



Lunchbox Leadership

10 minutes to a better you

How to use the Inspiration Sheet

The Inspiration Sheet is designed to keep you focused and on track with the changes you wish to make in your life. Using this sheet to support your daily **Lunchbox Leadership** lesson will produce greater results faster. Take just a little time every day to review what is important to you and watch the changes take place! Like everything in life, the tools you apply only work as well as your commitment to making them work. Support always helps. Find a friend, a co-worker, mentor, or coach (shameless plug) to help hold you accountable and keep you on track.

Your 30 Day Challenge: What's Important?

Only you know. What matters most to you right now? What is it you want to change? Use this to help define what you wish to work toward this month. This may be a long-term goal or it could be an immediate need. Be as specific as possible to help clarify what you want and how you will know when you get it.

Creating the Direction.

Once you figure out where you want to go, you have to create the road map to get there. For this section, there are two parts: Professional, and Personal. Think about the next 30 days. What can you achieve during that time? Again, be specific. Create a measurable outcome for each that aligns with what is important to you right now. Break it down again. If this is something you can accomplish in one month, what do you need to do each week to ensure success? Each weekly target should be a manageable step to achieving your direction.

Aligning Behaviors.

We do not achieve what we want when our actions do not align with the desired outcomes we intend to create. Write down behaviors that will support you to accomplishing what is important. You know the actions needed so take a moment to focus on them.

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Recognizing the Reward

To work towards something is to get what you want. Part of achieving success is knowing what you stand to gain (and what you will avoid) by making the change happen. Write down as many things as you can that support the new outcome you are trying to create.

Accountability.

As a rule, people rarely hold themselves accountable. It's too easy to cheat. Find someone you trust who will support you on your endeavor. It could be a significant other, your spouse, a friend, co-worker, mentor or coach. Having someone who will cheer you on and support you when you run into difficulty will dramatically improve the results you achieve.

Monthly Mantras - Affirming the Action

New behaviors require reinforcement, both physically and mentally. Monthly Mantras are designed to help you wire your brain to the new habit. Each month **Lunchbox Leadership** will provide you with two mantras related to our monthly themes. We ask that you create two that mean something to you personally and relate to the new behavior you are creating. For example, let's say you want to eat better. A mantra for you could be, *"Everyday, I am living healthy and making good choices about my wellness."* Remember, mantras alone only help support the new habit. Reinforcing new behaviors and taking action are equally important. Read these mantras at least twice daily then review your aligning behaviors and your action items. Do at least one thing daily that supports your new habit.

Creating the Attitude of Gratitude

Over three quarters of the information we receive daily is negative. No wonder why people can be in a foul mood! The Attitude of Gratitude is to help you realize everything you have to be thankful for. Each day, write down one thing you are grateful for. Some days might be easier than others in the beginning. As you do this exercise more, you will find it easier to come up with something. In fact, you will probably find multiple things each day you are thankful for.

Measure Your Success - What You Focus on Will Grow

The Measure It section is for recording your wins, no matter how great or small. You will find that when you focus on your success, you will start achieving more. Does this mean you will not have setbacks? No. However future setbacks will be shorter and less painful. Write your successes here and review at the end of the month.

Affirming the Commitment

You are either committed or not. Like Yoda said, "Do or don't do. There is no try." We provided four commitments that will help keep you on track. Read these to yourself daily.

Making This Program Work for You

Achieving what you want requires effort, determination, and resiliency. Follow these steps to get the most out of **Lunchbox Leadership**.

- **Place this sheet somewhere you can review daily. Out of site is out of mind**
- **Get an Accountability Partner.**
- **Take action, no matter how small**
- **Surround yourself with positive inputs: People, books, quotes, etc.**
- **Have fun!**

InSpiration Sheet

Month: _____

Year: 20____

30 Day Challenge: What is important to you right now? Family? Career change? Security?
Write down one thing you want to work toward this month. Be as specific as possible.

Professional Direction

What can you accomplish this month that will move you closer to where you want to be?

Now, what needs to be done each week to achieve this?

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Personal Direction

What can you accomplish this month that will move you closer to where you want to be?

Now, what needs to be done each week to achieve this?

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

What behaviors support the changes you want to make?

What do you gain by making these changes?

Who will hold you accountable?



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Leadership**

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**Flip
Page
for
More!**



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Monthly Mantras

Write down the two mantras featured on **Lunchbox Leadership** this month. Create two of your own. What positive changes do you wish to create in your life? Read and repeat these daily.

1. _____
2. _____

My Mantras

1. _____
2. _____

Attitude of Gratitude

Record one thing you are grateful for each day.

- | | |
|----------|----------|
| 1 _____ | 20 _____ |
| 2 _____ | 21 _____ |
| 3 _____ | 22 _____ |
| 4 _____ | 23 _____ |
| 5 _____ | 24 _____ |
| 6 _____ | 25 _____ |
| 7 _____ | 26 _____ |
| 8 _____ | 27 _____ |
| 9 _____ | 28 _____ |
| 10 _____ | 29 _____ |
| 11 _____ | 30 _____ |
| 12 _____ | 31 _____ |
| 13 _____ | |
| 14 _____ | |
| 15 _____ | |
| 16 _____ | |
| 17 _____ | |
| 18 _____ | |
| 19 _____ | |

Pay it Forward

Take one moment every day to do something for someone else without expecting something in return.

Measure It

What successes did you achieve this month?

I am committed to learning everyday.

I am committed to applying this knowledge for the betterment of myself and others.

I am committed to doing what is necessary to make the changes that are important to me.

I am committed to asking for help when I need it.

Is the month over? Time to get another **Inspiration Sheet started!**