (focus/business) (10 Min)

Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

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(My priorities for today. Prioritise 1-10)



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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

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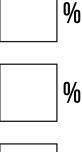
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What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

WHAT WILL I DO

(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

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Grade yourself from 1-10. 1 being the lowest, 10 being the highest.

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THE WIN ALL DAY PLAYBO	IOK
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WINNING IS BUILT ON WINNING

MY WINNING HOUR

Mental (10 Min)

Read

Emotional (10 Min)

- Deep, slow breathing/focused breathing
- □ Winning confession (See it. Say it. See it.)

Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

- How will I love my family today?
- Who do I need to reach out/connect with today?

Mission (focus/business) (10 Min)

Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

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My Purpose Today Is:

EFFORT: (Energy & Productivity)

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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

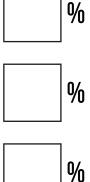
Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?



WINNING IS BUILT ON WINNING

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

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(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

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THE WIN ALL DAY PLAYBO	IOK
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Emotional (10 Min)

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Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

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Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

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(Brain Dump it all. The to-do list.)

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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

%

%

%

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?

WINNING IS BUILT ON WINNING

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

WHAT WILL I DO

(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

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WINS OF THE DAY

Celebrate the wins from today.

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SCOREBOARD

SELF EVALUATION — "WAS I THE BEST VERSION OF ME TODAY?"

Grade yourself from 1-10. 1 being the lowest, 10 being the highest.

FOCUS: I knew my "Why" and focused on being intentional today.

EFFORT: I gave 100% - I worked on the most important things that moved the ball today.

THE WIN ALL DAY PLAYBO	OK
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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

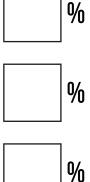
Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

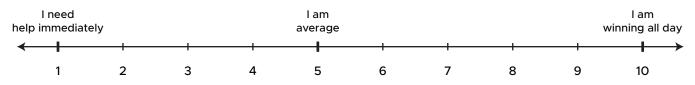
DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?



You will rank from a scale 1-10. 1 = I need help immediately | 5 = I am average | 10 = I am winning all day

MENTAL

Being focused and having control over your mindset. Thinking strong, powerful thoughts and in complete control of your thought life. To be able to handle the situations of life with clarity, composure and perseverance.

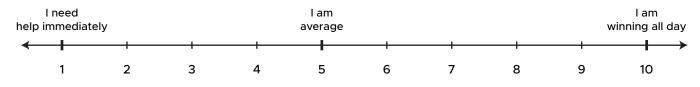


What do you know must change about your current mental situation?

What are you committed to do to grow mentally?

EMOTIONAL

Not being led by emotions and committed to being able to process emotions and what I do with them. Able to manage the emotions, circumstances, trials, storms and stressors of life and move past them quickly. My actions dictate my emotions rather than my emotions dictating my actions.

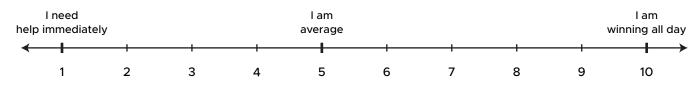


What do you know must change about your current emotional situation?

What are you committed to do to grow emotionally?

SPIRITUAL

To have a deep understanding in God and know that I am loved and going to be ok no matter what is going on outside me. A deep belief in who God is and the power that lives inside me. To have a strong faith in God and able to find a true joy and peace in life.

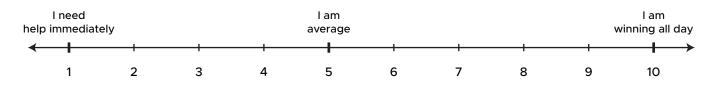


What do you know must change about your current spiritual situation?

What are you committed to do to grow spiritually?

RELATIONAL

I have deep meaningful relationships with my spouse, significant other, children and immediate family. I truly can give love and am loved. There is trust, commitment and vulnerability to grow. To have true accountability with people in my life that make me better.

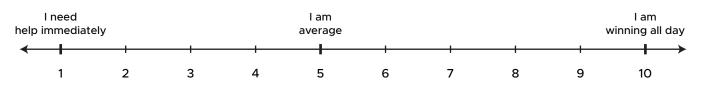


What do you know must change about your relationships?

