



## Take Flight in Your Life

NAME:

DATE:

This worksheet is a supplement training guide to “Take Flight in Your Life” video published on October 3, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Life is like an airplane journey. From the time airplanes take off, it will be off course 90% of the time. They make it to their final destination by nearly incessant course corrections throughout the duration of the flight. The point is, you’re going to get off track, get kicked in the gut, and fall down. But being a pilot of your own life, you can still reach your destination and goals.

*What are your goals in the last quarter of 2016?*

### 4 C's To Personal Greatness

1. *Clarity- To reach your destination of health, happiness, prosperity and a good life, you must be crystal clear of your goals.*
2. *Courage- You must be willing to take risk and move out of your comfort zone*
3. *Commitment- You must be prepared to make continual corrections. Lots of negatives may happen, but the most important thing is being able to stand up and stay committed to your goals.*

4. *Consistency-Doing work day in and day out.*

*What will you do to make 2016 your biggest year yet? Are your goals clear? Are you courageous enough to achieve your goals? Are you committed and consistent in your actions?*

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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