

# Online Success Coaching Programme

*Set yourself some targets,  
Monitor your results,  
Nurture yourself – have fun  
On your way to your dreams*



## PART 1

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ATTITUDE SPECIALIST  
Success Coach and Strategist



The lady with 'nice' in her name

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The information in this workbook has been gathered over many years from different books, courses and workshops. Where possible the original source has been listed.

## INTRODUCTION

**Janice – the lady with *nice* in her name**, works with motivating and inspiring people's thinking and attitude to spring load to success. She's an expert she says, because she had to do it for herself. She thought happiness, fulfillment and success in time, would just happen. She didn't realise that she had to create it. She learnt the hard way by changing her self-belief from a person with low self-esteem, to a person with high self-esteem believing that *the world is her oyster!*

Her greatest journey, after many stumbles along the way was discovering her real self. Re-aligning her dreams, and years of working towards creating them followed that.

A few of her successes include surviving 15 years as a single parent and raising two daughters. "The greatest learning curve out" she says "and the most rewarding"; - volunteering to work in the patrol boats for the 2000 America's Cup, self-publishing her first book *Sailing a Different Course* and achieving a 19 year goal with her daughters.

She calls herself an Attitude Specialist because she had to learn to keep positive to overcome her constant array of challenges. As a Professional Speaker, she works with corporates, groups and individuals as a trainer, coach and conference presenter.

Her hot topic public workshop Dealing with Difficult People and Tricky Situations, allows her to become a gypsy and enjoy adventures around New Zealand. Her Attitude Training Programme includes four books and she's also written other ebooks.

She is adamant that self-esteem is the key to success and has a free ebook *The Purple Tick for Success Thinking*. She organizes an annual 'New Zealand, Self-Esteem for Success Day' in June each year and is spreading this around the globe.

If you want more information on this topic please visit [www.attitudespecialist.co.nz/self\\_esteem.htm](http://www.attitudespecialist.co.nz/self_esteem.htm).

## My Logo



My logo is based on the '@' sign you see on any keyboard.  
I see a similarity between that and life.

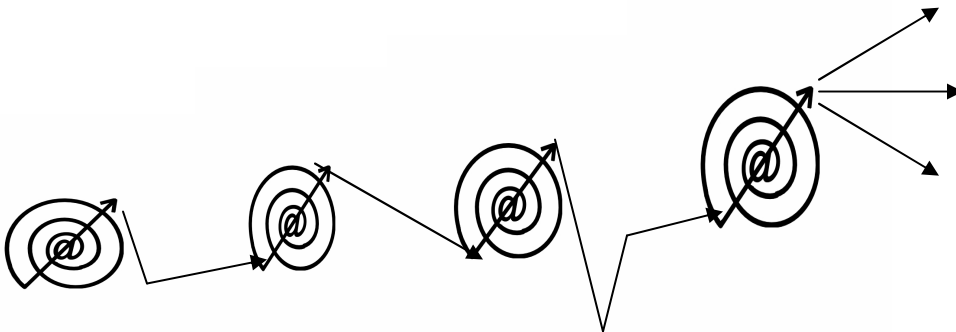
You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, 'stuck' in a rut

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

When you learn a skill, you integrate it into your daily life. You remain at that point in your life for as long as you choose. You either get stuck again, zigzag, or progress forward or backwards 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!**



## What is Coaching?

Coaching is about aligning your dreams to life and creating them. You may already have created part of your dream life, or none at all, or got lost into someone else's dreams. Here is your opportunity to explore and fine-tune or discover your dreams again. This programme is about combining your heart or soul (what's inside) to your head (your thoughts and thinking) to your body (which is your actions). Let's get started on yours.

## The Course Includes -

Janice's information.

Coaching sessions and outlines

Tips and poems

Guidance

Questions for you to think about and answer

Forms to complete

*Part one includes lots of reading a few short exercises and one requiring more thought and time.*

## How it happens –

The course is over a series of emails. I suggest you collect these, either print them or organise a folder for them. Additionally, you may need a pen and paper for some exercises. Write any ideas down. Keep this information and include in your folder. Once you've done an exercise you're likely to gather more information, go back and include it. If you have any queries, please email me immediately.

