

# REACH YOUR PEAK



*project*  
**180**

**GLENN AZAR**

COACH

[www.180.net.au](http://www.180.net.au)

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# REACH YOUR PEAK

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2019 is your year to be the best you can be  
and live the life you've always dreamed of.

**Thanks for taking the time to the time to look through this work book.**

I have designed this to be simple. Setting visions and goals for yourself doesn't need to be complicated. In fact the more complicated you make it, the less likely you will follow through. With that in mind I have given you a three step process, one that I have used for many years and one that I talk about and pass on regularly through my workshops and corporate engagements.

The steps are: 1. Big Five. 2. 90 Day Goals. 3. Weekly Goals. As a bonus I have given you a few Success Tips to assist before you fill out the worksheets.

## **1. Know your outcomes:**

- If you know what you actually want then you empower your brain to come up with answers.
- You will be amazed at how this simple step will change your focus and therefore your ability to achieve.

## **2. You have to take action:**

- There's no point to knowing your outcome if you don't take action.
- It's not what we can do in life that makes us successful, it's what we will do.
- Forget "someday I'll do it"....someday is today.
- Demand more from yourself than anyone else could expect.
- If you find you're not taking action, you need to work out why. What's holding you back? It's generally a fear; fear of failure, fear of your own abilities, fear of the unknown. Work out what the fear is and take steps to arrest it.



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### 3. Notice what you're getting from your actions:

- There's no point taking action if the action doesn't work. It's the old saying "Do what you've always done and you'll get what you've always got".
- Chart your actions and if you find they're not heading you toward your goals then be willing to adjust your actions.
- Be flexible.

### 4. Success leave clues:

- Use a role model to accelerate your success.
- Look for someone who has achieved something you want to (or something similar to what you want) and learn how they did it. Success leaves clues and you're bound to find something that will help you in achieving your goals.

These are some simple steps to help you work out what your goals are and then move forward to achieving them.

My final tip is to keep a success journal. Chart your goals, ideas and what you're doing to achieve them. This will be invaluable in seeing what is working and what isn't.

Have a great 2019 and achieve your dream.

If I can assist in anyway please let me know.

Cheers,



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# MY BIG FIVE

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Five things I want to achieve to  
make 2019 my best year ever

1.

2.

3.

4.

5.



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# 90 DAY GOALS

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These are your main goals to achieve in the next 90 days that will move you towards completion of your BIG FIVE.

This form should be filled out four times a year to ensure each quarter you're moving in the right direction or at least staying on track.

1.

2.

3.



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# WEEKLY GOALS

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What three main things can you do this week which will step you towards your 90 day goals?

This is your ***MUST DO*** list not your **TO DO** list

1.

2.

3.

Below this I will my important TO DO tasks for the week. Stuff that needs to get done but the MUST DO tasks above are always non-negotiable.

1.

2.

3.

4.

5.

6.

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