

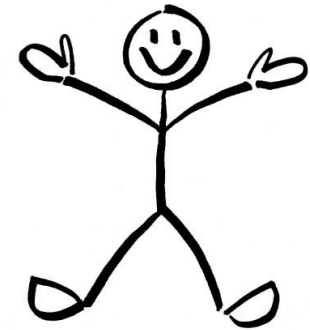
# GIVE YOURSELF ADVICE TOOL



Today YOU



What advice would  
your Future YOU give  
to your Today YOU?



Future YOU

# Give Yourself Advice Positive Feedback Loop

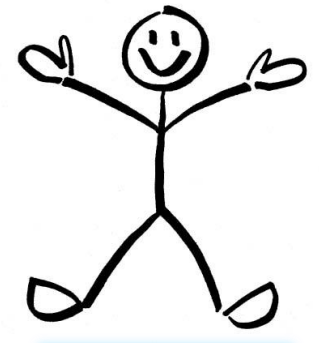
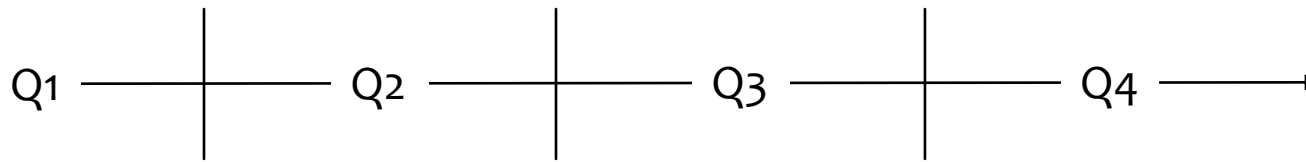
Create in your mind a picture of yourself one year from today – your Future YOU. Imagine that you finally have the change you’ve been struggling to achieve. Create 3 declarations under Future YOU that describe what you have, and how your life is different. Start a dialog with your Today YOU – tell yourself how you did it and encourage yourself along the way. Create goals & measures, and have someone with whom to check in.



Today YOU

start here – what would you tell yourself?

How did you do it? What worked? What didn't? Where did you adjust the plan? What encouragement can you give? What does progress look like? What does 'done' look like? How are you different? How do you feel?



Future YOU

## FORM YOUR PLAN

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### What I'll Do

- SMART Goal
- specific
  - measurable
  - aligned
  - realistic
  - time-bound

### How I'll Measure

Weekly,  
Monthly &  
Quarterly  
Metrics &  
Measures

### Who I'll Tell

The one person I'm  
checking in with on  
a daily/weekly basis

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

create your prescriptive plan from your advice

**EXAMPLE**

**EXAMPLE**

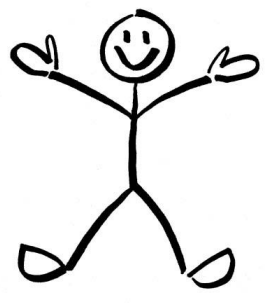
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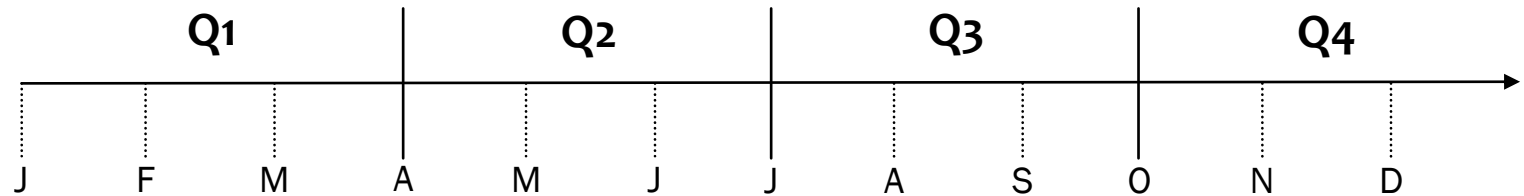
**Today YOU**



**Future YOU**



*I deliberately made time for and prioritized, without compromise, my morning reading and meditation. I created a space where I can do this without distraction. I picked a reading that inspires me and is focused on my goals. I kept a journal to capture my thoughts and feelings as they evolved and my ability to be quiet with myself improved. I checked-in with my success partner weekly and listened for constructive feedback.*



← **START HERE**

**THEN GO HERE** →

1. I'm frustrated that I lose control of my day as soon as it starts – I don't control my own priorities – others' priorities control me.
2. My attempts to focus on gratitude are washed away amidst a never-ending busyness that doesn't meet my needs.
3. I let others run my life by controlling my schedule.

**SMART\* GOALS – DO, MEASURE, TELL:**

- Starting on April 1<sup>st</sup>, I will take 15 minutes each morning to read & reflect on the day's **NEW BEGINNING** reading while I enjoy my first coffee; I'll do this in my personal quiet space.
- Once per week at a designated time I'll check-in with **PARTNER** to share honestly how it's going and receive feedback; I'll make notes in my journal on how it's going and how I feel about this practice.
- On the first day of each month, I'll review how I'm doing and adjust if something's not working. I'll ask for help if needed. To track progress, I'll write in my journal how things are changing for me, then make a check mark on the letter of each month above indicating completion.

1. I spend 15 minutes each morning centering myself with an affirming reading.
2. I spend 15 minutes after lunch mindfully meditating on my gratitude list.
3. I don't prioritize my schedule – I schedule my priorities – **AND HONOR** the schedule I make.

\* SMART: Specific, Measurable, Aligned, Realistic, Iime-bound

# ANCHORING YOUR 'WHY'

accelerants	destabilizers

- All **WHATs** must be anchored to a **WHY**, or they'll drift away unnoticed.
  - **What's the payoff? Be specific – what do you get if you achieve the goal?**
  - What cautions would your future self warn? What will get in the way? What will try and OBE\* your efforts?
  - How will you adjust when life (OBE) happens?
- What 3 things does your future self say helped stay on-track (**accelerants** - see table)?
- What 3 things does your future self warn will throw you off course (**destabilizers** - see table)?
- What feedback are you getting on your commitment, progress & integrity?

\* OBE = Overcome By Events