Good Luck and let's enjoy working together.

## Where am I?

Most of the time you'll be working with me from my home office. In my business I planned to combine life/work balance with my partner. After years of being alone and with very high stress, I decided I didn't want to work or travel alone. I've now created a new life and business that combines a healthy fun adventurous loving life. This has evolved by 'thinking outside the square'. Sometimes the world doesn't deliver in the way in which we anticipate. It delivers better. I recall times when I woke at night with knots in my stomach wondering how I'd ever achieve what I dreamed of. However, as I've written in my latest book, *I've got better than what I'd planned*. Here's my NEW view we'll share it together.



## **JANICE DAVIES**

### **Introduction**

Hi folks,

Over the twenty years I've been learning about self-development, I have found that when I wanted to move forward to better, greater, happier times in my life, that I usually didn't know what I needed to know, except, there was something new I was looking for. Albeit, a tip, a change of thinking, a change of focus, a change of outlook on life, a change of a belief.

I was looking for something to help me through the change process so I could get more out of life and achieve my dreams.

This course is designed to assist you in some of the areas you need to address if you want to learn to be 'you', be happy and achieve your dreams, and it's all possible through the internet.

This course will also save you thousands of wasted hours because you will be better able to make every decision a decision towards your dreams. Usually people zig zag towards them...after this course you'll move ahead in a straighter line. You'll have some insights into changes you'll need to make.

Be careful who you listen to. When you talk to friends, colleagues or family, most are happy to give advice, but do they really know what they are doing. Some do, some don't. In fact, much of my time is spent getting people on track to BE themselves and live their own dreams rather than someone else's.

These so called advisors, who may not be leading a balanced, passionate, loving, fulfilled personal and professional life, can cost you your dreams

I can tell you that the faster you get credible knowledge, the more successful, happier, fun filled, loving life you will enjoy. I had teachers and mentors and still do as I move into 'new – uncharted waters' in my life.

In this first lesson I'm going to share about the foundation of Success Coaching programme. and I'll also tell you how I got into Professional Speaking, Success Coaching and writing.

*How I got started:*

I THOUGHT MY DREAMS WOULD JUST HAPPEN. What I didn't realise is that I had to create them. I wanted to be happy and I wanted other people to 'do it' for me. I was having an okay life but I wasn't happy. I had spent years of my life allowing other people to make decisions and I'd 'gone along' for the ride.

Occasionally, I'd stood up for what I'd wanted, and when I did, other people were shocked. I'd had a great family and childhood but still went with the 'flow' in life, instead of creating my own path.

It wasn't until I had other people whose wellbeing relied on me, that I decided I had to learn how to take control and started to take positive control of my life.

Those other people were my children whose happiness was reliant on me. Only then, I decided I had to learn how to take a more positive and constructive role in my life. My children could only be happy and fulfilled and good contributing members of society, if I was a good role model. So I decided I'd better learn how

First I had to re-claim my life back from an unhappy marriage. I had to rediscover the real me and then I uncovered my new dreams. Only after those experiences did I have somewhere to aim for. Since then, I've set about daily working towards and creating the dream life I desire.

I've examined my gifts and talents and incorporated them into my business. I've listened to my intuition and my many insights and use them as a guide. Now my career is an educator. I had to learn the hard rocky road before I could teach others the smoother road to success. I now combine this as a Professional Speaker, Success Coach and author which is the three ways I can help and teach others. And – I love it!

I've spent the last fifteen years and thousands of hours learning about designing the life I wanted, and then creating it. Of course I'm only part way through and designing my dreams, was the first step. I've got reasonably good at it and every decision I make is another step in my next dream. I'm consistent, I take risks and I get to the next step. It's exiting and challenging!

