

LET'S BEGIN!

1. Identify your **Two Plan A's**

Quite often when young people describe their goals to adults, those adults might respond by saying, “What is your plan b?” or “What is your fall back plan?” This type of thinking is absolutely **WRONG**. The problem with a plan b or a fall back plan is that once it is introduced to you and you decide to adopt these secondary plan concepts, you immediately accept the fact that you can fail. You immediately give life to the possibility that you will not achieve your goals. So right here and right now, I need you to decide that you will not have a plan b nor will you have a fall back plan. Do not accept failure. **INSTEAD**, why not have Two Plan A's.

Having Two Plan A's is very different from having a plan b or a fall back plan. Having Two Plan A's is you choosing to succeed in more than one thing. Everyone has more in them than they believe they do and certainly more than they are comfortable with doing. Everyone is interested in doing more than one thing. When you elect to have Two Plan A's you are deciding to be great at more than one thing. With this idea in mind,

I have developed this journal specifically for you to pursue and achieve both of your Plan A's. So why don't you flip to the next page and begin the process to achieve the Success you want and deserve. It is my firm belief that before you start to pursue your Success, there are several steps that you must take. The first step is to identify the goal you want to achieve. No one in the history of being Successful has ever achieved their Success without identifying a goal and an endpoint. Most of us have goals in mind or things we want to achieve in life. Sometimes we are not able to state our goals clearly. That is okay though. To help with this, I have an exercise I want you to try.



STEP 1

Write out your biggest goal for your future.

I call this your long-term goal. It will normally take some time before you reach this goal but it is very important for you to have. If you find it hard to write this out, think of it this way... if you could make a million dollars *doing whatever you wanted*, what would you do? Nothing that you can think of and no idea you might have is too silly here. Just write it down.

► My Biggest Goal for My Future is/is to:

Great! You have just completed the first step in achieving Success for yourself. Do not worry if your goal is not perfect. You can come back and make it better later. The next thing you will need to do is take the second step on this journey.



STEP 2

Write down the top three things that you will first need to do to help you achieve your goal(s).

These three things are what we like to call your short-term goals. If this is hard to understand think of it this way, if your main goal was to eat an entire pizza, you could not do it by placing the whole thing in your mouth at one time. You would have to eat slice one, slice two, slice three...until you had eaten the whole pizza. In this case, your main goal (*long-term goal*) is the

entire pizza and each slice of the pizza is a *short-term goal* to help you get there. Now that you understand that, go ahead and write down the **top three things you need to do within the next year (12 months) to reach your long-term goal.** These three things could also be behaviors that you may need to change to help you reach your goal. It is always good to ask others who you respect to help you with this step. I suggest you talk to your parents, teachers, pastor, or even principal. Trust me, they will certainly be impressed that you asked them to help you with this question and will probably be thrilled to give you good advice.

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2.
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3.
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Now that you have completed Step 2, you will need to make sure you can measure your Success.



STEP 3

Write down at least three different ways you will be able to tell if you are on track to meet your goals.

Let me give you an example. If your long-term goal is to go to college, one way to measure your progress towards achieving your goal might be to graduate from high school. Another measure of your progress may be to apply for college or take the ACT exam. These are all things that will help you achieve your long-term goal of going to college. Write down three ways you will measure your progress.

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2.

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3.

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Please understand how important it is for you to establish ways for you to measure your Success. You need to know that you are doing well and making good progress in achieving your goals. This will help keep you inspired about the direction you are going in and provide you with more fuel for your forward movement.

Step 4 is just as important as Step 1. In this step, you take responsibility or increase your responsibility in achieving your Success. You must keep in mind that **your Success is your responsibility**...no one else's. Taking responsibility for your own Success will require you to do some things you may not already be doing. How you spend your time may be something you consider changing. Also, you may have to educate yourself about things you don't already know about that will help you succeed. You will certainly need to find a mentor...more than one. Regardless of what anyone tells you, nobody has ever succeeded on their own. Those who are really Successful will more than likely tell you they had a mentor or someone who showed them the way. If you haven't already guessed it, mentors are very important to your Success.



