

2012 Success Strategy E-Calendar

Creating Your Achievements

Life is about becoming the best you chose to be
Overcoming challenges, rising again, with courage and foresight
That leads you to a happier path which brings
Out the Best in YOU.



Your playing small does not serve the world.
Nelson Mandela & Marianne Williamson

Janice Davies – the lady with nice in her name ATTITUDE SPECIALIST
Professional Motivational & Conference Speaker * Business Trainer
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The difference between success and failure is small –

But the impact is **HUGE!**

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HOWEVER, my life purpose is to help people create their best so feel free to share this purposeful calendar with colleagues in your professional and personal life. ONLY with this balance to we become our best.

Janice – the lady with *nice* in her name, works with motivating and inspiring people's thinking and attitude to catapult their success. She's an expert she says, because she had to do it for herself. She thought happiness, fulfillment and success would just happen. She didn't realise that she had to create it.

Her greatest journey, after many stumbles along the way was discovering her real self. She learnt the hard way by changing her self-belief to make the *world is her oyster!* Re-aligning her dreams, and years of working towards creating them followed that.

She calls herself an Attitude Specialist and as a Professional Speaker, she works with corporates, groups and individuals as a trainer, coach and conference presenter. Her topics are around Empowering People to Success. A variety of topics are incorporated in her keynote presentations and workshops, all zeroed towards skills for success.

She is the founder of the annual Selfday – International Annual Self Esteem day which is an is the charity she has founded. She has written numerous books and ebooks on self development.

MY LOGO



My Logo is based on the @ sign you see on any keyboard.

I see a similarity between that and life.

You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, 'stuck' in a rut

OR

you learn new skills and then move forwards and upwards in your life.

When you learn one skill, you integrate that skill into your daily life.

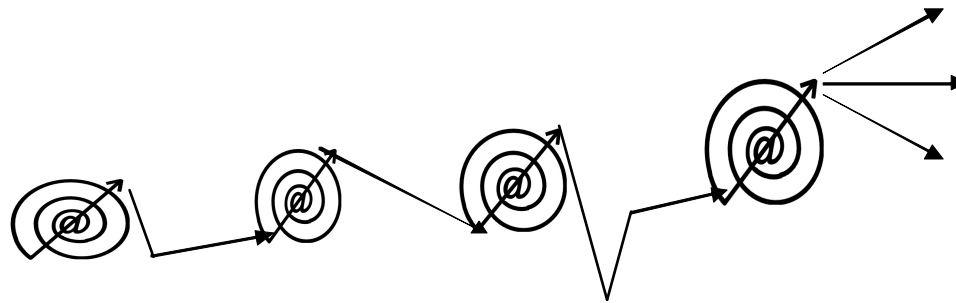
You remain at that point in your life, for as long as you choose. You either get stuck again, zig zag or progress up or down in life, or you learn another new skill.

By learning the next skill needed for your success,

you master another challenge

and move onwards and upwards in your life again.

With each challenge you overcome, you achieve success and gain momentum in your quest to be 'who' you want to be as the **master of your life!**



E-Calendar Overview

Striving to become your best is a continuous journey of personal fulfillment in both your personal and professional life.

Life is about giving to yourself first before giving to others. Sometimes people have this concept in reverse. Often with the speed of life and new technologies we are in a constant state of change, adaptation, letting go the old and embracing the new. Success comes with having a positive attitude and overcoming your challenges with courage and tenacity, along with deciding when your achievements are complete.

Below is a list of questions to ask yourself as you set or reassess your 2010 goals. To gain an insight to yourself find a quiet place where you will be uninterrupted to answer them.

Questions for your PERSONAL LIFE

Happiness is aligning mind, body and soul, albeit your feelings, thoughts and your actions.