That's what I want to do with this online course. . . I want to share some tips to help you learn to live positively, creating your dream life. With my help you won't have to spend the thousands of hours that I did, zig zagging towards success.

**Knowledge is Power.** (This is my old school motto) I didn't realise how important that statement was when I was ten.

My strategy has been to invest in myself and with my knowledge create a successful fun-filled, values aligned, loving, and fulfilled life. I recommend that you do the same. Let me give you an example:

I was looking for an answer to a challenge, I attended a John Kehoe course, and a few days after the completion of the course, my answer bombarded my brain while I was preparing to put out my rubbish. I followed my brainwave, and that's what it was, clearly I heard the answer in my head. The decision benefited me in more than one area of my life. It was a huge learning curve and we had some challenges to overcome. However, if I hadn't spent time searching and being receptive to an answer, I would never have 'thought' of this move.

Once I learnt the skill to make my decisions aligned with my values, every decision I made was easy.

I also learnt the importance of choice A and choice B. Choice A is one road and choice B is another. Choice A I'll ride a motor scooter, Choice B I'll ride a Harley Davidson. Both are okay it just depends what I want. It's the same with you.

This leads us onto the next point. You may be wondering why this e-course appealed to you or why should you bother?

You're already good at goal setting. You may have your dream job, education, car, house or been on your dream trip. They were previous goals you achieved. However, that's your past, and you probably made some sacrifices to achieve them. You achieve goals every day, to have dinner in time to watch your favourite television programme...and loads more of small non-eventful goals. But now...you want new goals...exciting goals...anything from watching the sun set over the ocean to mountain climbing in Nepal.

More and more people are spending their time online AND they are researching for the answer to "how to find happiness, find love, fulfillment, have a positive attitude" and loads more. Check these words out on a keyword search and you can see the thousands of people worldwide who have keyed these words into the internet.

They are searching for sites that can give them the *magic* answer.

Some people find that the commitment and change required to move forward to a positive life...is too hard for them to do alone. That's where coaches come in.

Other people are happy to make a promise to themselves to 'just do it' as Nike says. Some do, but still our great athletes and achievers have coaches, mentors and mastermind groups. The people who want to achieve are prepared to spend time and money on themselves to unlearn, re-learn and then create new positive techniques of thinking and actions to live their dreams.

These are the people I like to work with. They come to me because they're after positive change and are ready to commit their lives and their happiness to the most important person in their life - themselves.

A growing number of people are finding something is missing in their life. Less and less people are interacting with each other, and getting 'involved' in life. Because of technology and starting with the television, people are 'copping' out of life. They become couch potatoes *watching* all the sport, getting excited when their teams win, but missing the 'buzz' of being out *playing* the sport themselves.

When they're couch potatoes their body is not getting the exercise and interactions with other people. They miss the team spirit and the adrenalin rush when they win, or get a good score,



Instead they're interacting with the piece of technology. Don't get me wrong, that's alright occasionally, and you'll be doing this infrequently and I do it with my work as well. However, if we sit alone not feeling okay, not feeling fulfilled and feel we're missing something in life... we are!! It is life itself filled with the '3 P's', possibilities, prosperity and peace!

Now, that's just one example in one area of life. What about the others?

We hear the media say life is more stressful and that the people are making changes in their lives to reduce stress. Some are moving out of the cities to lifestyle blocks, searching for the enjoyment of life they had as youngsters.

Society is changing as mothers are working more and the family unit is changing. Families are smaller and fathers are becoming more involved with parenting.

Mobile phones are rife and technology is being created to reproduce nature and enhance our lives.

Every generation is having huge changes to adapt to, that their parents did not encounter. It's all progress we're told, but is it? Some ...I don't think so!

You need to bring happiness to you, but you need your dreams and values aligned to make it successful and really fulfilling.

You need to learn about yourself, your strengths and weaknesses and whether you are short or long term goal focused. At the end of this course, have both.

You need to learn to think outside the square box. Be open to your instincts, inner calling or intuition and gut reactions and create the life you want.

