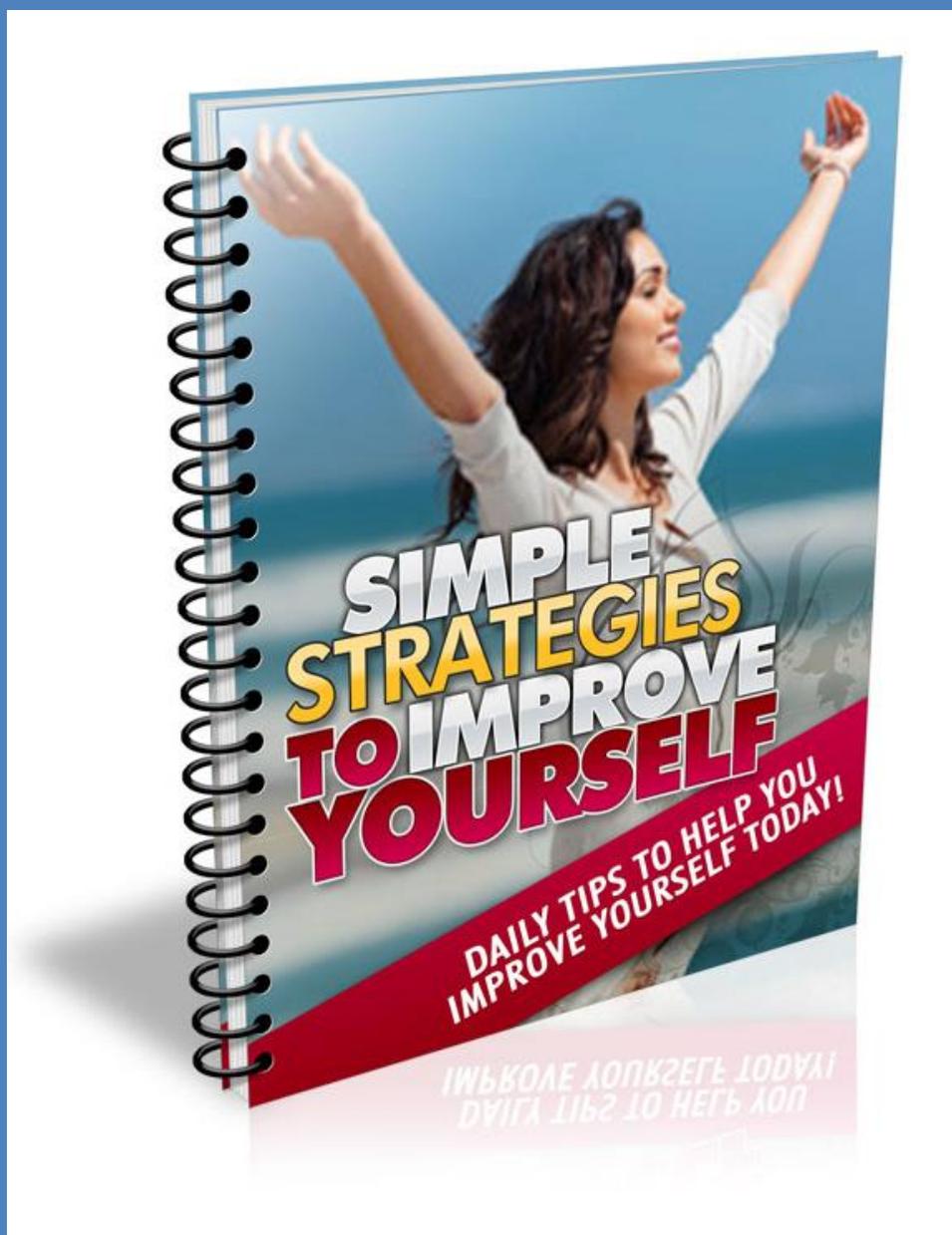
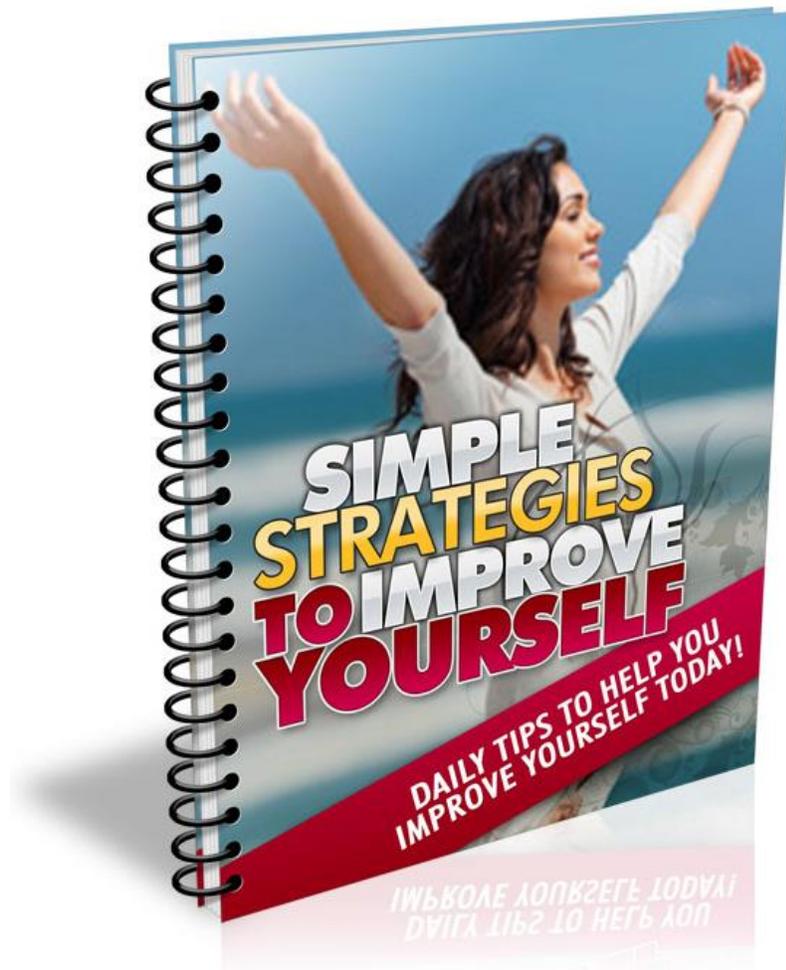


