

Food for Thought



Procrastinations

List 7 things that you have been procrastinating about.

Tolerations

List 7 things that you are putting up with. For example, dripping faucet, squeaky door, dying plant, weeds in the lawn, cluttered office, windshield wipers, etc.

Vision

What would you like your life and business/career to be like in two years?

Goals

Name 3 specific goals that will move you toward your vision.

Celebration

What will you do to celebrate each goal?

Actions

What will you do today to eliminate a procrastination/toleration?

What will you do today to move closer to a goal?

To explore these topics further, hire a coach!

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