If you have an unfilled dream, which you think is crazy or wacky, if you have an inkling you want to do something, if you have a feeling you should be doing something different, if you don't know what it is you want, then this is your opportunity to start learning what is your next set of action plans.

Before I begin giving you 'tasks' I'd like to remind you about what's included in this course.

My online coaching programme is in 5 sessions and covers 5 main areas in coaching.

It commences with you deciding your specific outcomes you require from the coaching, so you've set yourself a target. That's coming up next.

Along with that is the 'ongoing prompts' to challenge your thinking as you search for answers.

Additionally, quotes and poems are included to keep you motivated throughout the course.

Each session is 10 to 20 pages which you can either download so you can write on it or save on your computer. It is sent to you in PDF format.

Part One is where you Determine your Values or Life Rules

Part Two focuses on Work/Life Ratios and Life priorities.

Part Three focuses on Setting Goals and Redesigning your Life.

Part Four is Overcoming your Challenges

Part Five is Establishing your Systems

Throughout the course are additional tips to keep you on track.

If you have any queries, you can email me and I will contact you within 48 hours. During the week 24 Hours.

Additionally, if you choose you can send a copy of your answers for me to comment on.

This course is a established process, however I also offer online coaching which is specifically designed and tailored and if you have any ‘specific’ blocks we can work together on those.

## **NOW – LET’S GET STARTED**

### **EXERCISE ONE**

Write down 7 outcomes you’d like from this course

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

Great, now you've something to strive for in your work you're about to do.

It's okay if you can only think of a few answers right now. As you work through the course, you may get extra insights, add these to your answers.

OK. Ready to go? Let's talk about why you want to make changes.

*If you can dream it, you can do it. – Walt Disney*

Here are some other ideas to think about before you continue. Write down any insights and use them throughout the course. Your FIRST thought is the correct one, you innermost love, fear or challenge. Be honest with yourself and acknowledge that is what you are truly feeling and to move forward in life, you need to work on that. You will be continually prompted to do these important steps.

- ✓ Think SIMPLE, SIMPLE AND SIMPLE when you think about your life. What is it you don't like about your life? Are you unhappy? Are you not feeling fulfilled? Do you hate your work? Is it a health issues and you want to lose weight or do you need to make diet changes and get fit? Do you want to get your finances more secure? Do you want to find a loving partner? What is it that has you feeling you want to start making some changes in your life? You need to begin with a wish list so you've somewhere to aim.
- ✓ It's a good to have an idea of how you might achieve some of your 'wish list.' Are you going to rob a bank to achieve financial security or learn about investments? What other alternatives might be available to you? It's also okay to have no idea of how or what you want to achieve, because then you start from scratch when you do your homework and discover these.
- ✓ In the past you may have wondered why certain people acquired (seemingly easy) 'things' you wanted. This course recognises that you're a unique being, here to live your life, your goals, your successes, your lessons, not someone else's. In the process of achieving, your goal is to discover yourself, your gifts, talents, likes and dislikes. Failure to do so is failure to discover the true you.
- ✓ Your most important goal is learning to be you and achieving your dreams. Many people don't realise the first important statement - **your goal is learning to be you!** It sounds easy, but often people live the dreams of their parents, their partners, and their boss and then wonder why they aren't happy. You might want to own a business, and chose a takeaway bar over a café. Designing you and fine tuning you to give you the

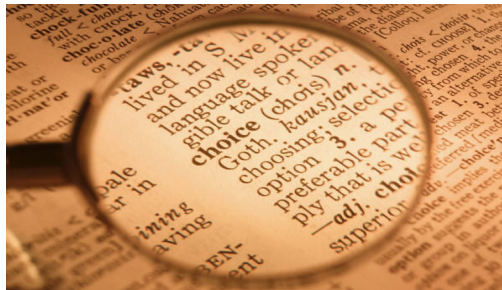
life you want involves the exciting process of change. If you don't undertake it, you won't create what you're looking for.

