

15-DAY PLAN FOR TAKING CONTROL OF YOUR FUTURE

CHECKLIST

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- 01 QUESTION YOURSELF: WHAT EXACTLY DO I WANT? DO I ALREADY HAVE SOME PART OF IT? WHAT'S MISSING?
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- 02 STOP SNOOZING YOUR ALARM FROM TODAY AND BE PROACTIVE RATHER THAN BEING REACTIVE
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- 03 START ENGAGING IN CONVERSATIONS WITH YOUR FELLOW PASSENGERS FROM TODAY
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- 04 CONFRONT THE TOP-MOST IMPORTANT TASK FIRST
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- 05 STOP OVER-THINKING LIFE
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- 06 START ENGAGING IN HEALTHY ACTIVITIES
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- 07 THE '10-MINUTE RULE' WITH YOUR SIGNIFICANT OTHER
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- 08 TRADE YOUR EVERYDAY CHORES
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- 09 START TRACKING YOUR NET WORTH
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- 10 SPEND WISELY
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- 11 SET-UP A NETWORKING MEET-UP WITH SOMEONE YOU ADMIRE
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- 12 START WRITING DOWN THREE BLESSINGS YOU'RE GRATEFUL FOR
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- 13 START BEING HONEST WITH YOURSELF
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- 14 TALK WITH PEOPLE BUT DON'T COMPLAIN EXCESSIVELY!
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- 15 GET RID OF NEGATIVE PEOPLE
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