

Sunday Success Steps

Sunday Success Steps is a tradition to create that allows you to step forward into great success! It's a meeting with you and yourself! It allows you to move forward into the next week with clarity. And Clarity is exactly what you need to into your brilliance.

Sunday Success Steps allows you to get Clear and Focused on the week ahead.

When you are talking to highly 'successful' people, what they all have in common is a plan and they work it. They never show up to their office or a meeting without having clarity of what they want to accomplish. Extrapolate that out to the week and you have: Sunday Success Steps!

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***The most important part of Sunday Success steps is by setting an undistracted time for you to "meet" with yourself and KEEPING THIS COMMITMENT!***

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Sunday Success Steps At A Glance:

STEP 1: is reviewing the INTENTIONS you have set for your life and Getting Clear with what you want to accomplish. You do this by taking stock in your life and the priorities that are facing you.

Then, write answer these questions:

Is there something I wanted to accomplish last week but did not do?

What enlightenments/ahha moments have I had this week?

What problems and challenges am I experiencing?

IF I could take all the 'drama' out of life at work and home and see the problems for their reality what would it be?

If my soul knew the crux of these challenges, what would it be?

What are my BIGGEST priorities for this coming week?

What TWO must get done?

What would make me FEEL Happy & Proud when I do it?

How do I want to FEEL this week? How do I want to BE? How do I want to LIVE?

Sunday Success Steps

STEP 2: Creating Time for Your Intention

Remembering the Answers to your questions in Step 1:

Pull your lists together & Create a “To-Do” List around your priorities & Assess Upcoming Events

Grab Your Calendar!

Put down all fixed appointments you have. Update existing dates

Add In Daily Appointment times for your self care. (This is here FIRST!)

Make appointments WITH YOUR SELF for the important tasks of your to-do list

Being sure to consolidate errands, project ‘out’ baby steps for larger projects and
Scan for ‘bumps in the road’ and revise your schedule accordingly

Leave windows in your day for ‘breathing room’

This allows for an easier, simpler pace in life. It allows for overflow time for a project;
Time to Stretch; Time to Eat Lunch at a Park. Etc.

This is the time that begins to appear that allows you to FEEL, BE, LIVE!

If you do this and do it consistently, you will begin to find that life flows more smoothly and becomes less hectic. You will see as the course goes on how important Sunday Success Steps becomes. You will become clearer and clearer about what your goals are and how to achieve them. Success will become you!

You can do Sunday Success Steps for work, relationships (including the one with YOURSELF!), family and friends.

If you do this for work, be sure to send reminder e-mails to everyone associated with appointments and projects. Let them know about what you are working on and upcoming deadlines.

If you are a solo-prenuer, make sure that projects have a cohesive time line to them and that you allow time to work ON your business not just IN it.

If you do this with relationships, do it together. Have a Family Meeting to get everyone on the same pages, so to speak, for the week. Not only will you have family communication but the collaboration and cohesiveness will be a HUGE bonus.

Knowing How to Access Your Inner Wisdom is a key component to knowing your intentions.

If you’d like to know more about how to learn more about how *Soul-Wise Living* can assist you in learning how to learn to program your own GPS to your inner wisdom, please visit www.soul-wiseliving.com. You can also register FREE for My Tools for Today’s Clarity & Success Audio Series~ 7 Simple and powerful tools to implement for greater clarity and success.

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You can print out copies of these next few pages as a template to work off of:

Questions to Consider:

Is there something I wanted to accomplish last week but did not do?

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