

CARMA

Know you've got to make some changes?
Once you know WHAT needs to change, use
CARMA to help you execute it! It's THE tool
you need to ensure you're making progress.

COMMITMENT

How much do you want to change?

Why is your goal important, why must this change happen, when will it need to happen, how much time can you spend to make it happen and how can you ensure it does happen?



ACCOUNTABILITY

How do you honor you?

How will you hold yourself accountable and deliver TO YOU just like you do for others? How can you break tasks down into smaller pieces and track each smaller activity that will help you reach your bigger goal? How will you analyze what's working, pivot if necessary and keep going?

REASON

What's your reason/dream?

What do you envision for yourself, your life, your ideal? If you don't know for sure, if it doesn't kick you in the gut with a solid KNOWING every time you think about it, go figure that out first. The passion must be there before anything else. It must be the strongest thing!



MINDSET

How do your thoughts and beliefs align?

If we believe the premise that our thoughts control our feelings, what must we put into place to get our thoughts wrangled each day? How can you start from a place of controlling our mindset and thus controlling your results each day?

ACTION

Get moving!

What are the FOR SURE things you must do and how will you keep track of them? How will you ensure you're making progress and not stuck on getting it completely perfect (as if that's a thing)? And what must you remind yourself of everyday so you know your goal WILL be reached?



Are you stuck or not sure where to start?

Need some tools, tips or recommendations?

Schedule a 1:1 with Christi below