- ✓ Understanding your personality, your strengths and weaknesses, is a key to you achieving your goals. If you're a person who likes analysing things, some part of your success coaching you'll love and some parts will be more challenging. This is the same if you're a creative person. Success requires discipline. I recall one of my articles titled, 'Passionate goals aren't for the fainthearted'. If you want to run a marathon, you need to train. Failure to understand yourself and plan accordingly is failure to success.
- ✓ BE, DO, HAVE, these are three life scenarios that people often do in reverse. Understanding these principles is again another stepping-stone to acknowledging where you may be currently in your life.
- ✓ If you really want to get serious about understanding yourself, (and you have a choice) there are more in-depth relationships scenarios, which you can learn about. The more you learn about yourself and your goals, the greater chance you have of success.
- ✓ And finally you need to do more self-analysis to help you discover some of your views about your present situations. Are you happy working as a computer technician but you don't like your job because you leave at 6.00am and arrive home at 7.30pm every night? This is an easy example and there are two easy solutions. Find a job closer to home or find a new home closer to the job. However, there's probably another two or three possibilities that could be created if you started to think outside the box.

*Destiny is not a matter of chance, it is a matter of choice.*

*It is not a thing to be waited for, it is a thing to be achieved. – Jeremy Kitson*

You've now set the scene.



Here are two poems you might like.

## Your Choice



You can walk in valleys, but I'm not coming too,

Because I'll be climbing mountains, where I can see the view.

You can look through windows, and see the world from far,

But I'll be out there reaching to catch a rising star.

You can lie there watching the best of life go by,

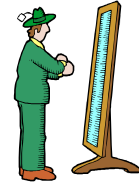
But I'll be out there dancing on a hill where eagles fly.

You can sit in shadows, wishing you could see,

But I'll be out there achieving, wherever I want to be.

And if you want the secret of how to win or lose,

Then listen and I'll tell you – **all you do is choose!** *Author Unknown*



## The Man in the Mirror

When you get what you want in your struggle for self  
And the world makes you king for a day:  
Then you go to the mirror and look at yourself,  
And see what the man has to say

For it isn't a man's father, mother or wife,  
Whose judgment upon him must pass  
The fellow whose verdict counts most in his life  
Is the man staring back from the glass.

He's the fellow to please, never mind all the rest  
For he's with you clear to the end  
And you've passed your most dangerous, difficult test  
If the man in the glass is your friend.

You can fool the whole world down the pathway of years  
And get pats on the back as you pass  
But your final reward will be heartache and tears  
If you've cheated the man in the glass

*Author Unknown*



# Happiness Scale



## A Starting Point

It's essential to gauge how you rate your life at present. Before you continue here's an exercise where you can rate your level of happiness in each area of your life.

The column headed 'others' could be spiritual, community and project may be a big goal, i.e. saving for a holiday. These two areas are optional. However the score ten is the highest and one is the lowest.

Self	Health	R/shps	Work	Finances	Others	Project
10	10	10	10	10	10	10
9	9	9	9	9	9	9
8	8	8	8	8	8	8
7	7	7	7	7	7	7
6	6	6	6	6	6	6
5	5	5	5	5	5	5
4	4	4	4	4	4	4
3	3	3	3	3	3	3
2	2	2	2	2	2	2
1	1	1	1	1	1	1

Your areas where you have the rated yourself the highest marks are the area you've had the most successes.

The areas with the lower marks are the areas of your life where you need to focus your goals.

The successful areas make you feel like a winner (and you are) the other areas make you feel like you're a loser (which you're not) you just haven't achieved your goals in that part of your life YET!

You have free will so you can do it, if you choose. Let's move forward.

## Values are YOUR Core Desires

### YOUR Rules



You're moving onto one of the most challenging areas of this course. The reason is because people may not have thought of these before.

Everyone lives their life by a set of rules. Sometimes the rules are supportive and sometimes they are destructive. Either way, these are the values you live your life by.

