



### HABIT #1 BE INTENTIONAL - ALL THE TIME!

- Creating and Maintaining the Ideal Week Framework and Mindset
- Identifying & Focusing on Themed Days
- Knowing Your "Buckets" of where you spend your time



#### Breakout Session Review - How/Where to Implement?

Using the topic listed above, add thoughts to how you can integrate this intentional practice/habit into your personal and professional life.

#### PERSONAL

- How to implement?

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- What's the first actionable step to make this a reality in your personal life?

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#### PROFESSIONAL

- How to implement?

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- What's the first actionable step to make this a reality in your professional life?

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### HABIT #2 LEAD WITH A FULFILLED FOCUS

- Setting Goals in ALL life's domains - Not ONLY the common/traditional domains
- Set the SMARTEST Goals - Create the goals YOU want to have!
- Where are you unconsciously saying "yes"? Start saying "no" more often



#### Breakout Session Review - How/Where to Implement?

Using the topic listed above, add thoughts to how you can integrate this intentional practice/habit into your personal and professional life.



# INTENTIONAL | FULFILLED | MEANINGFUL

## IMPLEMENTATION WORKSHEET

### PERSONAL

- How to implement?

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- What's the first actionable step to make this a reality in your personal life?

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### PROFESSIONAL

- How to implement?

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- What's the first actionable step to make this a reality in your professional life?

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### HABIT #3

### MAINTAIN A MEANINGFUL MINDSET



- Know Your Priorities – This applies to all areas of your life – Be Specific!
- All priorities have to then be prioritized – What is your #1 non-negotiable priority?
- Create weekly & daily success indicators – Stop assuming success and start planning it!

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### PERSONAL

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### PROFESSIONAL

- How to implement?

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- What's the first actionable step to make this a reality in your professional life?

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