

Outcomes 4 Step Action Plan

1. Sit down and write at least 10 outcomes that you want to achieve in the next week.
2. Write down your outcomes every six months. Have at least two in each of the following groups: *professional life, personal health, relationships, money, self-development, spiritual life*. List each one in as much detail as possible. At the end of six months, look over it and renew it for the next six months, replacing those outcomes that you have achieved with new ones. Write them out carefully because your unconscious mind will not put any value on poorly written goals. So write them out as if they are very important. They are. Do them as if they could change your life. They will.
3. Watch the film *The Shawshank Redemption*, even if you have seen it before. What was the key resource for the character played by Tim Robbins when he was in prison?
4. Listen for the times when you sell yourself short, boast about your failures or tell other people that you can't do something. They might believe it. Do you? During the course of one day count how many times you hear other people trying to convince you that they are incapable of something. Do you believe them?