The key to success is to have your values (rules) aligned with your desires.

The trickiest thing is that often people have never thought about their values and so defining them can be a challenge.

The Collins dictionary defines *values* as:

*The moral principles and beliefs or accepted standards of a person or a social group.*

Often people operate on 'automatic' with their subconscious determining their decisions. This means they've made past decisions based on their values without being conscious of their thinking.

Ask yourself these questions to determine what your values are:

**What do I desire from this?**

**Why is it important to me?**

**What feeling/sense do I require from and/or 'experience around' this?**

Your values for good health may include words like: energy, look good, feel healthy, choices and fun. Knowing your values helps determine your goals. However if you're smoking, eating junk food, not exercising and sitting at home in front of television...your values and your life are misaligned.



If the values (rules) are what you really want in your life...change is ahead. You might need to change your diet from junk food to healthy food, attend a gym, take additional nutrients, stop drinking alcohol, go tramping instead of being a couch potato and have some fun meeting new people.

These become your goals and you work towards them daily. Therefore, establishing your values is the *key to success* for this workbook. You may need to take several hours or days determining your values before you continue the workbook. However, it is *critical* for your success that you find out what they are.

Operating out of your value system as Stephen Covey says

*“Is working from the inside, out”*



Now you've an idea of what you're doing with this section – Here's more information before continuing.

When you make a goal, your head decides on something and without any further internal guidelines you attempt it. Then you find you're not achieving it and you have a feeling that something is not right but you're not sure what's wrong. Remember back, if you wanted to have financial security you're unlikely to do anything dishonest. For the vast majority of people a bank robbery wouldn't be considered ...it doesn't fit their value of honesty and other values.

This next section is the trickiest part of the course and the most important because it's the base of every decision you make in your future.

Your values are your rules in your decision-making process.

They're the internal guidelines I mentioned earlier. They're vitally important to your success-thinking programme. They are important to you when you decide which path you're going to take.

There's an old movie called the Wizard of Oz, which has the song 'Somewhere over the Rainbow' in it. Sir Elton John has also written a song called 'Yellow Brick Road' about this movie and decision making process. In the movie Dorothy has to make a choice between which roads to walk down. The tree speaks to her and tells her 'any road will take you there, if you don't know where you're going'. Dorothy chooses the road that led her to the Emerald City because she was seeking love from her aunt and uncle back home. Her value of *love* helped her make the decision.

Your challenge in life is that when you don't discover your values, you can journey in a direction that does not align to you and waste time reaching your dreams.

*Success is neither magical or mysterious.  
Success is the natural consequence of consistently  
applying the basic fundamentals – Jim Rohn*

Here are more ideas and tips on discovering your rules or values which you can think about until you start your course.

- ✓ When deciding what your values are, remember one of the questions you can ask yourself is "What do I desire from this?" This is important because when you're faced with a choice to make regarding a situation and you will make the decision that aligns with your values. I remind you again of Dorothy who was seeking love.
- ✓ Another question to remember to ask yourself is "Why is this important to me?" If you don't know and your answer is...just because it is...you've got to do more soul searching. You've got to get to the root of your 'being' and discover 'why'. When you really do a bit of thinking...it might be because...someone else told you to, or that it was good, which isn't a valid reason for you to do it. Why visit all the museums in Europe if you were told they were fantastic, when it's the art galleries you love!
- ✓ When you're assessing these values, or your rules you need to have an inkling of what feeling or sense you want to experience. Do you want the thrill of the catch...the sense of belonging, the feeling of being loved or experience the mystique of the orient?

These are all important as you're designing your life. Failure to analyse or think about these and you're possibly steered off on the wrong tangent towards your dream life.

- ✓ Now you may be wondering why these values or your life rules are important. There's an old story about the young wife who went to cook a leg of lamb. The young husband told her she had to cut off about a third of the piece of meat and then place them in the oven side by side to cook. "Why?" she asked. "Because my mum does," he replied. Asking mum, her reply was "Because my mum does". Upon asking mum, who was grandma, her answer was 'because in those days my new oven didn't fit the piece of meat together in one piece'.

