

Exercise sheet for chapter 2: Values and abilities drive your success

Set a concrete goal and develop a plan: Choose a goal that you have been putting off. Create a plan with small, achievable steps and start immediately with the first step. Monitor your progress and check whether you need to take a step back or whether you are on the way to a new success story.

Write your hero's journey: Identify a current conflict that is important to you to resolve. Outline the STARR form (Situation, Task, Action, Result, Reflect) and write down in detail what you need to do to successfully resolve this conflict. Also make a note of which skills you still lack.

Avoid serpentines and identify distractions: Analyze what distractions are keeping you from your goals (e.g. social media, limiting beliefs, perceived obviousness, bad habits or negative influences from other people). Make a note of how you can minimize these distractions in order to move more directly along your path to success.

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)