

Emotional Connection to Your New Goals

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“Knowledge into Action” for all areas in your daily life!

Humanizing Goalsetting

What does it mean?

Thebreakfastclub.net

The only thing that
stands between a
man and what he
wants from life is
often merely the will
to try it and the
faith to believe that it
is possible.

- David Viscott

Last 5 weeks:

- ◎ Procrastination
- ◎ Time Management
- ◎ Accountability
- ◎ Journaling
- ◎ Goalsetting

What's NEXT WEEK?

- **“One Word” that will CHANGE Your Life**
- **What’s your ONE WORD ?**
- **I PIVOTed my ONE WORD:**
 - January 2020: Change**
 - March 2020: SPEAK**
- Thebreakfastclub.net

balance

PURE *journey* pray

One Word

trust *that* GO

will change

your life

give

ask *risk* LOVE

thankful

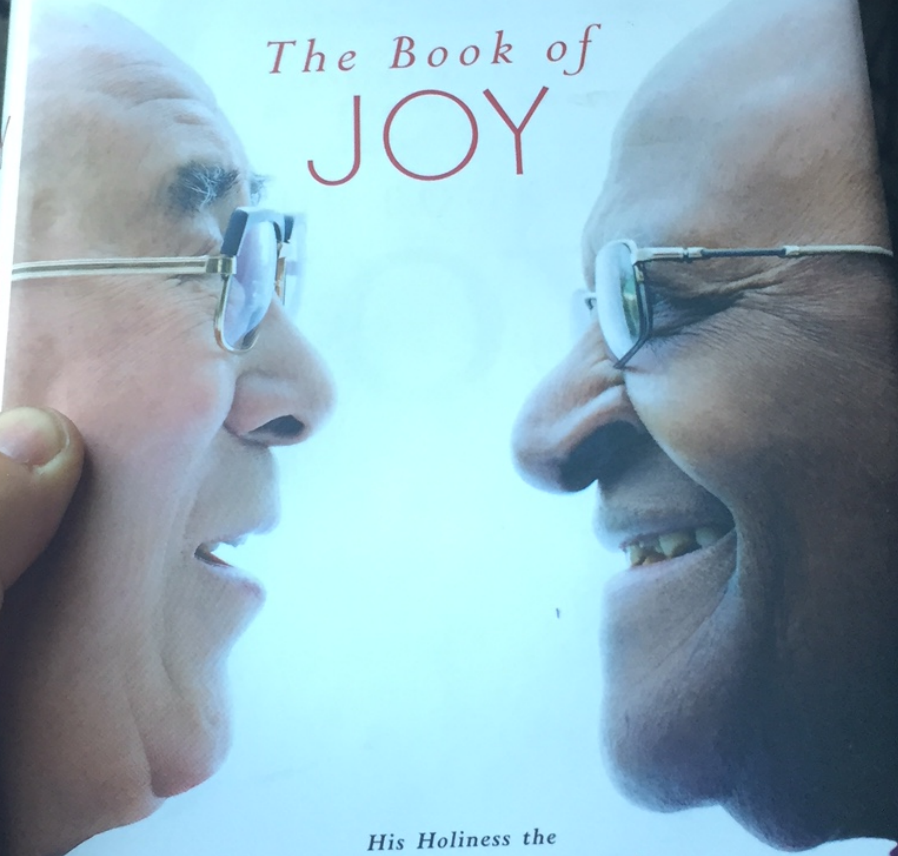
commitment

generous opportunity

DAN BRITTON JIMMY PAGE JON GORDON

NEW YORK TIMES BESTSELLER
LASTING HAPPINESS IN A CHANGING WORLD

The Book of
JOY



His Holiness the
DALAI LAMA
Archbishop
DESMOND TUTU
with
DOUGLAS ABRAMS

Your Personal Leadership Brand

- A set of four, five or six words that you filter all decision through, business and personal:
- MINE: Live, Love, Laugh, Learn, Teach, Inspire

Your Clear Vision of *YOUR* Future:

❄ **Is Your Clear Vision of *YOUR* Future** present in your brain each day?

- ◆ **Can YOU see it, feel it, smell it, taste it all around you?**
- ◆ **Do YOU tingle with excitement at just the thought of what you are in the process of creating? Is it a VIVID and DETAILED Description?**
- ◆ **YOUR prosperity and HAPPINESS are linked to your Clear Vision and how fast you are *MOVING* towards it.**

"(Clear Vision of the Future"
Now is the time...

Visit your life in
The future. Write a 2 or 3

to write a personal note

Your new gaze will be at
the horizon.

Don't type it.

write it in your own hand.

It shows you really care.

It's an authentic gift in this digital world,

a personal keepsake of kindness.

It will leave a lasting impression.

"A letter is a joy of earth—it is denied to the Gods."

Emily Dickinson (1830-1886)

Share it (your story)
with your future
Accountability Partner.

page story. Write with
feeling & detail. Huge details.
Re-read this story regularly.

