

For Women Ready for a Success Surge!

Daily
Push Ups



Welcome to the Daily Push Ups Program!

What I want for you is **SUCCESS!**

Success in your work, your life, and with the actions you're taking this week.

During our 5 day adventure you'll be taking actions to move you toward the goal you've chosen. You'll be pushed and held accountable by the group. As a Master Certified Coach, I will be doing laser coaching on calls as appropriate.

Together we can make it happen.



Before Our First Call:

- 1. Choose your goal.** You should be able to: 1) complete it in 5 days; 2) measure progress and completion; 3) divide it into 5 segments. If this Daily Push Up Group is the first step toward a big dream, make your goal the first step toward the dream.
- 2. Choose a catchy theme** to express your strategy, feelings, way of being, or battle cry as you take the 25 actions to reach your goal. Examples: "Yes! I Can!," "Spring Into Action," "My Way Every Day," "Ready, Set, Goal!" "Summit the Peak," "Struggle Is NOT an Option." The theme is for YOU and doesn't have to grab anybody else ... it's your mantra for the week.
- 3. Write the 5 milestones** you'll reach each day or during the week. These are not steps to take. They are measurable progress you'll be making toward your goal. If your goal is 5 new clients, you'll have one client per box. If your goal is to catch up and get ahead of your paperwork, come up with 5 ways you can measure your progress....) As you reach each milestone color in the percentage column on your game card.
- 4. Pick up to 10 daily habits** you want to include in your day to contribute to your personal and professional well-being. (Examples: Finish work by 5:00 pm, do one special thing for somebody else, stay adrenaline free, meditate, get away from the office for lunch, breathe.) Make these habits things you enjoy doing, or want to do, to move you forward, not things you think you *should* do. Make these delicious, enriching, fulfilling ... joyful.
- 5. Fill in at least 10 actions** you know you're going to take during the first two days of the week, 5 for Monday and 5 for Tuesday. When completed, your game card will have 25 total actions. They may be the same 5 actions each day or they may be different. Make your actions ones most likely to produce the results you want. Make them bold, strong, and extreme. Be careful on this step. Take only actions that create immediate results. As you complete each action, mark it as complete on your game card.



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6. Prepare for your call and for the week by getting rid of anything that will block or limit your success during our week together. Delegate tasks where you can, handle immediate problems, clean off your desk, arrange your tools - do whatever you need to do to hit the ground running on our first call.

Daily Call Agenda:

1. Dial into the conference line you were given when you registered. It's helpful to dial in a minute or two early so we can begin the call on time and you don't miss anything. Conference lines are tricky sometimes. Please call in from a land line when possible. While technology is always improving, cell phones and wireless phones can disrupt the conference line service. And NEVER call when you're driving.
2. During each call you'll be asked to share your progress, the actions you took the previous day, how many of the Daily Habits you did the previous day, the insights or breakthroughs you've had and how you applied what you learned on previous calls.

Your Daily Push Ups Game Card:

Your Daily Push Ups Game Card was designed to be printed on a single piece of paper, two sided. We want you to have one sheet to use throughout the week so when folded down the middle, it's easy to carry with you as you move through the week. One piece of paper to keep track of is **so** much easier.

You're going to be referring to it all day as you incorporate your habits and take your actions. You'll also want to refer to your Goal and your Mantra as you are working and taking actions. This will keep you focused on the result you're working toward.

If you find yourself being distracted during the day, eliminate the distraction. Revisit your Goal and Theme/Mantra and get back in the game.

