



5-MINUTE MINDSET OPTIMIZATION PLAN

A large part of personal and business success is determined by how and where we focus our thinking, efforts, and resources. What and who we surround ourselves with, how we take care of ourselves, what we say, and where we put our attention matters. Take notice of how we think, where we invest our energy, and the environment we cultivate.

- Yes Maybe No I am successful in my occupation.
- Yes Maybe No My business focus can be even more successful.
- Yes Maybe No I surround myself with positive people.
- Yes Maybe No My closest friends do not complain a lot—they seem mostly happy.
- Yes Maybe No When I work, I feel energized.
- Yes Maybe No I have daily habits for success.
- Yes Maybe No I engage in healthy eating habits.
- Yes Maybe No I exercise or move my body regularly.
- Yes Maybe No I actively practice gratitude on a daily basis.
- Yes Maybe No I partner with others to increase success.
- Yes Maybe No I seek coaching/advice to guide my path towards greater achievement.
- Yes Maybe No I have a system in place to hold myself accountable.

People who answer yes to most of these questions tend to have more resilience and a solid support foundation. However, everyone can always improve!