Dr. Marlene Shiple
Counselors
Associated, Inc.
(602) 266 – 6662
[http://counselors
associated.com](http://counselorsassociated.com)

SIMPLE STRATEGIES TO IMPROVE YOURSELF



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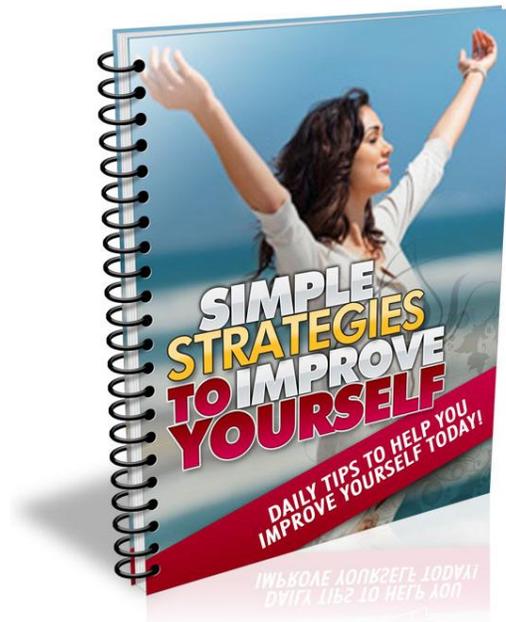


Marlene Shiple, Ph.D.

The Life Coach Dr.

(602) 266 – 6662

<http://thelifecoachdr.com/coach/>



Introduction

There are many areas in life where we can improve ourselves to become a better person and to have a more meaningful life. It could be in the area of relationships, finances, careers and family, where we improve in order to help us get more out of our lives and be more of a success.

Do you want to

-- feel better?

-- be more productive?

-- be more confident?

-- be more successful?

If this describes you, I invite you to spend some time reading through the simple strategies that I share with you in this book. These strategies can help you become healthier, more productive and more organized. These are simple and easy-to-understand tips to help you feel better about yourself and motivate you to become a better person. They can also be a powerful assist toward inspiring and supporting others.