What are you committed to do to grow your relationships?

PHYSICAL

To be strong, healthy, vibrant, energetic and full of life. To have complete control over how my body feels, looks and performs. To have a routine of discipline and consistent healthy habits from exercise to eating and life balance.

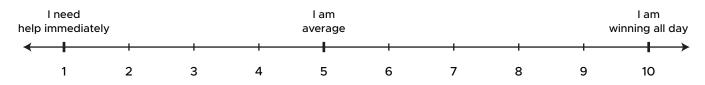


What do you know must change about your current physical situation?

What are you committed to do to grow physically?

MISSION

To know that I have a calling on my life. That I am here on purpose and have a purpose. To wake up with a fire and intensity, excited about life. To feel like each day I am doing what I was placed on this earth to do. That my daily actions are purposeful and meaningful. The peace of mind to know that I am making my greatest impact and contribution to society and that my mission, when executed each day is leading to me fulfilling my destiny.



What do you know must change about your current mission and purpose in life?

What are you committed to do to live a life on purpose and be on a mission to fulfill your calling and destiny?

STEP ONE: YOUR VISION

YOUR VISION – You have now created your vision for your life in each of your 7 Key Areas To WIN IN LIFE. This is your BIG life and your design of your life. Now it's time to make them happen. We will do that by setting goals, winning confessions, and taking action baby!

STEP TWO: SET A GOAL

From your 7 Key Areas To WIN IN LIFE create goals for each area. (You can start with 1-2 areas that are the most crucial for you at the moment) These are goals based off of who you are and the life you want to achieve. Don't state anything in the negative and don't lower your goal to meet your current reality. Be specific, realistic, measurable and place a timeline on each of the goals.

Ex. I am out of debt and financially free by January 1st.

Ex. I am off my blood pressure medication, lose 30 lbs. and running 3 miles a day by January 1st.

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

FREEDOM (Free Time, Hobbies)

IMPACT (Contribution, Serving)

STEP THREE: CREATE YOUR WINNING CONFESSION

Your "I Am..." Your "I Will..." My Purpose Is... Take your "I am..." statements from above along with your "I Will..." statements, add your "Why" – "My purpose is..." and create your WINNING CONFESSION for each of your Visions for your life.

(Make it personal by stating "I am..." and create certainty stating "I Will..." Use descriptive, powerful, emotional action words throughout. Your "Why" must be deep, it's your purpose, your reason, your motivator.)

STEP FOUR: TAKE ACTION

Your exact next steps YOU MUST take to make this happen. List 3 action steps for each of the 7 areas and the goals that you have set. These are actions that you will take immediately to move the ball in that area and reach your goal. Be Specific.

Ex.

Not Specific Enough – Get out of debt

Specific – Spend 1 hour each week with my wife going over budget and eliminating unnecessary expenses. Ex.

Not Specific Enough - Lose weight

Specific – I will run 3 mornings a week for 30 min each time and I will walk 2 days for 30 min each time.

THE ACTION I WILL TAKE

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

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WINNING IS BUILT ON WINNING

MY WINNING HOUR

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Emotional (10 Min)

- Deep, slow breathing/focused breathing
- □ Winning confession (See it. Say it. See it.)

Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

- How will I love my family today?
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Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

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(Brain Dump it all. The to-do list.)

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Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal/commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

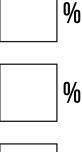
Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?





WINNING IS BUILT ON WINNING

MY WINNING HOUR

Mental (10 Min)

Read

Emotional (10 Min)

- Deep, slow breathing/focused breathing
- □ Winning confession (See it. Say it. See it.)

Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

- How will I love my family today?
- Who do I need to reach out/connect with today?

Mission (focus/business) (10 Min)

Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

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(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

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FOCUS: I knew my "Why" and focused on being intentional today.

EFFORT: I gave 100% - I worked on the most important things that moved the ball today.

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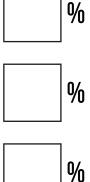
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(Brain Dump it all. The to-do list.)

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

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(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

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Emotional (10 Min)

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Spirtual (10 Min)

Pray (give thanks, ask, listen)

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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

%

%

%

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?