Clear Vision of **YOUR** Future

Video Inspiration: One of the best videos I have EVER seen

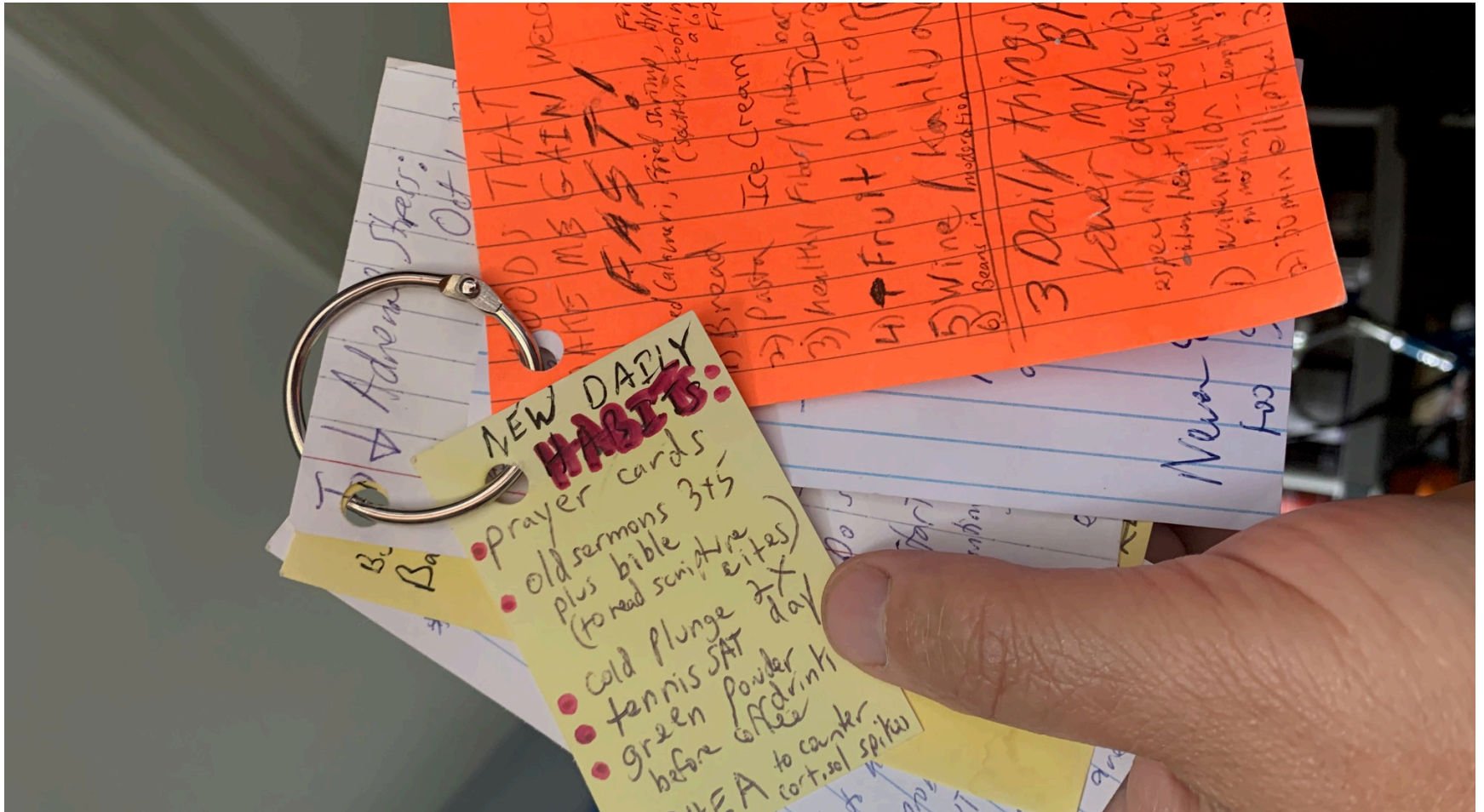
What starts here changes the world:

<https://www.youtube.com/watch?v=TBulGBCF9jc>

Line Up Your Goals With Your NEW beliefs and your NEW Habit Loops



3x5 cards in Bathroom:



- ◎ Procrastination
- ◎ Time Management
- ◎ Accountability
- ◎ Journaling
- ◎ Goalsetting

**NEXT WEEK: GUEST Head Coach
Men's Football Division 1 School**

Big TAKE AWAY TODAY:

Ah Ha



Speak **OUTLOUD COMMITMENT**
within next **47 HOURS!**

My Goal for our Breakfast Club Community: 99 people by the 3rd Monday in May. Help us build this Community on Monday Mornings! (SHARE, POST, LIVE):

<http://tiny.cc/tell-others>

Online virtual peer team of business owners & professionals dedicated to business & personal growth

The Growth Path



You could go it alone, but why would you?
Join a Growth Path team and start growing!

contact@thegrowthpath.net

Share Your Feedback!!!:

- To make the Breakfast Club Community even better!
- <https://bit.ly/2AsJQLA>

Deal with problems
as soon as they appear, but
refuse to let worry
or fear become central
in my mind. Especially before