It's the same as that with your values or rules. Some are very outdated and some aren't yours...instead they're someone else's.

- ✓ I've already mentioned a couple of times about misaligning your values to your goals. It's also critical you assess these are for all areas of your life. These areas include: self, relationships, health, finances, career/business, spiritual and community. You may want to include other areas of your life as well. It's your life and your plan so you use terminology that is important to you. E.g. Well-being may be more to your liking than health.
- ✓ The other important point area that may crop up is your belief system. Again as a child you've been brought up with the set of beliefs from your parents. Some of them are great, but some of them may also be hindering your progress. E.g. As a child your parents may have always said 'rich people are selfish'. Because that is what you've been taught to believe you may have a problem attaining financial wealth. Every time you start to get your finances on course, you sabotage yourself, because of your thoughts. You are inhibiting your growth, so you need to reprogramme your thoughts to positive. Think of the rich movie stars and business people who give millions to charity. Bill Gates is a perfect example. If he didn't have lots of money, he couldn't give it away.

In summary it's important you spend time deciding on your values. If you can't decide on a six or seven for each area, start with 3 or 4.

Continue thinking and add others to your list as it may take a few days to decide on more. That's okay, especially if you've never thought about them before.

Get some paper and a pen and a folder to keep this course together. Also, I suggest plastic sleeves so that any ideas that will come your way can be categorized and used during the course.

Additionally, now you've opened your mind to a new way of thinking, synchronicity and coincidences will occur, so you're likely to be steadily receiving new information into your life.

*Motivation is like food for the brain.  
You cannot get enough in one sitting.  
It needs continual and regular refills. – Peter Davies*

### **Now the real work begins!!!**

## Assess Your Values for Your Personal & Work Life

Choose 5, 6 or 7 important areas in your life.

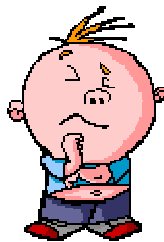
*For example: Career/Business, Health, Relationships, Personal/Self, Financial, Community, Lifestyle*

These titles are suggestions only. You may wish to use different words that are important for you.