WINNING IS BUILT ON WINNING

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🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

WHAT WILL I DO

(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

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WINS OF THE DAY

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SCOREBOARD

SELF EVALUATION - "WAS I THE BEST VERSION OF ME TODAY?"

Grade yourself from 1-10. 1 being the lowest, 10 being the highest.

FOCUS: I knew my "Why" and focused on being intentional today.

EFFORT: I gave 100% - I worked on the most important things that moved the ball today.

THE WIN ALL DAY PLAYBOOK

WINNING IS BUILT ON WINNING

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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

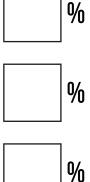
Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

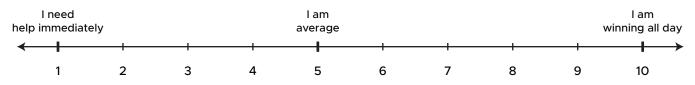
DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?



You will rank from a scale 1-10. 1 = I need help immediately | 5 = I am average | 10 = I am winning all day

MENTAL

Being focused and having control over your mindset. Thinking strong, powerful thoughts and in complete control of your thought life. To be able to handle the situations of life with clarity, composure and perseverance.

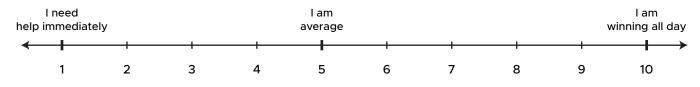


What do you know must change about your current mental situation?

What are you committed to do to grow mentally?

EMOTIONAL

Not being led by emotions and committed to being able to process emotions and what I do with them. Able to manage the emotions, circumstances, trials, storms and stressors of life and move past them quickly. My actions dictate my emotions rather than my emotions dictating my actions.

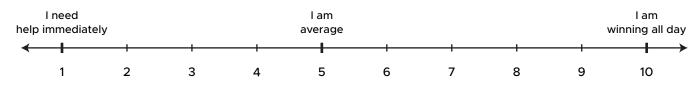


What do you know must change about your current emotional situation?

What are you committed to do to grow emotionally?

SPIRITUAL

To have a deep understanding in God and know that I am loved and going to be ok no matter what is going on outside me. A deep belief in who God is and the power that lives inside me. To have a strong faith in God and able to find a true joy and peace in life.

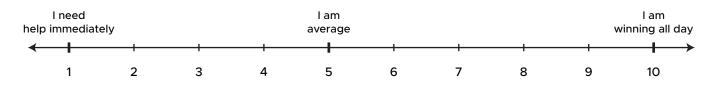


What do you know must change about your current spiritual situation?

What are you committed to do to grow spiritually?

RELATIONAL

I have deep meaningful relationships with my spouse, significant other, children and immediate family. I truly can give love and am loved. There is trust, commitment and vulnerability to grow. To have true accountability with people in my life that make me better.

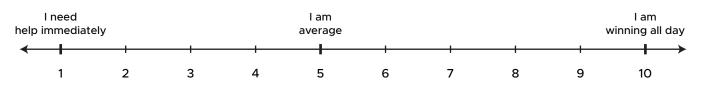


What do you know must change about your relationships?

What are you committed to do to grow your relationships?

PHYSICAL

To be strong, healthy, vibrant, energetic and full of life. To have complete control over how my body feels, looks and performs. To have a routine of discipline and consistent healthy habits from exercise to eating and life balance.

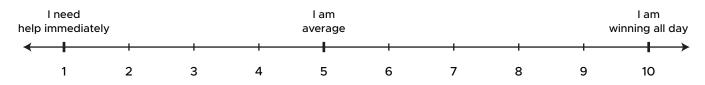


What do you know must change about your current physical situation?

What are you committed to do to grow physically?

MISSION

To know that I have a calling on my life. That I am here on purpose and have a purpose. To wake up with a fire and intensity, excited about life. To feel like each day I am doing what I was placed on this earth to do. That my daily actions are purposeful and meaningful. The peace of mind to know that I am making my greatest impact and contribution to society and that my mission, when executed each day is leading to me fulfilling my destiny.



What do you know must change about your current mission and purpose in life?

What are you committed to do to live a life on purpose and be on a mission to fulfill your calling and destiny?

