



CHECK THAT BOX: **METHODS FOR ACTUALIZING SUCCESS**

Effective and meaningful planning is a foundational component to individual and organizational success. **Discover the power and effectiveness of utilizing implementation intentions, positive priming and the “no excuses” model.**

This is an essential workshop for people wanting to get things done.



KNOWLEDGE/ LEARNING TARGETS:

Transferring vague goals into instant action, taking control of your environment to make it positive, becoming conscious of excuses and their power over you, learn how to rise by lifting others



APPLICATION/YOU WILL LEAVE WITH:

Your “Elephant Sheet” – a reminder of the self-imposed barriers that hold you back
Your “Power Token” – a reminder that you are always in control
Implementation Intention Transformation Builder
...and much more!



PERFECT FOR:

Those with big goals and ambitions but no clear starting point
Those wishing to optimize the human experience
Those who are stuck in the “someday” mentality