

From Potential to Fulfillment 7-Day Challenge

- Session 1** A thinking shift leading to an **Unstoppable Mindset**, as we prepare our minds for **brain-storming for our dreams/goals (up to eight)**.
- *What really is a **thinking shift** and an **unstoppable mindset**?*
 - *What questions should I ask in the process of brainstorming?*
 - *Not the usual **SMART** goals.*
 - *Differences between dreams/goals and a to-do list.*
- Session 2** **Refining, consolidating, and prioritizing our dreams to the top three.**
- *How do we do this really effectively?*
 - *What should we take into consideration while reducing the eight down to three?*
- Session 3** **Creating vivid pictures/videos of the outcomes of your 3 dreams and goals.**
- *What will your life and/or your new experiences be like?*
 - *How do I not only capture but retain passion about my dreams and goals?*
 - *How does fulfillment relate to impacting others?*
- Session 4** **Daily Journaling**
- *Why is daily journaling critically important?*
 - *It's impact on other possibilities involving others.*
 - *What's it about **story-building**?*
- Session 5** **Creating some initial baby steps toward reaching your dreams and goals.**
- *Today, **Sound Planning** begins.*
- Session 6** Our Guest, **Douglas Vermeeren**, *International Speaker and best-selling author on goal setting and human performance.*
- Session 7** **Framing my **Confident Execution****
- *Reviewing the journey taken and applying confident execution going forward.*