STEP ONE: YOUR VISION

YOUR VISION – You have now created your vision for your life in each of your 7 Key Areas To WIN IN LIFE. This is your BIG life and your design of your life. Now it's time to make them happen. We will do that by setting goals, winning confessions, and taking action baby!

STEP TWO: SET A GOAL

From your 7 Key Areas To WIN IN LIFE create goals for each area. (You can start with 1-2 areas that are the most crucial for you at the moment) These are goals based off of who you are and the life you want to achieve. Don't state anything in the negative and don't lower your goal to meet your current reality. Be specific, realistic, measurable and place a timeline on each of the goals.

Ex. I am out of debt and financially free by January 1st.

Ex. I am off my blood pressure medication, lose 30 lbs. and running 3 miles a day by January 1st.

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

FREEDOM (Free Time, Hobbies)

IMPACT (Contribution, Serving)

STEP THREE: CREATE YOUR WINNING CONFESSION

Your "I Am..." Your "I Will..." My Purpose Is... Take your "I am..." statements from above along with your "I Will..." statements, add your "Why" – "My purpose is..." and create your WINNING CONFESSION for each of your Visions for your life.

(Make it personal by stating "I am..." and create certainty stating "I Will..." Use descriptive, powerful, emotional action words throughout. Your "Why" must be deep, it's your purpose, your reason, your motivator.)

STEP FOUR: TAKE ACTION

Your exact next steps YOU MUST take to make this happen. List 3 action steps for each of the 7 areas and the goals that you have set. These are actions that you will take immediately to move the ball in that area and reach your goal. Be Specific.

Ex.

Not Specific Enough – Get out of debt

Specific – Spend 1 hour each week with my wife going over budget and eliminating unnecessary expenses. Ex.

Not Specific Enough - Lose weight

Specific – I will run 3 mornings a week for 30 min each time and I will walk 2 days for 30 min each time.

THE ACTION I WILL TAKE

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

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WINNING IS BUILT ON WINNING

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EFFORT: I gave 100% - I worked on the most important things that moved the ball today.

THE WIN ALL DAY PLAYBO	IOK
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WINNING IS BUILT ON WINNING

MY WINNING HOUR

Mental (10 Min)

Read

Emotional (10 Min)

- Deep, slow breathing/focused breathing
- □ Winning confession (See it. Say it. See it.)

Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

- How will I love my family today?
- Who do I need to reach out/connect with today?

Mission (focus/business) (10 Min)

Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

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MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

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(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

Must be done today

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WINS OF THE DAY

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SCOREBOARD

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The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal/commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

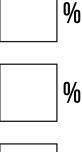
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This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

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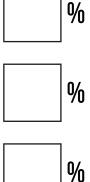
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Mission (focus/business) (10 Min)

Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

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FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

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(My priorities for today. Prioritise 1-10)



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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

%

%

%

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?

WINNING IS BUILT ON WINNING

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Spirtual (10 Min)

Pray (give thanks, ask, listen)

Relational (10 Min)

- How will I love my family today?
- Who do I need to reach out/connect with today?

Mission (focus/business) (10 Min)

Journal

🗌 Today's gameplan

Physical (10 Min)

- Fitness
- Nutrition

EVERTYTHING I COULD DO

(Brain Dump it all. The to-do list.)

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
10.	

MY WINNING STATE

FOCUS: (Clarity)

My Vision For My Life Is:

My Purpose Today Is:

EFFORT: (Energy & Productivity)

In What Area of My Life Do I Need To Give It My Best Today?

What Bold, Courageous Actions Will I Take Today To WIN?

ATTITUDE:

What Are The Intentional Attitudes That I Will Choose Today? (Positivity, Passionate, Intense, Relentless, Courageous, Joyful, Encouraging, Inspiring, Motivating, Confident, Purpose Driven)

What Words, Perspective, and Actions Will I Choose Today?

WHAT WILL I DO

(My priorities for today. Prioritise 1-10)



MY BIG 3 FOR TODAY

Must be done today

1.

2.

