



Expanding Your Comfort Zone
Section 4: Building a Strategic Plan

"The key to success is to focus our conscious mind on things we desire not things we fear."

~ Brian Tracy

Coaching Questions:

- What will be the list of actions or targets you will be required to complete in order to achieve one of your top 10 goals?
- What will your timeline look like for each desired outcome?
- How might you use your calendar to create a clear plan?
- What actions will you take to create your strategy?
- What actions will you take to prepare your mind for your new goals?

Use the Excel spreadsheet (Download from website) to start mapping out the steps required to achieve your goals.