Self-improvement is very rewarding. It allows you to discover a whole new realm that allows you to be happy in your life and be confident about yourself. In addition, self-improvement can help you achieve results that you might otherwise never have thought to achieve.

I urge you to use this resource to achieve a great sense of purpose of achievement. I also encourage you to begin moving forward in your life, to start improving in things rather than stagnating!

So let's go ahead and get started now!

1. Identify your dreams and aspirations.

Some of the more effective driving forces for success in your life are your dreams and aspirations. Therefore, it is time to properly identify them. This means you need to spend some time in thinking about what they really are. Do not ask your friends and relatives for help when it comes to this; this is all about you.



2. List your goals.

Create a list of your goals in life – use either a sheet or paper, your electronic notepad, or a small journal. By keeping a goal list, you remind yourself easily and effectively about them. In turn, this keeps you more motivated to take instrumental steps to achieve those very goals. Keep your list handy – as a ready reminder.

3. Divide your major goals into smaller ones.

It can be quite overwhelming to look at your bigger, more complex goals every day. However, you can use a simple step to prevent yourself from becoming overwhelmed: subdivide your goals into smaller ones. Attacking smaller goals makes it easier to achieve all your goals. You take smaller steps on a day to day basis. As you achieve the smaller goals, you move closer and closer to the bigger ones.

4. Identify the steps you need to take to achieve your goals.

Your goals are like your finish lines ... by working at your goals every day, you reach that “finish” after some time. It is important to remember that you won’t attain your goals without taking the necessary steps. Therefore, it is essential to identify the right steps that you need to take – steps that enable you to move closer to your goals each day.

5. Get to know the things that excite you the most.

Whenever you get excited, you usually become more energetic in taking action. Since this is the case, it can be helpful to learn more about the things that excite you the most. Once you know, you can base your goals on these exciting stimuli. When you do things that you love in achieving your goals, it is easier to persist ... as you create success.

6. Boost your self-confidence.



It would be quite difficult to achieve your dreams if you lack confidence. Building up your confidence can be done in the following ways:

- recall your past achievements;
- build stronger faith in yourself.

Strong self-confidence makes it easier to take risks as you engage in the process of achieving your dreams and accomplishing your goals.

7. Do not expect better things if you are not doing anything different.

Success can become more elusive when you keep on doing the same things – and getting the same disappointing results – each day. The only way to attain something that you have not achieved yet is to do something different. Make carefully-selected, goal-directed changes. This allows you to achieve something different and desirable in your life -- such as, success or higher level of happiness.

8. Stop complaining.

It is time to stop complaining, if you want to achieve self improvement. Successful people do not have complaining as one of their regular practices. To them, complaining can be equated to whining, which would not yield any kind of benefit. Instead of complaining, you should start finding solutions to things that bother you.

9. Be thankful that you have problems.

Do not be afraid to face problems in your life. Instead, you can allow yourself to be thankful that you have challenges to encounter. Having challenges means that you have a normal life! View your problems as opportunities -- opportunities for you to become a better, more-victorious person.

10. Find lessons in your mistakes.

You are bound to make mistakes; it is part of being human. It is important to be understanding of – and not too hard on – yourself whenever you do make mistakes. Mistakes are there to help you learn important lessons. When you learn from your mistakes, it helps you avoid committing them again and enhances your life.

11. Be proactive to lessen the number of challenges you encounter in your life.

Instead of being reactive, it can be more beneficial to become more proactive. Doing so lessens the number of problems you encounter in your life.

When you are proactive, you can effectively **prevent** problems from arising in your life. In addition when you are being proactive, instead of waiting for opportunities, you make them happen ... and YOU direct the opportunities that come your way!

12. Dream big.

When it comes to dreaming, take special care to not limit yourself. Dreaming does not cost you anything! Because of this, allow yourself to dream **big**.

Keep in mind that massive success often started with just a dream. Start dreaming big just before you go to sleep, in this way your subconscious mind can work on the dream throughout the night. In addition, once you awaken the next morning, it is likely that you will feel even-more motivated toward getting started to achieve them.