5:00am	1::	30pm
5:30am	2:0	00pm
6:00am	2::	30pm
6:30am	3:0	00pm
7:00am	3::	30pm
7:30am	4:0	00pm
8:00am	4::	30pm
8:30am	5:0	00pm
9:00am	5::	30pm
9:30am	6:0	00pm
10:00am	6:	30pm
10:30am	7:0	00pm
11:00am	7:	30pm
11:30am		00pm
12:00pm		30pm
12:30pm	9:0	00pm
1:00pm		30pm

WINS OF THE DAY

Celebrate the wins from today.

1.	
2.	
3.	

SCOREBOARD

SELF EVALUATION — "WAS I THE BEST VERSION OF ME TODAY?"

Grade yourself from 1-10. 1 being the lowest, 10 being the highest.

FOCUS: I knew my "Why" and focused on being intentional today.

EFFORT: I gave 100% - I worked on the most important things that moved the ball today.

THE WIN ALL DAY PLAYBO	IOK
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WINNING IS BUILT ON WINNING

MY WINNING HOUR

Mental (10 Min)

Read

Emotional (10 Min)

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THE WIN ALL DAY PLAYBOOK

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THE WIN ALL DAY PLAYBO	OK
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WEEKLY SCORBOARD

Now it is time for you on a weekly basis to score yourself on the simple but profound WIN THE WEEK formula so that you can produce more WINS in life. I first was introduced to this winning formula by Cameron Herold, the author of Vivid Vision.

The formula is simple: FOCUS x EFFORT x FAITH = WIN THE WEEK

These 3 things can and will affect your winning percentage on a weekly basis. To fulfill and accomplish your goals, mission, dreams and desires you have to WIN the week, and to WIN the week you just have to WIN THE DAY.

Here is the grading scale for your weekly FEF scoreboard:

1. FOCUS - SCALE FROM 1-100%

How focused was I on my mission this week? The thing that you want most in life. What was your level of FOCUS on that thing this week?

2. EFFORT - SCALE FROM 1-100%

What is the level of effort that I put into reaching my goal / commitments this week?

3. FAITH - SCALE FROM 1-100%

What is the level of faith that you have in YOU? The belief in yourself to WIN? In who you can become and in what is possible? What is the level of faith that you operated with in your life this week? (In your work, relationships, etc...)

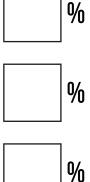
Once you have your three numbers, multiply them together.

This number is your % of your chance of WINNING (success) for this week based off of your FOCUS, EFFORT and FAITH.

(Ex. You scored yourself an 85% in all three area = $.85 \times .85 \times .85 = 61.4\%$)

THE GOAL IS AWARENESS! To open our eyes to be real with ourselves and to ask the simple but profound question...

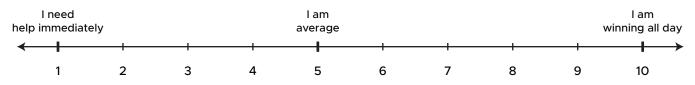
DO MY DAILY ACTIONS LINE UP WITH WHAT I SAY I WANT IN LIFE?



You will rank from a scale 1-10. 1 = I need help immediately | 5 = I am average | 10 = I am winning all day

MENTAL

Being focused and having control over your mindset. Thinking strong, powerful thoughts and in complete control of your thought life. To be able to handle the situations of life with clarity, composure and perseverance.

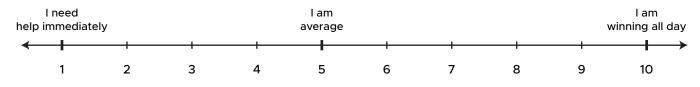


What do you know must change about your current mental situation?

What are you committed to do to grow mentally?

EMOTIONAL

Not being led by emotions and committed to being able to process emotions and what I do with them. Able to manage the emotions, circumstances, trials, storms and stressors of life and move past them quickly. My actions dictate my emotions rather than my emotions dictating my actions.

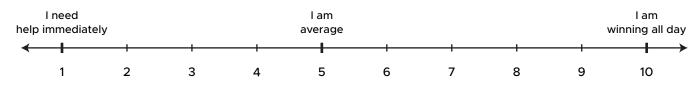


What do you know must change about your current emotional situation?

What are you committed to do to grow emotionally?

