

From Potential to Excellence – Realizing Your Dreams and Goals

An Unstoppable Mindset

- Session - 1** **A thinking shift leading to an **Unstoppable Mindset**, as we prepare our minds for brainstorming for our dreams/goals (*up to eight*).**
- *What really is a **thinking shift** and an **unstoppable mindset**?*
 - *What questions should I ask during the brainstorming process?*
 - *The differences between dreams/goals and a to-do list.*
- Session - 2** **Refining, consolidating, and prioritizing your dreams and goals to the top three.**
- *How may I complete this really effectively?*
 - *What should I take into consideration while reducing the eight down to three, and then selecting number one?*
- Session - 3** **Creating vivid pictures/videos of the outcomes of your dream/goal.**
- *What will my life and/or my new experiences be like?*
 - *How to not only capture, but retain passion about my dream/goal?*
 - *How does fulfillment relate to impacting others?*

Sound Planning

- Session - 4** **Daily Journaling**
- *Why is daily journaling critically important?*
 - *It's impact on other possibilities involving others.*
 - *What's it about **story-building**?*
 - *Template included.*
- Session - 5** **Creating some initial baby steps toward reaching your dreams and goals.**
- *Today, Sound Planning begins.*
 - *How to create initial baby steps.*
 - *Time-lining with template included.*
 - *Experiencing some quick successes.*

Confident Execution

- Session - 6** **Framing your Confident Execution**
- *My story in the making.*
 - *A familiar journey. Why?*
- Session - 7** **Reinforcing the Process**
- *Using the past to nurture an unstoppable mindset, the resulting impact from a “thinking shift.”*
 - *Examples of personal challenges.*
 - *Examples of personal successes.*
 - *Excellence is the goal, not success.*