13. Visualize your dreams.

Visualizing your dreams helps a great deal toward successful dream attainment. Make use of your imagination – it adds excitement as you undertake the steps required to make your dreams a reality. Imagine yourself enjoying the fruits of your labor – this adds more motivation as you work to attain those outcomes. It also helps to savor the sweetness of your dreams once you attain them.



14. Make a plan.

Once you have determined your goals, the next thing to do is to make a plan for achieving them. Your plan should include the steps that you have to take in attaining your goals. Aside from that, your plan should also indicate the timeframe that you set for yourself to reach your dreams.

15. Evaluate your progress.

When you think that you are taking steps towards your hopes and dreams, it is important to look clearly and analytically at your progress from time to time. See where you really stand! Assessing your progress needs to become a regular habit. It is important – allowing you to make adjustments when you deem it necessary.

To assess your progress, do a simple review. Write down each step that you have completed toward accomplishing your goal. Now that these steps have been completed, notice how much closer you are. Also, take note of what still needs to be done to allow you SUCCESS in reaching your hopes and dreams.

16. Identify your strengths.

If you know your own strengths, you can make a point to **use** those strengths to your advantage. You – as each of us -- have a number of strengths, talents, and skills.

It is imperative that you identify the specific strengths that can bring you closer to your dreams. Once you have identified your pertinent strengths, you can proceed to put more attention on using these constructively.

17. Do not be afraid of failures.

Failing is an important part of life. Failure makes one more aware that – as humans -- we are not capable of perfection. At the same, time it is important to continuously work toward doing a good job at that which you undertake.



Failing can help you attain your dreams, since it can teach you valuable lessons – the ultimate benefits of persistence and perseverance, among others. It can also make you stronger to endure to the end – and success with your dreams –a result that occurs when you refuse to give up.

18. Be relentless in pushing yourself towards your dreams.

The only time that you won't be able to attain what you long for is when you give up on your dreams. Therefore, be relentless in taking steps towards your dreams. Continue to push yourself to work hard for your dreams and aspirations. Learn from your mistakes. Whenever you fail, view it as a message that you simply have to take another path towards the ultimate accomplishment of your goals.

19. Increase awareness in life.

Increase your awareness in order to improve yourself. This means to become more conscious of the things that happen inside of you, as well as that which occurs around you in your surroundings. An increased awareness can help you identify the things that you can change. Changing things, in turn, allows you to improve your quality of life.

20. Become the BEST you could ever be.



To better fulfil your social responsibility, the best thing that you could do is to improve yourself. For example, you could become more aware on how you treat your friends, relatives and other people around you ... and, purposefully, treat others better. You might also choose to do what you can to improve your skills and talents. Improving your talents and skills does not only help you. It can also bring about a lot of good to the people around you!

21. Lead by example.

Being satisfied with your job can make you happier not just at the work place, but also inside your own home. Achieving success in your job or company can begin by becoming a good leader. Show your co-workers or employees how things should be done by doing them that way yourself. In this way, you provide a good model for those around you. Then, others can achieve more-beneficial outcomes simply by following your lead.



22. Make every day a great day for you and the people around you.

When you make everyday a great day for you and your friends, family, and co-workers, it can move you closer to your dreams. Having a great day means that you are able to spread around positive energy!

In addition, when you make every day a great day, you can easily find yourself accomplishing more work than you would otherwise have done. This brings out wonderful results and paves the way to achieving bigger outcomes in your future.

23. Strive to make positive changes in your life.

Change is inevitable, which is why the best way to approach change is to simply embrace it. Keep in mind, though, that some changes can make your life better, while some will not. It is best to identify those changes that make your life better and proceed to make positive changes proactively. Do this, first, before negative events force you to modify events in your life.

24. Avoid negative people.

Negative persons can bring you down. They often emit negative energy through their own outlook on life. Thus, it is best to avoid them as much as you can.

Endeavor to be with people who view life in a positive way, so that you can absorb their positive energy. Positive energy is contagious! Focus on becoming more optimistic about the things that you want to achieve ... and allow the positive vibes to help propel you to success!