SPIRITUAL

To have a deep understanding in God and know that I am loved and going to be ok no matter what is going on outside me. A deep belief in who God is and the power that lives inside me. To have a strong faith in God and able to find a true joy and peace in life.

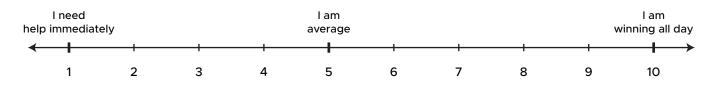


What do you know must change about your current spiritual situation?

What are you committed to do to grow spiritually?

RELATIONAL

I have deep meaningful relationships with my spouse, significant other, children and immediate family. I truly can give love and am loved. There is trust, commitment and vulnerability to grow. To have true accountability with people in my life that make me better.

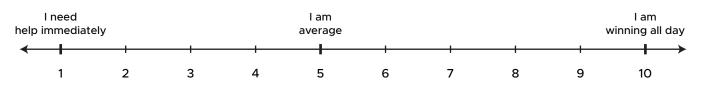


What do you know must change about your relationships?

What are you committed to do to grow your relationships?

PHYSICAL

To be strong, healthy, vibrant, energetic and full of life. To have complete control over how my body feels, looks and performs. To have a routine of discipline and consistent healthy habits from exercise to eating and life balance.

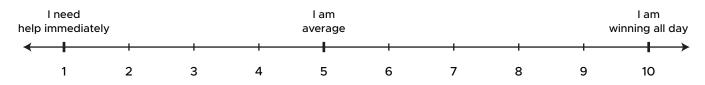


What do you know must change about your current physical situation?

What are you committed to do to grow physically?

MISSION

To know that I have a calling on my life. That I am here on purpose and have a purpose. To wake up with a fire and intensity, excited about life. To feel like each day I am doing what I was placed on this earth to do. That my daily actions are purposeful and meaningful. The peace of mind to know that I am making my greatest impact and contribution to society and that my mission, when executed each day is leading to me fulfilling my destiny.



What do you know must change about your current mission and purpose in life?

What are you committed to do to live a life on purpose and be on a mission to fulfill your calling and destiny?

STEP ONE: YOUR VISION

YOUR VISION – You have now created your vision for your life in each of your 7 Key Areas To WIN IN LIFE. This is your BIG life and your design of your life. Now it's time to make them happen. We will do that by setting goals, winning confessions, and taking action baby!

STEP TWO: SET A GOAL

From your 7 Key Areas To WIN IN LIFE create goals for each area. (You can start with 1-2 areas that are the most crucial for you at the moment) These are goals based off of who you are and the life you want to achieve. Don't state anything in the negative and don't lower your goal to meet your current reality. Be specific, realistic, measurable and place a timeline on each of the goals.

Ex. I am out of debt and financially free by January 1st.

Ex. I am off my blood pressure medication, lose 30 lbs. and running 3 miles a day by January 1st.

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

FREEDOM (Free Time, Hobbies)

IMPACT (Contribution, Serving)

STEP THREE: CREATE YOUR WINNING CONFESSION

Your "I Am..." Your "I Will..." My Purpose Is... Take your "I am..." statements from above along with your "I Will..." statements, add your "Why" – "My purpose is..." and create your WINNING CONFESSION for each of your Visions for your life.

(Make it personal by stating "I am..." and create certainty stating "I Will..." Use descriptive, powerful, emotional action words throughout. Your "Why" must be deep, it's your purpose, your reason, your motivator.)

STEP FOUR: TAKE ACTION

Your exact next steps YOU MUST take to make this happen. List 3 action steps for each of the 7 areas and the goals that you have set. These are actions that you will take immediately to move the ball in that area and reach your goal. Be Specific.

Ex.

Not Specific Enough – Get out of debt

Specific – Spend 1 hour each week with my wife going over budget and eliminating unnecessary expenses. Ex.

Not Specific Enough - Lose weight

Specific – I will run 3 mornings a week for 30 min each time and I will walk 2 days for 30 min each time.

THE ACTION I WILL TAKE

MISSION (Career, Business)

FINANCIAL

PERSONAL GROWTH (Mental, Emotional, Spiritual)

RELATIONSHIPS

FREEDOM (Free Time, Hobbies)

IMPACT (Contribution, Serving)