

The Courage to Succeed - Olympian Ruben Gonzalez

1 - Dare to Dream

Where do you want to be in 5 years? Why?

2 - Get Started

What can you do in the next 24 hours to get you closer to your goal?

3 - Don't Quit

What's going to be your biggest challenge on the way to your goal? What's one gap you have where you feel you need some help? What steps are you going to take to fill that gap?

4 - Dream Team - Your Personal Board of Directors

Who are the believers in your life? Who are the people you can count on no matter what?
Who are the key people that can be your advisors in the major areas of your life?

Work

Finances

Family

Spiritual

Relationships

5 - Creating a Winning Environment

Think about a point in your life when you felt the most alive, in the zone, succeeding, thriving.
What caused that feeling? Who were you with? What were you thinking? What were you doing differently?

6 - Self Talk

Write down three "I AM" about who you are and three "I AM" statements about what you do.

I am _____ | _____
I am _____ | _____
I am _____ | _____

For videos, articles and resources that will help you reach your goals faster visit:

TheLugeMan.com