25. View things in the positive light.

How you perceive what you see makes all the difference in the world to your outcomes. Whatever happens, make it a practice to look for and find the positive side of it. This lightens problems. It also encourages more positive results to come your way! In addition, it can also motivate you to make the necessary changes that make your life better.

26. Acknowledge the fact that there is still a lot to learn about in this world.

There are unlimited numbers of things to learn in life. I encourage you to declare to the world that you still have a lot of things to learn!

Recognizing this reality can be a powerful motivator to drive you to learn more. Endeavoring to learn constantly is an action that can help you not only in achieving your dreams, but also in becoming a better person.

27. You are your best contribution to this world.

Allow yourself to think about what you can do in order to contribute something to the world in which you are living. I urge you to remember that the best contribution you can offer is yourself.

You can enjoy a direct and powerful experience of your contribution by simply sharing your skills and talents. In addition, you experience extra dividends when you treat every person you meet with kindness and respect.

28. Continue talking to yourself, but don't forget to listen.

Talking to yourself and praying – making positive intentions for energy intervention – are powerful actions that help you discover who you really are. Certainly, it is important that you talk to yourself positively and with wisdom. At the same time, listening to that wisdom might prove to be even-more important.

Listening to yourself effectively can increase your awareness. Increased awareness goes a long way toward helping you make the right decisions at the most-fitting times.

29. Take responsibility for your actions.

Many people blame others whenever they make mistakes. This hampers maximum personal learning.

When you take responsibility for your own actions, you allow yourself to be in the position to effectively learn from those mistakes. When you blame others, not only do you lose the opportunity for that learning, you also stand to lose the respect of friends and acquaintances.

30. Get your mind uncluttered.

When you clear your mind, it allows you to think things through more effectively. For some, clearing the mind can be quite a challenge. However, you can make it simple for you!

Just identify the things that distract you from your top priorities. Once identified, make it a habit to STOP all thoughts of these distractions. By not thinking about the things not included in your top priorities, your thoughts become freer from clutter.

31. Reward yourself.

When you have challenging tasks to accomplish, plan a reward for yourself. Having – and looking forward to – a reward increases your motivation. A reward can be as simple as a movie or a nice treat, like an ice cream bar.

Choose something that you enjoy – something that you are willing to work to earn – something that is special for you! As long as there is something toward which you can look forward, accomplishing your tasks become much easier to do.

32. Think about the benefits of your achievements.

Motivation is often the key to achievement. This being the case, it can be beneficial to know how to motivate yourself.

An excellent motivator is to think about the benefits that you can enjoy once you have attained your goals. By doing this, you provide more excitement and motivation to take the requisite steps to achieve your goals.

33. Make a daily working routine and follow it.

To create strong motivation, make a daily routine at work. This comes in handy for those times when you don't want to move a muscle to complete tasks in your office.

Following your daily work routine can help you counter this. By taking action – getting moving – it can “jump start” your motivation to complete those tasks. Then, quite soon, you will find yourself in the position of having the assignments completed ... in just a short span of time.

34. Improve your health.

No matter how strong your drive to accomplish your dreams, accomplishing dreams with a body that is sick is difficult to do. It is vitally important that you not neglect your health. This means staying aware of yourself and looking out for your own well-being.

To continue working on your projects – and to allow you to work more productively – it is important to get adequate rest at rest-time. In addition to getting ample rest and sound sleep, it is also important to make a point of getting consistent exercise and of eating healthy foods in the right portions.

35. Forget about the past and don't worry about the future.

Many people inhibit their ability to do the right things now, because they think too much about the future. In addition, there are those who are unable to take steps toward their dreams, out of fear of repeating mistakes they'd committed in the past.

To make sure that this is not the case for you, begin today to focus more on the present. Learn from the past and think positively about the potential of the future. In this way, you become more successful in making things happen today.



36. Never quit even when you appear to be failing.

Failing can be a pre-requisite to success. In other words, it is possible for you to appear to fail, when you are actually at the brink of attaining success ... and just need to modify your approach.

If you seem about to fail, think of it as a message that you have to tweak something in your plan. Then, make the necessary changes, and persist with your goal. Never quit ... success can be just around the corner!

37. It is better to fail in trying, than to make no attempt at all.

Some people are too afraid of failure that they never act. I encourage you not to allow fear of failing to prevent you from trying anything new.