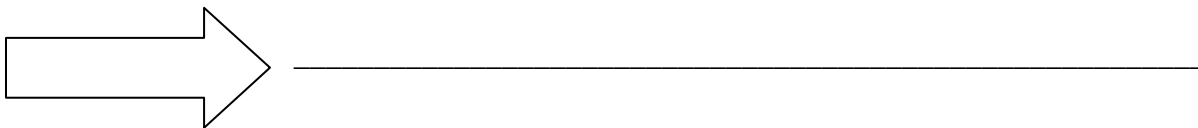
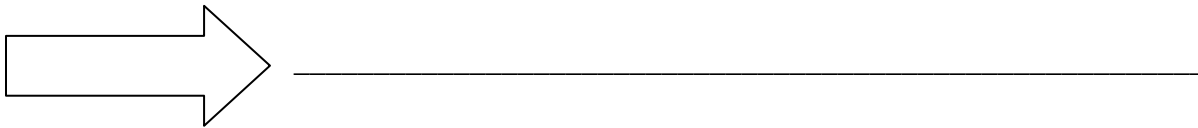
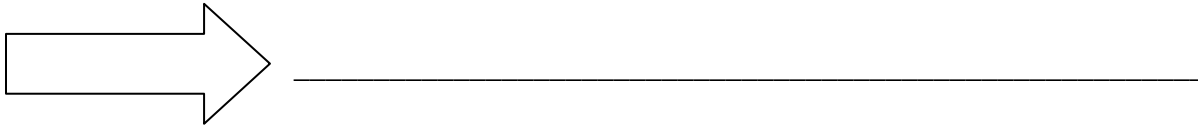
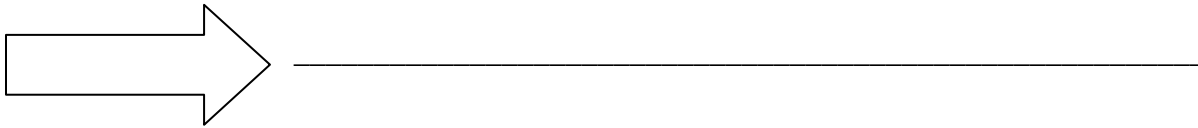
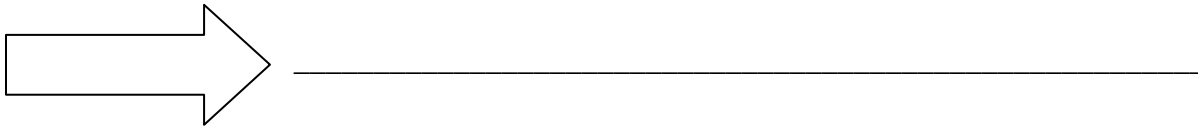
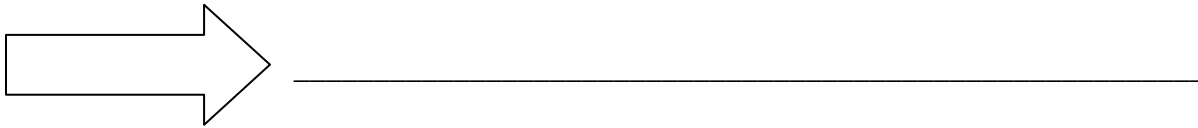
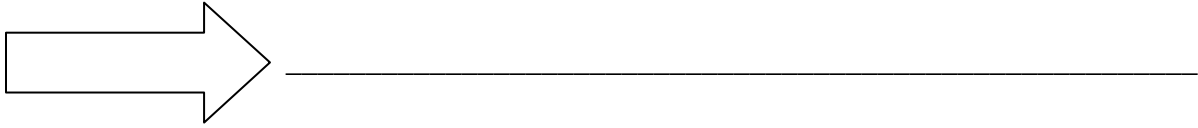
*For Example: Financial could be Wealth or Abundance*

Assess your values by deciding for each one 'Why is this are important'. Then write your reasons on each line.

*For Example: Financial values are important to you because money provides security, peace of mind, lifestyle, enjoyment and fun.*



Write area of life      List 5 to 7 values words (*Think of your own, then refer over page*)



Don't rush through this...allow one hour as a **minimum time** frame.  
I suggest think over it for a few days.  
Allow yourself time to think and ponder before you turn the page.  
This is the basis of your future decisions so you **NEED** to get it right.

## **VALUE Words that may be of use to you**

Honesty, Achievement, Empowerment, Love, Abundance, Enthusiasm, Security,  
Fun, Teamwork, Role Model, Peace, Wisdom, Courage, Independence, Lifestyle,  
Awareness, Inspirational, Passion, Understanding, Channel, Challenging,  
Accountable, Attitude, Inner Strength, Learn, Truthful, Flexibility, Belonging,

**These Character Traits are essential to primary greatness**

**Integrity** – *I define as the value we place on ourselves*

**Maturity** – *I define as the balance between courage and consideration*

**Abundance mentality** – *Our thinking is that there is plenty out there for everybody*

**“Intense desire creates not only its own opportunities,  
but also its own talents”**

*Stephen Covey*





You've finished part one of this course.

Pat yourself on your back for your achievement.

Continue thinking and realigning any differences that 'pop' into your mind.

Don't make too many adjustments. Keep to your first and original thought as this is your 'right brain – the creator of magic' working for you. If your left brain takes over the idea...it will decide a 'logical' reason why you can't do something.

ALSO – only share this with people who are supportive of you moving forward and making changes in your life.

Take care...enjoy your journey and Part 2 coming shortly to you.

REMEMBER – email me if you have any queries.

<mailto:janice@attitudespecialist.co.nz>