



Lost that Spark? **Get it Back**

Strategy 1 – Finding Out Where You Are Now

Several tools are provided to help you assess where you are in many areas of your life. One of them will clearly demonstrate for you where your life is out of balance if you answer the questions honestly.

Sample topics include:

- Environment
- Financial control
- Health
- Relationships
- Tolerations

Strategy Two - Crafting The Vision

Here you will be working not only on a vision for your Organization or Business but also on crafting a personal mission statement for yourself.

Business topics include:

- Three year vision
- One year plan
- 90 day goals
- 30 day detailed plan
- Daily task list

Strategy 3 – Incorporating Systematic Planning

During this segment of the Eight-Step Program we will be introducing you to a revolutionary concept: Actually planning the time to Plan into your schedule. Survey says: “Every hour you plan, saves you 10 actual hours of work.” Now that is a good ROI (return on investment)!

Planning to include:

- Scheduling time to plan
- When to plan
- When to re-plan
- Knowing when the plan is not working
- Project Planning



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Strategy Four – Finding Out What Is Stopping You

During this section of the Program you will be guided through a series of exercises to help you identify your limiting beliefs. In other words, unconscious belief systems that are holding you back without your being aware of them. Perhaps something your parents said so often when you were a child that you adopted it as a belief. Here is a possible example: *“Money is the root of all evil!”* This is a misquote, but one that you often hear, I know my mom said it often enough. The real quote is: *“The love of money is the root of all evil.”*

Some of the other areas include:

- Your “Primary Question”**
- Towards values & rules**
- Away from values & rules**

Strategy Five - Changing Your Belief Systems

Here you will be instructed in several possible methods of changing your belief systems. We will give you one big clue right now, (if you are not aware of what is driving you or holding you back – how can you change it?). We will also examine the six Human Needs** and help you learn how to determine which are being satisfied by a destructive behavior.

Some of the tools discussed will be:

- Getting leverage**
- The pain/pleasure principle**
- Using the Dickens pattern**

** Courtesy of Tony Robbins of Robbins Research



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Strategy Six – Enhancing The Mind Body Relationship

So few of us realize just how much our mood depends on our physical state of being, or how our body state affects our mood. Here we will discuss in great deal these relationships and give some practical tools to help you at any time to quickly change your mental or physical state.

Topics include:

- How your body effects your mind
- How your mind effects your body
- Nutrition
- Exercise

Strategy Seven - You & Your World (Clarifying Your Relationships)

We will cover the following relationships, what they have in common and what might be different between them, to help you better understand and improve the relationships in your life.

Relationships will include:

- Spouse
- Boss
- Subordinates
- Others

Strategy Eight – Designing The New, Holistic You!

During this section of the seminar you will be encouraged to adopt some new habits and approaches to your daily life. Just adopting one or two of the recommendations can have a major impact on your life and ongoing attitude. You can have that spring in your step, want to get up in the morning, and have that red-hot spark back in your life.

Life modifying suggestions will include:

- A better way to start the day
- Exercise (what a little walk can do for you)
- Nutrition (Being aware of your body's balance)
- Hydration and weight control