

LIVING IN YOUR TOP 1%

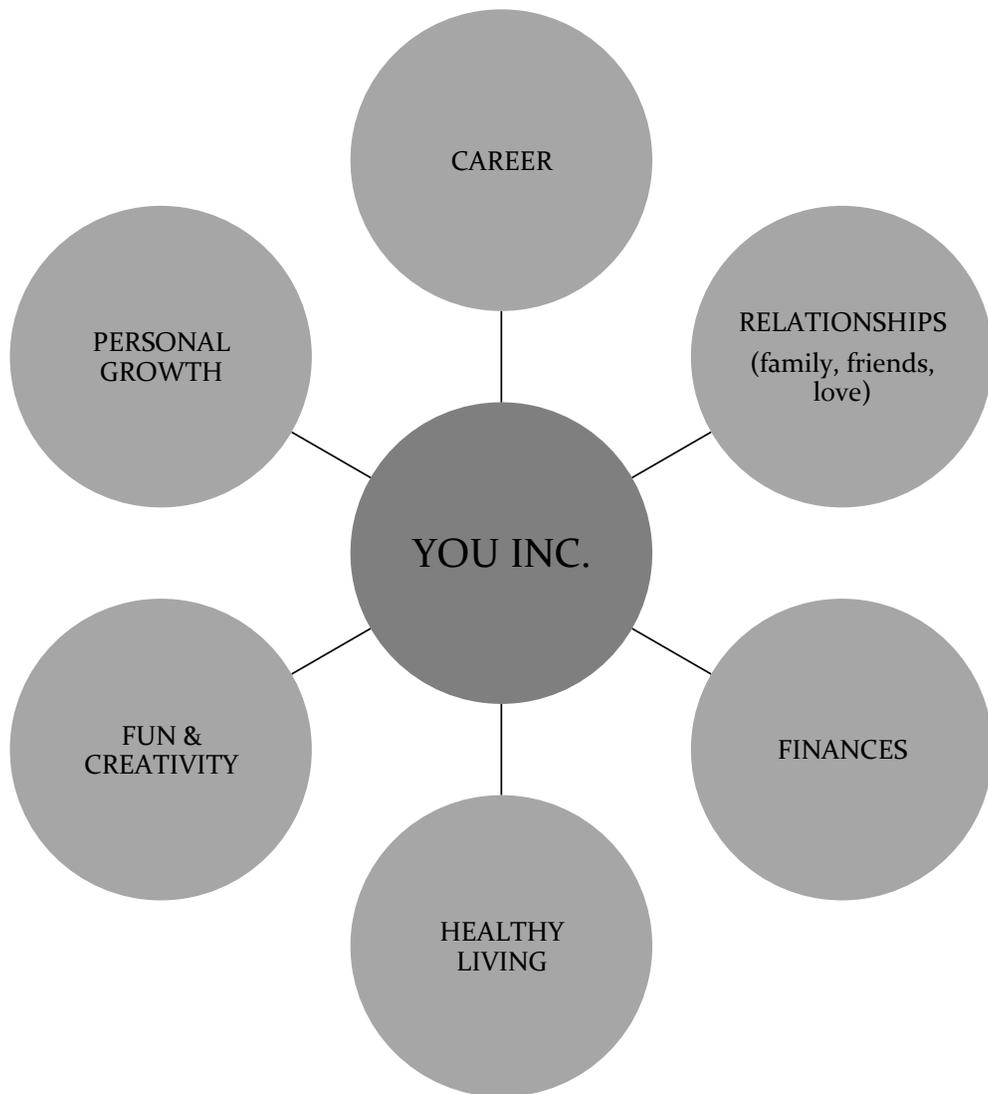
Nine Essential Rituals to Achieve
Your Ultimate Life Goals



ALISSA FINERMAN



YOU INC. BLUEPRINT





ACTION PLAN

LIVING IN YOUR TOP 1%

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it.

MICHELANGELO

Welcome to the *Living in Your Top 1% Action Plan*. You've read the nine rituals and now have some inspiring ideas and goals to pursue. A great place to start is exactly where you are. This *ACTION PLAN WORKSHEET* will support you on your journey and be a great resource to use as a refresher during the year. The plan brings together the key exercises from the book so you have them in one convenient place. It is most helpful to refer back to this worksheet every three months, or more frequently if needed. You will find that the areas in the YOU INC. blueprint shift with time and need to be continuously evaluated. It is important to be mindful of these shifts and incorporate new insights into your plan as often as needed. The best companies adjust their strategies over time to keep pace with new developments in their markets and you will need to do the same to keep up with the changes in your life.

Do yourself a favor, instead of saying that you are *going* to do something, I encourage you to do it *now*. The action plan is most effective to execute when you are committed to make these rituals a way of life. If you put in the time and follow through with these steps you will see results.

Here are three *must-do* guidelines for best results with your action plan:

1. Carve out at least thirty minutes of quiet time to focus on you.
2. Choose goals that are important to YOU INC. and ones *you* honestly want to achieve. If the goal you set is not important to you, obstacles will push you off course.
3. Write everything down. When you put your words on paper, you will feel empowered and start to visualize where you are going.

