**ACTION ITEMS FOR:**

**STEP 1-STOP**

**The true definition of crises is: To be at a turning point*.***

***Watch video 1 first.***

**Declare, what is not right anymore, where have you reached crisis point:**

Click here to enter text.

**Is this plateau in just part of your life or is it a full life crisis?**

Choose an item.

**Why are things not right anymore? What’s going on?** (Get specific and detailed where can?)

Click here to enter text.

**ACTION ITEMS FOR:**

**STEP 2-reflect/ Reasses**

**Watch Video 2 first.**

**How are things not right anymore? How do you know specifically that they aren’t right?** (Get specific and detailed where can, consider what are you comparing your current situation to, to determine this. Things are not right as opposed or compared to what?)

Click here to enter text.

**Looking at things now they are in front of you, are things as bad as you thought and is there anything that could be salvageable before you go making your positive improvements?**

Choose an item.

**If you answered somethings are salvageable, list below what they are and why? (If not skip to next question).**

**What:** Click here to enter text.

**Why:** Click here to enter text.

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**Why:** Click here to enter text.

**ACTION ITEMS FOR:**

**STEP 3-recreate**

**Watch video 3 first.**

**If ‘what is’ is no longer any good or not right or what you need then what would be? Time to paint a new picture.**

*What would you need to have, be doing, who would be there, what would you have to see to know you are where you need to be, things are great again? BE as detailed and selfish as you can, for this is your life you are building.*

**HAVE:**

Click here to enter text.

**BE DOING** (Specific to you and your current situation and both professionally and leisurely)**:**

Click here to enter text.

**WHO WOULD BE THERE?:**

Click here to enter text.

**WHAT WOULD HAVE TO SEE?:**

Click here to enter text.

**OTHER:**

Click here to enter text.

**WHY, specifically this new picture (life)?**

Click here to enter text.

**ACTION ITEMS FOR:**

**STEP 4-reAPPLY**

**Watch video 4 first.**

**Time to make the magic happen, from dream to reality.**

**Looking at your new life, break it up in to elements i.e:**

***Situation:*** *Working in a zoo which I drive to in my Vespa feeling fit and happy from being consistent with the gym.*

***Breakdown:*** *Element 1: Working in a zoo, Element 2: my Vespa, Element 3: consistent with the gym.*

*For each element list at least 1-3 things you would need to do to*

***Go for it, take your time*:**

Click here to enter text.

**Time to time manage:**

**For each task give a level of priority and urgency: P1-P4**

**P1: Is primarily important to outcome, needs immediate start and completion by a specific and prompt time frame:**

Click here to enter text.

**P2: Paramount to outcome, must be done within a specific time frame after P1 activity completed.**

Click here to enter text.

**P3: Not paramount to outcome but necessary to final achievement, to be done within a reasonable time after P1 and P2 activities:**

Click here to enter text.

**P4: Neither paramount nor necessary, more of a distraction, avoid these as much as possible.**

Click here to enter text.

**Set your dates:** Next to each activity from P1-P3 set your due date and go for it. Refer to regularly.

**3 Major considerations.**

1. **To take consistent and continuous action there has to be a powerful and compelling *WHY!* This ‘WHY’ will keep you motivated and moving during the tough times and performing at a high level during the good times.**
2. **Consult someone for help where you can, you don’t have to nor won’t be able to do it all on your own.**
3. **Avoid burn out and help boost the leisurely aspect of your life change-Make time for self. Scroll below for a bonus tool-Tips for me time!**

**TIPS FOR ME TIME.**

* Schedule it in to a diary or calendar.
* Predetermine how long and frequent this will be and pre-organise for that time to be covered for you, leave no excuses that includes guilt, (Barr emergencies) for not taking the time.
* Be selfish in this time ( positively, not obnoxiously )
* Have a pre-made list of things you have compiled over time that you would like to do and get going.
* Have a journal handy and keep a tab of all thoughts and feelings.

**Share your outcomes with us on Facebook** [**http://bit.ly/1PVrZXT**](http://bit.ly/1PVrZXT) **.**