Being happy, healthy, independent in your personal life will affect your professional life's performance. Life is about creating and juggling the balance to become a positive contributing person to mankind. Answer these questions of yourself -

1. Are my goals aligned to my values?
2. Are my goals serving me?
3. Are my goals in my personal life doing the following:
 - following my passions
 - using my natural talents
 - making me happy?
4. Are my goals achievable in time frame I have allowed?
5. Do I need a mentor or coach?
6. What personal development might I need to help change my thoughts?
7. Is my life balanced across these six areas of life:
 - Me, Health, Relationships, Work, Finances, Community?
8. What new skills do I need to learn?
9. Am I creating mutual rewarding win/win relationships?
10. If I am feeling great and successful who can I help?

Questions for your PROFESSIONAL LIFE (this applies to a career or business)

You will achieve the most success quicker if you are aligned to your personality and your natural skills and passions.

1. Are my goals in my professional life doing the following:
 - following my passions
 - using my natural talents
 - making me happy?
2. Am I working towards the professional success I dreamed of when I was younger?
3. What skills can I develop to perform more effectively?
4. What qualifications could I pursue to raise my job prospects?
5. Who could I ask for feedback for learning opportunities?
6. If appropriate to my present position, what could I learn to delegate?
7. Do I need to join a mastermind or business group or what resources do I need?
8. Am I spending time on tasks that I am not good at and are draining my energy?
9. What do I imagine for my professional future in five years?
10. What skills would I need to develop to create and achieve that goal?

General Questions

1. What would you like to change the most in your life?
2. If you can create anything, your biggest goal – what would it be?
3. What do you need to clean up and complete from your past?
4. What do you need to do to be organised?
5. What do you need to do to follow your life purpose?
6. What makes you happiest, makes you laugh and how can you include more in your life?
7. Would you be happy to ‘do nothing’?
 - If NO is your answer: then don’t delay? Start on your goals NOW!
 - If YES is your answer: maybe you are stuck in a rut paralysed by fear of the unknown, OR if you have already created exactly your life dreams and desires, Congratulations, now, who could you help?

Other tips:

Decide where to start by beginning the tasks that could be free and started immediately.

Follow that with lower budget tasks.

Complete one small task immediately.

Work on your goals daily.

Create ‘real moment’s in your life ie. Watching the sunset, playing with your children, walking in the rain, to enjoy and reward your progress.

Allocate your goals 70% in the present, 20% in finalising and finishing from your past, 10% in creating your future.

For additional help with creating your positive future, visit www.attitudespecialist.co.nz for the following freebies

1. Register for weekly motivational quotes
2. Download the Attitude Poem
3. Download the Attitude 4 Success Report

Other articles and free online courses and downloads are available on the website.

Also my Attitude 4 Success Training Programme. Over 325 pages to help you succeed. Available on my website.

THE WINNERS CREED



If you think you are beaten, you are
If you think you dare not, you don't
If you like to win but think you can't
It's almost certain you won't

If you think you'll lose, you've lost
For out in the world
We find success begins with a person's will
It's all in the state of mind

If you think you are outclassed, you are
You've got to think high to rise
You've got to be sure of yourself
Before you can ever win a prize

Life's battles don't always go to the
stronger, faster person, but sooner or later
the person who wins
Is the person who thinks they can

Think and Grow Rich – Napoleon Hill

Tip - Monthly Planning Sheet

Print one of these monthly planning sheets for each month. You can split the month's goals into working towards your ten, five yearly or annual overall goals and break these into manageable monthly goals. ***Remember you can't eat an elephant in one bite.***

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Reassess the balance in six areas of your life.

You

Health

Relationships

Work/Career/Business

Finances

Community.



January 2012

This Month's **THEME** Monthly TO DO'S

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MONTHLY REVIEW

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Work Confirmed

Meetings

Work Pending

Goals

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Who do I have to become to succeed?



February 2012

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If I have the courage to resist failure, I will succeed.



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Live in the Now...and keep creating me.



April 2012

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Make every day count.



May 2012

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Eat elephants in small bits...do the same with my goals.



June 2012

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Look after myself and think positive.



July 2012

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Create my life path for me.



August 2012

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Take time to smell the roses



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Work smarter not harder.



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Smile to strangers....it gets rid of wrinkles.



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Help another and make their day.



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Mosquito's make their point, so can I.



January 2013

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Never, never, never give up – Winston Churchill



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Leaning if implemented becomes earning.



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