ACTION STEPS: If you have already done one of these steps earlier in the book now is a great time to transfer your ideas to the *WORKSHEET* so everything is in one place and you can refer back to it.

1. ASSESS YOU INC. BLUEPRINT: Identify the six core areas in the YOU INC. blueprint and then rate each area on a scale of 1 to 10 for where you are today (10 represents that you are completely satisfied with the area). If you rated an area of 6, write down what the gap from a 6 to a 10 represents to you. Remember, you always have the option to rename an area in your blueprint or to add a new area.

2. IDENTIFY YOUR TOP FIVE STRENGTHS: Strengths are your building blocks for success and confidence. Think about how you can use your strengths as you pursue your goals and work to overcome challenges. One of my favorite ways to assess *strengths* is to take the VIA Survey of Character Strengths at www.authentic happiness.com. This is a free online method that will take twenty minutes. Many of my clients have benefitted from this step.

3. WRITE DOWN YOUR GOALS: Identify and write down the most important goals in each area. These should be based on the YOU INC. blueprint and close any gaps you noticed above. There is no limit to how many goals you can have, so write down everything that comes into your mind. Think about the things that would add the most value to your life. What would you love to accomplish in the next six months? Would you love to change careers, get in the best shape of your life, or learn to play the piano? The only thing you need to do is to make sure it's important to you.

4. FOCUS ON TIER ONE GOALS: Identify your *tier one* goals from the list you created in step 3. You may have many goals but this action plan helps you focus on your *tier one* goals first. You can use this same process to pursue any of your goals. The key is to focus on goals that are important to you and will have the greatest impact on YOU INC. Some of your goals may address a basic survival need such as finding a job and others may be pure pleasure such as planning a much needed vacation. Remember to consider how each goal you pursue will impact your ability to maintain balance in your life.

5. IDENTIFY CHALLENGES/SOLUTIONS: List the challenges for each of your *tier one* goals and match each of these with as many possible solutions as you can design. Once you know what your challenges are, you can focus on solutions to overcome them.

6. TAKE SMALL STEPS: For each *tier one* goal selected, brainstorm and write down the essential small steps to help you get started on your journey. When you complete the first few steps on your list, write down the next group that needs to get done. You will start to build confidence as you make progress.

7. SET A TARGET DATE: Include specific target dates to complete each goal. You're always better off when you have a specific date to achieve. If you do not hit your target date, do not get discouraged. The focus should be on making a quick adjustment and figuring out a new time frame. Setting a date is a helpful way to hold yourself accountable.

ASSESS YOU INC. BLUEPRINT		
AREA	RATING	GOALS
RELATIONSHIPS		
CAREER		
HEALTHY LIVING		
FINANCES		
FUN & CREATIVITY		
PERSONAL GROWTH		
FOCUS ON TIER ONE GOALS		DATE TO COMPLETE
#1 Tier One Goal:		
#2 Tier One Goal:		
#3 Tier One Goal:		
IDENTIFY CHALLENGES	MATCH CHALLENGES WITH SOLUTIONS	
#1	#1	
#2	#2	
#3	#2	
TAKE SMALL STEPS ON TIER ONE GOALS		
#1 Goal, Small Step:	Small Step:	
#2 Goal, Small Step:	Small Step:	
#3 Goal, Small Step:	Small Step:	



WORKSHEET: GOALS TO THRIVE

Take the first step in faith. You do not have to see the whole staircase, just take the first step.

MARTIN LUTHER KING, JR

Setting effective and meaningful goals can be the difference between a good and a great year. What would you love to achieve this year that would put a smile on your face? Now is the time to do it and live in your top 1%. Enjoy the process and remember to write everything down! You can repeat these steps for each of your goals in the YOU INC. blueprint.

GOAL: _____

Why is your goal important? _____

What's the priority of your goal on a scale of 1 to 10 (10 is the highest)? _____

Which of your core values are connected with this goal? _____

What small steps will you take to make progress? _____

What challenges/obstacles will you overcome on your path and how will you move past them?

What other resources do you need to be successful (support team, progress markers, accountability measures, etc.)?

When will you complete your goal?



WORKSHEET: RITUALS FOR SUCCESS

Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.

MAHATMA GANDHI

Rituals help you reinforce positive mental and physical practices to perform at your highest and best levels. They help you develop new maps in different areas of your life to enjoy the results you desire. Spend a few minutes and write down specific rituals that you can practice on a daily, weekly, yearly, or consistent basis. It will be helpful to set rituals that support your goals identified in your *GOALS WORKSHEET* and *ACTION PLAN*. They will form the foundation to live in your top 1%.

A powerful ritual could be to assess YOU INC. in the beginning of every year, make yourself a priority each day, apply one of your top three strengths daily, think with a *can-do* mindset, take one small step outside your comfort zone each week, celebrate wins, call your family on the way home from work, save a portion of each pay check, or wake-up ten minutes earlier to schedule your priorities.

KEY QUESTIONS (repeat these questions for each new ritual):

What rituals will you start to practice?

Why is the ritual important?

What's the positive impact the ritual has on your life?

When will you start practicing the ritual and how often?

RITUALS TO START PRACTICING:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.