
UP THE ODDS FOR
SUCCESS

Sarah Jane
MINDSET COACHING

SELF-BELIEF

“The choice to be willing to always have faith in yourself – regardless of the circumstances.”

What is your first Focus Goal for this week?

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What Action Steps will you take to help you get past the obstacle(s), or move forward?

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““The perspective with which you choose to view your life and everything in it.”

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CREATING MOTIVATION “The act of putting into motion.”

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OVERCOMING NEGATIVITY IN OTHERS

"Overcoming negativity in others, starts with understanding where our own feelings are coming from."

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CREATING OPPORTUNITY

“The one, wide, never-ending highway -- that is open to everyone who wants to go forward and get better.”

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OTHER PEOPLES OPINIONS

"Those opinions which, when they are not asked for, have nothing to do with the reality of your life, and what you choose to do with it."

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FINDING YOUR PASSION

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HAVING PERSERVERANCE

“The personal choice to stay with it, and never give up, no matter what.”

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SELF-LOVE "Regard for one's own well-being and happiness."

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NEGATIVITY WITHIN OURSELVES

"Any attitude, belief, or expression that works against you, or is limited in vision."

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“The choice to be in control of your time, your goals, and the space you live in.”

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“The place from which you choose to view your life, and everything in it.”

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THE POWER OF RESPECT

“Respect” is the skill of recognizing and showing an appreciation for the attitudes, position, achievements, experience, and qualities of others.”

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SELF-TALK

“The skill and practice of replacing old, harmful ‘mental programs’ with new programs that create a healthier, long-term sense of self, fulfillment, and personal well-being.”

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GOALS

"Specific, written and dated objectives, which include specific obstacles and specific, dated action steps for their achievement."

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"The skill of deciding what's most important and putting things in order – so you can put your life in order."

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"The choice to instill yourself with determination and 'self-will', regardless of the circumstances."

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"Neural-chemical pathways in the brain, usually formed as the result of repetition that determine or affect our attitudes, habits, beliefs, and actions."

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*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

TIME MANAGEMENT

““Making the choice to manage the single greatest resource, outside of your mind, that you will ever have.”

What is your first Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

TIME MANAGEMENT

““Making the choice to manage the single greatest resource, outside of your mind, that you will ever have.”

What is your second Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

TIME MANAGEMENT

““Making the choice to manage the single greatest resource, outside of your mind, that you will ever have.”

What is your third Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

TRUTH "Truth is reality without opinion."

What is your first Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

TRUTH "Truth is reality without opinion."

What is your second Focus Goal for this week?

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What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

VALUES “Values are the foundation stones upon which every life is built.”

What is your first Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

VALUES “Values are the foundation stones upon which every life is built.”

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VALUES “Values are the foundation stones upon which every life is built.”

What is your third Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

VOCABULARY "The word tools you use to communicate with others."

What is your first Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

VALUES "The word tools you use to communicate with others."

What is your second Focus Goal for this week?

What are the obstacles to reaching that goal?

What Action Steps will you take to help you get past the obstacle(s), or move forward?

*On a scale of 1-10. Ten being the highest likelihood that you will complete this goal and 1 being the least likely you will complete this goal, how would you rate your response:

VALUES "The word tools you use to communicate with others."

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