

MALE EMPOWERMENT COMMUNITY

*10 Days*

**to staying on track**



We are excited to help you grow yourself over the next ten days! If you haven't already be sure to join [Community Empowerment Session](#). It offers weekly videos and a community with other leaders to keep you accountable.

- DAY 1: DECIDE HOW YOU WANT YOUR FUTURE TO LOOK
- DAY 2: CHECK THE WHEEL OF LIFE FOR PERFORMANCE
- DAY 3: ESTABLISH ONE GOAL & WRITE IT DOWN
- DAY 4: CHART THE COURSE
- DAY 5: ACCOUNTABILITY PARTNER

- DAY 6: CELEBRATE SMALL WINS
- DAY 7: CONNECT WITH A MENTOR/ COACH
- DAY 8: DO AWAY WITH BAD HABITS
- DAY 9: TRACK YOUR PERFORMANCE
- DAY 10: BE GRATEFUL

# Day 1

## DECIDE HOW YOU WANT YOUR FUTURE TO LOOK

Here's the thing: People with no vision simply have jobs. They have no idea where they're going. Heck, they may not even be aware that there is anywhere to go in the first place. And that's a straight shot to a dead end.




# Day 2

## CHECK THE WHEEL OF LIFE FOR PERFORMANCE

Before you even think about setting specific goals, consider what the great Zig Ziglar called the Wheel of Life, which is made up of seven spokes: career, financial, spiritual, physical, intellectual, family and social. If you're not intentional in each of these areas, you'll likely end up with a wheel that's flat.

Wheel of Life Assessment Tool



Refer a snapshot of your life

The Wheel of Life represents eight dimensions of your life including Career, Finance, Personal/Professional Growth, Health, Family, Relationships, Social Life and Attitude.

You can adjust the segments size based on personal preference.

- Use the Wheel of Life to assess your level of satisfaction in or control different areas of your life.
- How satisfied are you with your life right now? (What does a successful life in each dimension of the wheel mean? The level of satisfaction you feel in each dimension on a scale of 1 (low) - to 10 (high).
- Put up the wheels around the wheel and color in the gaps between the spokes, with you know what is your wheel. The line between segments is the center of your life.

- Does your wheel of life look well-balanced? Or are you experiencing a lumpy ride?
- Consider your wheel over the next several years. Is balanced life what you really getting to by striving for it about a month ago?
- What are the gaps that need attention? What are some steps you can take?
- What are the next steps you can take?

What area would you like working on?

Click here for details about visiting the Greater Orlando Leadership & Career Advancement.

# Day 3

## ESTABLISH ONE GOAL & WRITE IT DOWN

Dave Ramsey likes to say, “Goals are visions and dreams with work clothes on.” In other words, this is where we focus on the practical steps to make your dreams come true. It’s go time!



# Day 4

## CHART THE COURSE

Now that you've set a written goal, you need a road map to get you where you want to go. The best way to create one is to break down your big goal into smaller steps (i.e., mini-goals) to guide you toward your ultimate destination. Spoiler alert: "Winging it" does not count as an action plan.



# Day 5

## ESTABLISH AN ACCOUNTABILITY PARTNER

The American Society of Training and Development discovered that people are 65% more likely to reach a goal after committing to do so to another person. Add in ongoing meetings with your accountability partner and your chance of success jumps to 95%.

Accountability is the difference between success and failure.



# Day 6

## CELEBRATE SMALL WINS

We all know that setting goals is a great way to achieve more in our lives. But did you know that rewarding yourself for hitting those goals makes you more likely to do so? And there's science to back it up: When you give yourself a treat, your brain releases dopamine. Dopamine makes you feel good, and that positive emotion keeps you motivated to keep up the hard work. Win win!





# Day 7

## CONNECT WITH A MENTOR/ COACH

The right mentor/ coach can have a tremendous impact on your life and it doesn't necessarily have to be someone you have a personal relationship with. All you really need is a growth mindset and a learning attitude.



# Day 8

## DO AWAY WITH BAD HABITS

News flash: Your bad habits are sabotaging your success. Think of them like magnets: They pull you away from your goals and take you off course. Granted, not all bad habits are created equal, but there isn't one among them worth keeping.



Day 9

## TRACK YOUR PERFORMANCE

It's impossible to know how far you need to go if you can't be real with yourself about where you are. List the three (3) most important areas of your life. Some examples would be, family, relationships, finances, career, health, etc.



# Day 10

## BE GRATEFUL

Life moves fast these days, and it's all too easy to forget to slow down to take a moment to practice gratitude. But the benefits include higher self-esteem, improved physical and mental health, and an increased sense of well-being.



## **Resource Citing:**

EntreLeadership *"10 Days To Get Back On Track"*

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