



G

## GARBAGE IN, GARBAGE OUT

Positive Self-Talk - what you say to yourself (how you treat yourself, how you judge yourself) plays an enormous role in your success.

R

## REWRITE THE RULES TO SUCCESS

Turn away from diet mentality – how do we measure our success? *(do your goals need to change or do your success measures need to change?)*

A

## ACCOUNTABILITY IS THE UNDERPINNING TO EVERYTHING WE DO

Our original foundation isn't strong or stable enough – our foundation could always benefit from support.

S

## STOP CHASING SOMEONE ELSE'S GOALS

Keep your eyes on your own paper - are you chasing someone else's success?

P

## PERMISSION TO FAIL OR PERMISSION TO NOT BE PERFECT

Here comes your Direction Not Perfection ... something has to give.

## Growth Work

1. Dig into each concept and journal the emotions that surface.
2. Choose one concept to start working on.
3. Print off worksheet and hang on bathroom mirror!

POWERHOUSE  
Empower your Direction