

## How to Fill in Your Plan for Success

At the end of the day, your PFS should answer this question: “What would I have to do to feel like today was a successful day?” Think of it as being a collection of the things that bring joy and make life most meaningful.

Depending on personal preferences and priorities, each individual PFS (Plan for Success) is unique. However, each PFS should include the following 5 parts:

### **1. THOUGHTS: WHAT WILL YOU THINK?**

Carefully consider which thoughts you will think. This section is a collection of quotes, affirmations, and anything else that inspires you to think positively.

Here are a few examples you can pull from:

1. Is this thought going to help me be my best self?
2. I have NOTHING to worry about and NOTHING to fear!
3. I have so much to appreciate and look forward to!
4. Every single moment I have an opportunity to choose gratitude!

### **2. WORDS: WHAT WILL YOU SAY?**

Go into each conversation with clear intent. How will you handle yourself? What words are you willing to use? Make it your goal to never shame or condemn. Instead, empower and encourage... always!

### **3. ACTIONS: WHAT WILL YOU DO?**

This is a list of healthy habits that keep you at the top of your game. Here are a few examples you may want to include: Keep a Gratitude Journal. Dance to at least one song a Day. Team up with an accountability partner. Create a morning and evening routine you are actually excited about! Choose to use a Clarified Calendar and Daily Checklist Planner (both available at [JeffTeresi.com](http://JeffTeresi.com)).

### **4: RELATIONSHIPS: WHO SUPPORTS YOU?**

Connections multiply merriment and divide despair. Compile a list of those life-giving relationships you can lean on for support. Try for 12, and reach out to at least one each day. Within this group, cultivate a culture of listening, laughter, and love.

### **5: PURSUITS: WHAT WILL YOU PURSUE?**

What are you most passionate about? This portion of the PFS is about choosing life-giving pursuits, namely, pursuing your passion while exceling at your profession.

The two may stay separate, or they may one day merge. Until they do, answer these two questions:

What 3 tasks (in the next 3 months) will generate the most revenue?

What 3 tasks (in the next 3 months) must I complete to pursue my passion? (include deadlines when applicable)

Make sure to update this portion of the PFS every 3 months. What's nice about breaking tasks into 90-day increments is that you can think about moving the needle just a little more than 1% each day. It's your plan within a plan. Great effort is required to make your passion your profession. If ever it's financially feasible to replace your profession with your passion, go for it! Until then, be great at what you do and make sure your passion is something you always pursue.

NOW it's time to fill out your own PFS. Flip this page over and begin...NOW! And have fun☺

## Plan for Success (The PFS)

*I can succeed in all areas of life, if I choose life-giving thoughts, words, actions, relationships, and pursuits!*

<b>Thoughts</b>	<b>What will you think?</b>
<b>Words</b>	<b>What will you say?</b>
<b>Actions</b>	<b>What will you do?</b>
<b>Relationships</b>	<b>Who supports you?</b>
<b>Pursuits</b>	<b>What will you pursue?</b>