

All good things in life are upstream, but the natural flow of life is that downward, negative pull. To combat that downward pull, you need a plan, a map to help you reach your desired destination.

ACTION POINTS: Most of the action steps related to Personal Development focus on the areas (goals, income, relationships, health, etc.) we will discuss more in depth later in this program, so this is the foundation work, with additional detailed information to come each month.

1. Take some time this week to dream and imagine your future. See what the future you (the life you desire to have, the person you desire to be) will look like one year from now.
2. Write down six main things (more if you like) you see in the person you will become one year from now. It can be related to your health, relationships, career, family, spiritual life, income, etc.
3. Write down six things you want to do on a weekly basis that will contribute to becoming the person you see above and circle the ones you are not currently doing. These will be your main focus. If your health is great but your relationships suffer, keep your health curve up, but start focusing on a few things you need to do for your relationships.
4. Make a list of 20 things you are thankful for in your life. Set a goal to review your list each day this week.
5. Start seeing yourself and thinking in terms of the person you see yourself becoming a year from now.
6. Act and think as that person would.
7. Each day this week, do at least one selfless act for someone