Not being able to reach your dreams can be the cause of a huge regret. This regret can be one that has the potential to linger for the rest of your life. However, when you act – even when you don't initially succeed – it paves the way to attempt the action again ... until you are SUCCESSFUL in attaining that for which you are aiming.

38. You are who you think you are.

Your mind and your thoughts are very powerful! I cannot repeat this fact often enough! Your thoughts influence who you become, since you **are** who you think you are.

In your life, you are the one writing the script! Thus, if you firmly believe that you can succeed, you get to be right -- you will. Your belief gives you the energy to take the right actions. Taking the right action empowers you to attain your dreams.

39. Put actions to your plan.

A plan – any plan – is worthless without action. Once you have completed your plan, it is time to ACT ... and to do so as soon as possible!

Completing the plan is **not** enough. It is your ACTION that yields results. So, go ahead – act on your plan ... and watch as it comes to life!

40. Choose happiness every day.

It is important to choose to be happy each and every day. Don't settle for anything less!

Happiness is motivating. When you are joyful, it generates more energy – energy that fills your life and your experience. When you are happy, you are more inclined to focus on positive outcomes ... and to create positive results in your life.



41. Finish what you start.

Getting started on an endeavour is an important step. However, getting started on something without getting it completed leaves you with a trail of unfinished tasks. This can become habitual.

To avoid this outcome, train yourself to finish whatever you start. Do not begin another task or project until you have completed all current or previous ones. Finishing what you begin allows you to use these projects to improve the quality of your performance.

42. Choose not to get angry.

Responding to an event with anger is a choice. No matter what occurs in your life, you have the choice of how you respond.

Most people do not want to be angry. Anger can lead you to say or do something that can hurt others. Whenever someone offends you, remember that you can always choose not to get angry. When you do this, you end up the winner. You have made a positive, productive choice – one that serves you well.

43. Remember that criticism can be constructive.

Some people are afraid of criticism. Some persons choose to get offended by it. However, criticism can be helpful. It can help guide changes in your life.

When a person criticizes you, avoid responding immediately with defensiveness. Keep in mind that this person might be providing constructive criticism in order to make you a better person. When you choose to learn from constructive criticism, you give yourself the chance to improve your performance, and become the best person you can be.

44. Positive affirmations can make your life better.

Using positive affirmations can help you achieve desired outcomes in your life. Positive affirmations are simple statements that you repeat frequently – repetitively – throughout the day.

By repeating these statements, they can be ingrained into your subconscious mind. Your subconscious mind, then, takes these ideas and creates them in your life!

45. See the good in people.

It can be helpful to remember that all people are **not** the same. Yet, if you look for it, you increase the probability of finding good in the majority of the people in your life.

You may not like the practices, or behaviors, of some people. However, just because you do not like everything about a person does not mean that you cannot find something about that person to like. When you set out to see the good in people, most often you do! And, as a bonus, you begin to develop more friends who can support you in achieving your dreams.

46. Smile your way out of a stressful situation.

When you are stressed, remember that you can **smile** your way out of it. That's right – find a mirror, face it and smile at yourself. You will be amazed at how this can relieve you of stress. It improves your mood, and helps you to calm down.



47. Make people happy.

When you act in ways to make people around you happy, you feel warmth inside. This inner warmth serves to improve your outlook in life.

We are offered countless opportunities – even for just a moment – to make people smile or to add joy to their lives. I urge you to grab every opportunity! In this way, you act instrumentally to make the world a better place in which to live.

48. Strive to move forward.

Whenever you make a mistake, endeavour to prevent yourself from dwelling on it. The more you dwell on mistakes, the more time and energy you waste.

Time and energy are wasted because you are spending energy and time on that which you cannot change. It's over – you can't go back and do it differently. The best thing you can do is to learn from mistakes – to insure that you won't make the same mistake again – then move on to live your life in joy!

49. Look at situations in more positive ways.

When someone cuts lanes in front of you while you are driving, how do you respond? Do you blow your horn? Do you curse the other guy? Doing so, can get you stressed out, or even worse.

