



## ***Life Rewards Action***

**“One mans experience; another man’s roadmap”. Author Unknown**

Well, it is usually at this time in our final Champion Motivation ezine for 07 that I talk about your goals, dreams, resolutions and aspirations for the forthcoming year. It is these subjects that are at the forefront of my time and focus right now in many different facets of my day-to-day activities.

Currently this is what all my Success coaching clients are presently working diligently on: their “Blueprint for Champion Success 2009”. The “Blueprint for Champion Success” is each one’s business/personal plan for multifaceted success in 2009.

It is one thing to write a plan, to identify a goal or to pursue a dream. It is another to develop something that is going to have you doing what is required to see it realised.

The overall success of any strategy, system, outcome or aspiration will be determined when, and only when, it is strong enough to generate the action that will be required to see it achieved.

I have seen some people write the most intricate, well-strategised and meaningful plans (both personal & professional). However in many instances, regardless of the level of experience, thorough, preparation and detail, these “go forward” ideas didn’t create, generate or stimulate the desire that would be needed to do the things that would see the plan realised and the predicted success achieved.

There are many different factors that need to be considered as a plan is being put together. Let me share some of my most important considerations:

### **1. Purpose**

Know what it is you are trying to get done; what it is you want from the experience. The purpose is all about the ‘why’ of what you are doing. The important thing is that the purpose only needs to be relevant and significant to those who are working towards what it is about.

### **2. Consistency**

As ***Life Rewards Action***, that action needs to be on a consistent basis. Each and every day you must be doing something, anything, which is getting you closer and closer to the goals, dreams and outcomes you are aspiring to achieve.

But your plan, goals, strategy and outcomes must be strong enough to evoke in you the ability to take the action needed to see them achieved.

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### 3. Adaptability

Not Compromise but Adaptability. This is the ability to move and shake in the way that gets the job done; the ability not to get locked in so that you can't move forward, sideways, backwards or in any other way that is required to get the job done.

People, purpose, situations, influences, obstacles and achievement all have the ability to cause us to adapt. But in the end, adaptability is a decision for you when the time arises. Some will make that decision to change and go forward, whilst others will do what they have always done and then hope for a better result.

### 4. Commitment

Commitment -- to your purpose, to your goals, to your beliefs, to your values, to the discipline of daily action: this is a trait of Champions and one that cannot be understated.

Commitment will not guarantee a result, but without it your chances are greatly reduced.

Remember the action needed to get your job done will be stimulated by many different means. It is important for you to know what your triggers are and how to raise them, because chances are that you will not always be on "action autopilot": that is you will not always feel like doing what needs to be done.

However, if you know **what** buttons to push, **when** to push them and **how** hard to push them, you place yourself in a position where you can orchestrate the ability to get you in the game.

***But above and beyond all of this your plan, goal, dream or resolution must be strong enough to get you to take action.***

As you know doubt realise, everyone desires success in one way or another, but not everyone is prepared to do what is required to achieve that success.

In my experience as shared through the Champion Motivations ezine, Champion Goals and Create Your Champion Brand YOU workshops, you would see me note the difference between successful people and unsuccessful people, the Champions and the Wannabees, is simply that ***successful people are prepared to do the things that unsuccessful people are not.***

So as you go about your plans, goals, dreams and aspirations for 2009, understand three (3) key points:

1. the process it will take to achieve them.
2. the plan: what it will take to achieve these successes and
3. the purpose: ask yourself, "Am I willing to do what it takes?"

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When doing this questioning, understand that doing what it takes is not just about motivation. Realise that no matter how many CD's you listen to, no matter how many times you watch the movie Rocky, you will just not be fired up enough to do what is required each and every day.

Understand the limitations (the thief of your confidence) that your thinking, beliefs and self-talk generate in you. Know that if you want to see **new results**, then start with **new thinking**, **new beliefs** and therefore, new, improved or increased activity.

But once again as you do remember:

**“Don’t mistake activity for achievement” -- Coach John Wooden.**

Make sure every activity that you undertake has some relevance and significance in moving you closer to your goals, dreams and aspirations.

The more you do the relevant activities, the more you will be rewarded.  
Why? Because **Life Rewards Action**.

From my experience, when you are working at creating the future, use three key areas:

- o The Brain*
- o The Heart*
- o The Gut*

I am, at this point in time, encouraging you to use firstly, the brain. If you have used or will use the old grey matter correctly, then the outcomes, dreams, resolutions and goals you have created should bring about the involvement of the heart and the gut.

By this I mean that if the goals dreams, plans and resolutions you have created are strong enough, relevant enough and really do mean something to you, then when you think about them and their attainment the emotions should be flowing thick and fast.

Your heart will know whether these resolution, dreams, outcomes and goals really have substance. Your gut will have something between butterflies and baby elephants flying around inside it. The stirring of these emotions will show you that your resolutions and goals are significant. This emotion will highlight that what you are planning to undertake really does mean something to you.

Perhaps it is this type of emotion that you will need to become resolute in your plans for 2009. Perhaps if these goals, dreams, plans and resolutions are strong enough, they will evoke a high level of emotion. If this emotion associated with your goals is strong enough, it will have you taking the necessary steps of action each and every day throughout 2009 to see your resolutions, goals dreams and outcomes achieved.

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It is great to have the emotion running towards these goals and New Year's resolutions. However the emotion is one thing; the key ingredient is to have the method and preparedness to do what it takes on a daily basis.

So when 31st December 2009 comes around, (as quickly as 2008 has flown by), you can look back at the previous twelve months with absolute confidence and pride.

And as you do, no doubt the emotion will once again be running high -- this time though for the reasons of satisfaction, self-belief and accomplishment.

Because **Life Rewards Action**

*And remember: go for gold...your gold...it's your birthright to achieve!*

Cheers

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