

SUCCEED IN LIFE!

Boost Your Success & Happiness With These Powerful Ideas!

Which of these 12 Areas Resonate Most with You?

H **HOLD TIGHT TO YOUR VALUES**
Learn to make choices and decisions that align with your values.

O **ORGANIZE, ORGANIZE, ORGANIZE!**
Minimise mental and physical clutter, and distractions. Yourself. Your work. Your home.

W **WHAT MATTERS MOST?**
What matters most to you in life? Know your priorities and take care of these first!

T **TAKE CARE OF YOURSELF**
You matter! Stand up for yourself, take care of your needs and make time for physical & emotional self-care.

O **OVERCOME FEAR OF FAILURE**
If we worry about failure, we will not achieve much. Remember that mistakes always lead to learning.

S **SIMPLIFY!**
To succeed and enjoy life we must keep things simple!

U **UNIQUELY YOU**
Make an impression and enjoy life by using your unique strengths and talents whenever possible!

C **CREATE SUPPORTIVE HABITS**
Habits are what we do without thinking. So create habits that support and lead you to success.

C **CHANNEL YOUR INNER WARRIOR!**
Be determined and persevere! What goals and dreams will you fight for?

E **EXCEED EXPECTATIONS**
Exceed expectations to stand out in life!

E **EXPRESS YOURSELF!**
Find a style that represents who you are - what you wear affects how people see and treat you.

D **(JUST) DO WHAT IS DIFFICULT**
Stop procrastinating. Instead, grow in confidence, stature and achieve success by just doing what's hard!

FINALLY, CHOOSE 3
AREAS TO JOURNAL
AROUND AND
EXPLORE MORE
DEEPLY:



ireneanderson.com

Boost Your Success!

Each one of the strategies you choose is a clue to your personality – what drives you – what stresses you. Understanding what resonates with you is a clue to your strengths and what you should focus on. Also, pay attention to those that do not resonate with you those are clues to what stresses you – or they may be clues to something you are focussing on that is causing you unease or getting you stuck! Share your thoughts!

My Top Three...

1. _____
2. _____
3. _____

My Top Three Strategies....

1. _____
2. _____
3. _____

When will I do this? Make a commitment!

Date: _____

What will the outcome be?