STEP 4

Finish the following statements with your own answers.

D. I will make time for my Success by:

E. I will increase my knowledge about:

F. I will ask the following people to advise/
mentor me:

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3 BOOKS TO READ FOR MOTIVATION

- ▶ *The Wealthy Gardner* by John Soforic
- ▶ *The Richest Man in Babylon*
by George S. Clason
- ▶ *The Magic of Thinking Big* by David Schwartz

DAY 1, Date:

“Fear is the devil trying to keep you from your Success.”

—DR. S.K. ELLIS, *Investor & Entrepreneur*

MORNING PLANNING

▶ I choose to have joy today because:

▶ I am working towards my goal because:

My Plan A. is:

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- ▶ The **first** thing I will do today to get me closer to achieving my Plan A. is:

Start Time: End Time:

- ▶ The **second** thing I will do today to get me closer to achieving my Plan A. is:

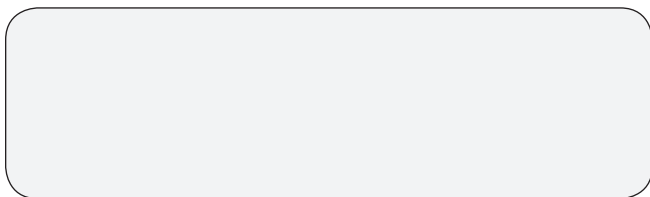
Start Time: End Time:

My next plan A is:

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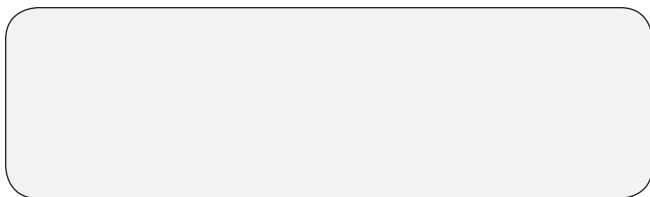
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- ▶ The **first** thing I will do today to get me closer to achieving my next Plan A is:



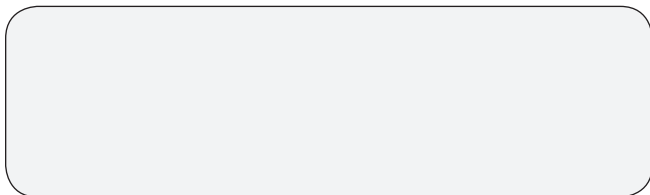
Start Time: End Time:

- ▶ The **second** thing I will do today to get me closer to achieving my next Plan A is:



Start Time: End Time:

- ▶ Today, I will talk with/communicate with Mr./Ms./Dr. about:



EVENING REFLECTION

- ▶ The single most important thing I did today to get me closer to my goals was:



- ▶ The one thing that hurt my progress the most today was:



- ▶ I will overcome this obstacle tomorrow by:



DAY 2, Date:

“Every Sunday needs a plan...and so does Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.”

—DR. S.K. ELLIS, *Investor & Entrepreneur*

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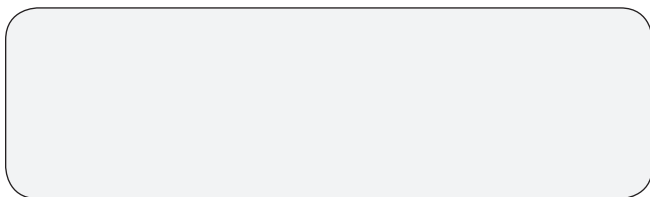
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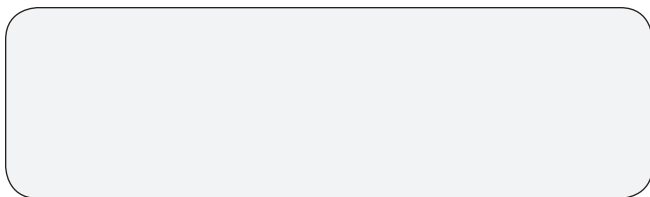
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