

A picture containing text, nature, night sky

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***Make Every Day Your Masterpiece***

1. **Attitude:** Choose and display the right attitude daily.
   1. Decision: I am going to keep a positive attitude and use it to influence others.
   2. Discipline: Every day I will make the adjustments necessary to keep my attitude right.
2. **Priorities:** Determine and act on important priorities daily.
   1. Decision: I will prioritize my life and give focus and energy to those things that give the highest returns.
   2. Discipline: Every day I will live my life according to my priorities.
3. **Health:** Know and follow healthy guidelines daily.
   1. Decision: I will take good care of myself by exercising and eating right.
   2. Discipline: Every day I will eat low-fat foods and exercise for at least thirty-five minutes.
4. **Family:** Communicate with and care for my family daily.
   1. Decision: Success means having those closest to me love and respect me the most.
   2. Discipline: Every day I work hard on gaining the love and respect of those closest to me.
5. **Thinking:** Practice and develop good thinking daily.
   1. Decision: I will think on things that will add value to myself and others.
   2. Discipline: Every day I will set aside a time to think, and I will determine to think on the right things.
6. **Commitment:** Make and keep proper commitments daily.
   1. Decision: If something is worth doing, I will commit myself to carrying it through.
   2. Discipline: Every day I will renew my commitment and think about the benefits that come from it.
7. **Finances:** Make and properly manage dollars daily.
   1. Decision: We will sacrifice today so that we can have options tomorrow.
   2. Discipline: Every day I will focus on my financial game plan so that each day I will have more, not fewer, options.
8. **Faith:** Deepen and live out my faith daily.
   1. Decision: I will accept and live on my own faith.
   2. Discipline: Every day, I will embrace and deepen the value of faith.
9. **Relationships:** Initiate and invest in solid relationships daily.
   1. Decision: I will initiate and make an investment in relationships with others.
   2. Discipline: Every day I make the conscious effort to deposit goodwill into my relationships with others.
10. **Generosity:** Plan for and model generosity daily.
    1. Decision: I will live to give.
    2. Discipline: Every day I will add value to others.
11. **Values:** Embrace and practice good values daily.
    1. Decision: I will lead others based on the values I embrace.
    2. Discipline: Every day I review and reflect on my values.
12. **Growth:** Seek and experience improvements daily.
    1. Decision: I will develop and follow a personal growth plan for my life.
    2. Discipline: Every day I will grow on purpose with my plan.

You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

***Make Today Count: The Secret of Your Success Is Determined by Your Daily Agenda***