So, what else could you do? You could respond to it with the thought that the other driver might be rushing to an emergency. When you think like this, the negative situation – magically – seems to bother you much less.

50. Take care of distractions.

Distractions – whether at work or at home – can interfere with you doing important things. Hence, it is best to eliminate the distractions.

If there is nothing you can do to take care of the distractions, remember that they can only distract you if you let them. For example, if you often get distracted by a background noise, you can use ear plugs or a white-noise source to quiet the sound. Or, you might counter the background noise by simply clearing your mind, then focusing more on your work. Doing so can have the effect of quieting the sound.

51. Set priorities and refer to them as your guide.

Setting priorities is very important. This can provide you the guidance that you need when it comes to accomplishing certain tasks.

Make a list of the assignments or goals that you have. Then, arrange these according to priorities – most important first; then, lesser importance; then, least importance last. Start with the items that you've given highest priority. Then, proceed to the other tasks in order of priority as you have the time.



52. Be realistic when it comes to accomplishing projects.

Accomplishing different projects or goals require different amounts of time. When a goal is time-intensive, don't rush it or try to achieve it all at once.

Doing so, can leave you overwhelmed and tired. This, in turn, can erode your drive. A more-beneficial approach would be to use the time that you have to accomplish what you can. Then, you will have part of the task completed and the end-goal will appear easier to achieve.

53. Make goals that are time bounded.

Self-improvement requires proper goal setting. Determining your goals is imperative. They serve as valuable guides in choosing the right path in your life. Your goals can also help to get you inspired.

When you set goals, it is important to give yourself a timeline. Then, begin to act – as soon as you can, do something to get started on your goals. When you set deadlines, it gives you the push that you need to put action into your plans. Take little steps every day to boost you on the way to accomplish your goals. Here's a hint: challenge yourself to see if you can complete your goal **before** the date you have indicated in your plan!

54. Identify the reasons for completing a task.

It is important to identify the reasons for completing a task. Doing something without being aware of its purpose deprives you of essential drive. This knowledge helps you recognize the importance of completing the task. Here's what to do: Determine the reasons prior to getting started to get you going; then, frequently remind yourself of these reasons to keep you going.

55. Do not think that your life is so hard.

It is a fact that there are bumps along the way to achieving personal improvement. However, it is important to look at these obstacles in a positive light. Allow yourself to focus on those aspects – and changes -- that are making your life better.

Guard against the attitude that life is too hard or difficult. Remember: Your subconscious mind creates that which you are thinking. So, thinking that life is too hard results in a life that is incredibly difficult. If that is **not** what you want, it is important to give yourself positive messages ... that your subconscious mind will, then, create!

56. Bring out the best in yourself by looking for the best in other people.

Praising people is a habit that can break any cycle of negativity. Praising other people can bring out the best in you – it has you focus on looking for positive elements upon which to base honest compliments.

Giving honest compliments will earn you more friends. More friends provide you with beneficial support, which, in turn, can vastly enhance your self-confidence.

57. Let your voice be heard.

Some people resist speaking up, for the fear of saying something that is not very relevant or making a mistake. This can be a huge mistake.

Since you want to improve yourself, it is important to avoid this temptation. Rather, allow yourself to you speak up. Let others hear what you have to say. This allows you to stand out as a leader and to encourage other individuals to take a stand, as well.

58. Boost the power of your mind.

Making your mind more powerful is one of the best things you can do to achieve self improvement. Your brain is a **very** powerful tool. It is up to you use it to its full potential.

Boost the power of your mind by challenging it! You can do this with such tasks as solving math problems, memorizing your favorite poems, and completing crossword puzzles.



59. Strive to be better each day.

Resolve to do something every day of your life to get you closer to your hopes and dreams. Then, **act** in ways to fulfill this resolution!

To do this, strive to be better in everything that you do each day. You can apply this to your work tasks, your personal tasks, and your interactions with others. In this way, you can become the very best that you can be!

60. Continue to learn new things each day.

No matter how much you have already learned through your studies and work, there are still lots of new things that you can learn. Strive to learn more each day to widen your horizons. This can sharpen your mind and open your eyes to more opportunities.

