

MVP PROCESS

LIFE MISSION (*Gravestone*)

LIFE VISION (*Resume*)

CORE PRINCIPLES

ONE WORD FOCUS

3 KEYS TO KEEP IT SIMPLE

3 AFFIRMATIONS

DEFINITION OF SUCCESS

IDENTITY STATEMENT

ABOVE THE LINE BEHAVIORS

BELOW THE LINE BEHAVIORS

QUARTERLY VISION

FAITH

FAMILY

FRIENDS/SOCIAL

NUTRITION

SLEEP

FITNESS

BODY COMP

EDUCATION

CHARITABLE

FINANCIAL

MENTAL GAME

WORK