

YOUR IMPROVEMENT GUIDE

It all starts here!

PICK YOUR AREA

Let's get started! Pick an area you want to improve, even if just a tiny bit.

Relationships?

Parenting?

Writing?

Music?

Work?

Art?

Etc.

LET'S GET SPECIFIC

If it's parenting, then choose something like... I want to improve my ability to listen. (We will use this as an example going forward when needed.)

MAKE YOUR CHOICE

Write down the area you want to improve.

ANSWER THE QUESTIONS

Below are a series of questions you can apply to the area you have selected.

1 - Have you ever made a commitment to the area you have chosen?

(You know, have you ever said to yourself, “I am going to do this well and benefit from doing it well.”)

If yes,

What words or actions of commitment did you make before you entered this area? (You’re looking for past commitments.)

Write your answers here:

Now let me ask you this, what words or actions of commitment did you make after you entered this area?

Remember, sometimes we make commitments that undercut our original commitment. For example you might have decided you wanted to be a better listener and then at some point made a decision that you couldn’t do it. That would be a counter commitment.

If you have countered your commitment, make note of it here.

Make your new commitment or restate your old commitment to the area you chose.

Write it here:

Great Job!

**Now that we’ve got that taken care of,
let’s move on.**

2 - How focused are you, when you are engaged in this area?
We are talking about focused versus distracted here.
100% focused? 80% focused? 50% focused?

Your answer:

How focused should you be?

Your answer:

Write down how focused you will be in this area going forward.

Your answer:

3 - Have you ever defined the rules of this area?

In other words, have you ever written down the rules that are agreed upon by the industry or experts in this area?

This is important because you want to re-examine these rules and agreements to see if they apply to your life.

Yes or No?

If yes, you can write those rules here:

Do you agree with all of these rules? Yes or No?

Your answer:

Note the ones that you do not agree with here (if there are any):
(By the way, it's okay to not agree.)

4 - Have you ever defined YOUR OWN rules for this area?

This would include things like:

What does it mean when I say I want to be better at this task?

Example:

To be a better listener would mean that my kids feel heard. That they feel what they have to say matters. That they know that I think their thoughts are valuable. It also would validate their creativity and would strengthen their desire to want to be good communicators.

Write down what it means to you when you say you want to improve in the area you selected.

How successful do I want to be at this task?

Example: I will be extremely successful at listening to my kids.

Your answer:

Can I be successful following the rules established?

Example: I can/cannot be successful following the established rules.

Your answer:

How much time beyond what is expected am I willing to give to be successful at this task?

Example: I am willing to push beyond what is expected. I am willing to be patient.

Your answer:

How much effort am I willing to expend to achieve success?

Example: I will take every action needed to become a better listener.

Your answer:

List what those would be:

How much money am I willing to spend to achieve my goal?

Example: My budget to become a better listener would be \$100/month.

Books, courses, lessons, seminars, herbal tea :)

Your answer:

How patient am I willing to be?

Example: I will work hard and I will be patient with myself trusting that as I learn, the process will get easier.

Your answer:

When you get really tired, is there a moment where you will not allow yourself to make decisions?

Yes or No

Your answer:

How much can I sacrifice before I lose my own energy and power?

Example: I will be aware that if I give too much of myself to others and say, “Yes” when I should say, “No” that I may never achieve my goal.

Your answer:

How much improvement do I demand of myself?

Example: I will be happy with 3% improvement. (Hint: this is a great number to start with. It is achievable. Each 3% improvement eventually builds up quickly.)

Your answer:

You're almost there!

5 - WHAT CAN YOU DO TO ACHIEVE THE SUCCESS YOU WOULD LIKE TO ACHIEVE IN THIS AREA?

CAN YOU...

Research?

Practice?

Create?

Promote?

Initiate?

Collaborate?

Help?

I can....

6 - FINALLY.....CAN YOU ALLOW YOURSELF TO RISE ABOVE THE STANDARDS SET BY OTHERS OR YOURSELF?

Success becomes even more fulfilling when you can push beyond what is perceived as the end goal and create a new playing field. Sometimes we achieve success in an area and we abandon it as though the game is over.

You achieved your goal, it's not over!

You can identify new areas within the goal to expand upon and with which to become more efficient.

Becoming a great listener means you now have knowledge of what works and you can fine tune it, add to it, expand upon it and share it.

Success is always expansive. It never ends. It always opens new doors to create more success.

Your thoughts:

Don't forget creating a wonderful life always starts with you!
Getting to know yourself better is the only true answer to
creating the wonderful life you know you can live.

If you want to know more about how powerful and
valuable you really are, check out my online course,
The Purpose of Purpose.

It's a powerful journey into discovering the driving force that
makes you so very special, so very unique and so very
valuable to the world!

Much Love,
Annie

The Purpose of Purpose



Annie K Laven

For more positive perspectives about life,
check out my blog, Activate An Artist!