61. Achieve something you thought was beyond your reach.

You can set out to achieve something that you really want, even though you think you cannot reach it. Doing so allows you to develop a number of beneficial qualities – patience, creativity, humility, compassion, generosity, tolerance, and determination.

In addition, as long as you are inspired to achieve a particular goal, don't hold yourself back, and take action, you can be successful in reaching your heart's desire. Doing this with consistency allows you to reach your dreams and be happy.

62. Step out of your comfort zone.

One's comfort zone is often defined by your fears that have developed throughout your life. These fears can become the boundaries that prevent you from achieving your dreams.

Stepping out of your comfort zone means that you act in specific ways that overcome your fears. Stepping out of your comfort zone means that you do something that you have not done before, bringing you ever-closer to reaching your dreams.

63. Develop the courage to take risks.

When you take a risk, it can result in either a wonderful result or an apparent loss. Because of the uncertainty of this, it can be quite normal to avoid taking risks. However, not taking a risk could mean never reaching your dreams.

Here's how to proceed: Weigh the risk. If a positive result is a strong possibility, it can be worth taking the risk. When this is the case, build the courage to go for it!

64. The power of being persistent.

Persistence allows you to achieve greater things in this world. On the pathway to reaching your dreams, it is normal to face a few bumps in the road.

When you respond to any problems that you encounter by becoming even-more persistent, it allows you to reach your goals. If, rather than giving up, you enhance your persistence, you guarantee yourself the prize of achieving ultimate success!

65. Believe in yourself.

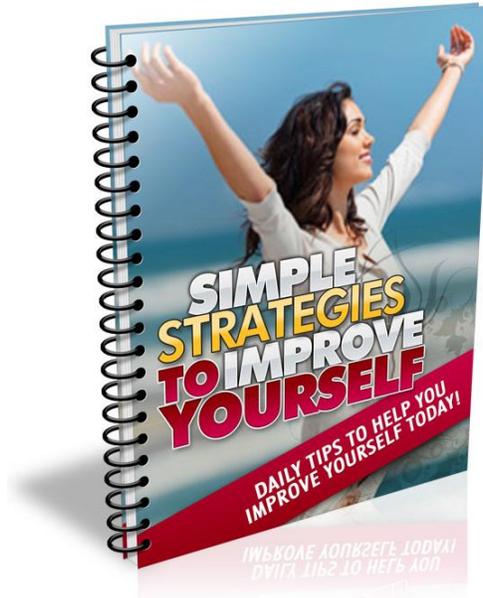
There may be times in your life when your friends or colleagues tell you that you cannot do something. There might also be times when your colleagues or acquaintances tell you that you are making the wrong decision.

When you firmly believe in yourself – and in your decision – it's OK to allow them to be wrong. Because you know that you are right, their comments do not shake your confidence. In reality, supporting the rightness of your actions or decisions can make you stronger in achieving your hopes and dreams.



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SELF-IMPROVEMENT WORKSHEETS



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SELF-IMPROVEMENT WORKSHEETS

WEEK 1 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 2 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 3 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 4 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 5 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 6 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 7 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 8 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 9 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

SELF-IMPROVEMENT WORKSHEETS

WEEK 10 -- Date: _____

1. The Strategy upon which I choose to focus this week is:

2. The specific actions that I will undertake to accomplish this Strategy are:
 - a.
 - b.
 - c.

3. The time(s) of day that I'll engage in these actions is (are):

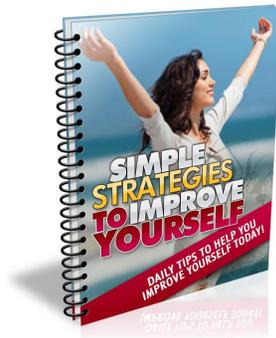
4. The outcomes that I want to create are:
 - a.
 - b.
 - c.

5. My life will be improved in the following ways once I'm enjoying these outcomes:
 - a.
 - b.

6. I will reward my success by:

ADDITIONAL RESOURCES:

1. [Counselors Associated, Inc.](http://www.counselorsassociated.com)
2. [Health & Healing Blog](http://www.healthandhealingblog.com)



Marlene Shiple, Ph.D.
The Life Coach Dr.
(602) 266 – 6662
<http://thelifecoachdr.com>