



POWER-UP WORKSHEET

Now is your chance to begin your own power-up plan. Writing these down and sharing it with others will be the best way to start the journey. The more public your announcement, the more motivational this can be! Ready, Set, Go.

1. How Did Your Story Begin? What is your problem at hand? What is your dream? Close your eyes and imagine all the steps that brought you to where you are now. Note the major points here:

2. What are the 5 best tasks you can do to fill your 40 hour work week? Personal time?

3. Which tasks could benefit from collaboration, who will I contact, and what will motivate them to work with you?

4. What are the major checkpoints I want to reach long term (weeks & months) to reach your overall goal?

5. Which are the activities reenergize you?

Take Energy? _____

Drain Energy? _____

How can you better balance time & energy? _____

6. How do you want your story to end and how will you get there? Flexibility is key. Life takes different twists than expected, but as you adapt your plan to the changes, you may be surprised at the benefits of unexpected events.

I am so excited to hear about your results. Please return to scottwiser.com and share your success story in this post's comments. Ready, Set, Go!