



# Awakening Your Inner Mentor Action Plan





Thank you for downloading this guide to awakening and feeding your Inner Mentor. Your Inner Mentor is your very own best friend who has your best interest in heart... Always and in all ways.

This ebook consists of three sections:

### Section One: Affirmations.

Here you will find positive statements to read aloud to yourself every morning and, again, every night. It is a good idea to stand in front of a mirror and look into your eyes when you read them. This will quickly “lock in” the affirmations and set yourself up for success.

Please use these affirmations and feel free to create your own empowering statements to help you achieve your own best life to its fullest potential.

There are self reflection questions at the end of each page of affirmations. Review and meditate on the answers. This will help you get clear on what you truly want.

### Section Two: Alignment Questionnaire

This is a short and simple questionnaire to help you make sure that your thoughts, beliefs and actions align with your dreams and goals. Please take your time while answering these questions as they will give you important information that will help you achieve your goals quickly.



### Section Three: Step-by-Step Goals & Dreams Action Planner

We've include a short action planner to help you organize the steps needed to complete your goals. Break down each of your goals into smaller, easily actionable steps. Write down the main action you need to take and then chunk down that action into even smaller actions.

Breaking up large goals into smaller, easily attainable ones is the key to feeling like you are making progress which will keep you motivated and moving forward.

Don't forget to put a complete by date next to each action step.



## Section 1: Affirmations

### I say “No Thank You” to being Distracted From My Dreams & Goals Affirmations

My goals are my future. When I stay laser-focused on my goals, I am relentless and make progress towards achieving them. I know what I want and how to get there. And when I make progress, I feed my Inner Mentor and feel proud of myself. I enjoy my life and the path that I am on.

**Staying laser-focused on my goals is the primary way I can manifest my best life.** Success allows me to feel good about my life and I know that being laser-focused is one of the keys.

There are distractions all around me, but I say "no thank you" and give them no attention. They feed my Inner Mobster by taking me away from my drive and passion and what I am committed to.

Distractions are easy for me to avoid. I can easily focus on what matters in my life.

Staying laser-focused on my goals makes it easier for me to Solutionize™ SMART choices. I simply consider which option will support my Inner Mentor and help me achieve my dreams and goals. **When I starve my Inner Mobster, Solutionizing becomes automatic.**

My dreams and goals are crystal clear to me. Their achievement is a priority in my life. Consequently, I refuse to allow my Inner Mobster to take my attention away from my goals. I am in control of my focus.

Today, I put my attention on my goals. **I reject all distractions.** My focus is exactly where it belongs. I choose to Solutionize my actions based on my dreams and goals.



## **Self-Reflection Questions:**

1. What am I committed to achieving? How am I feeding my Inner Mentor to help achieve that goal?
2. How is my Inner Mobster bullying me and keeping me from achieving my dreams and goals? What can I do to starve the Inner Mobster?
3. What would happen in the next year if I could feed my Inner Mentor, starve my Inner Monster and remain consistent and laser-focused on my dreams and goals? How would my life be different?



## I Write Down My Dreams and Goals Affirmations

I know what I want and how to achieve it. Putting my goals on paper makes me laser-focused on Solutionizing and increases my motivation so I remain relentless and consistent. I deepen my sense of commitment. I feel more accountable. I am less likely to allow my Inner Mobster to bully me.

I write my goals down each morning and revisit them at night. I use them to structure my days and measure my progress.

I create clear and compelling language. **I ensure that my dreams and goals are meaningful and realistic for me.** I add details and descriptions that help me to Solutionize™ my objectives into concrete steps.

**I focus on what I can control.** I design goals that depend on my effort and resources rather than counting on external events, in this way I feed my Inner Mentor

I am always feeding my Inner Mentor by using a format that works for me. I write lists or draw diagrams. I browse for templates online or create my own. I carry around a notebook and pen. I experiment with different apps.

**I post my dreams and goals where I can see them.** I keep a copy on my phone and inside my office door. My goals stay fresh in my mind.

I check off tasks as I complete them. Each accomplishment feeds my Inner Mentor. It gives me satisfaction and helps me to build more momentum. I feel more confident in myself and my abilities. I know that I can Solutionize™ and reach my dreams.

**Today, I am determined to succeed.** I expand my comfort zone and create the results I want. I keep my dreams and goals in sight.



## **Self-Reflection Questions:**

1. Why are written goals more powerful?
2. How can I align my goals with my values?
3. What is the difference between a goal and a wish?



## Section 2:

# Do Your Goals Support Your Values?

If you're struggling to be as successful as you'd like to be, there's a great chance that your Inner Mentor and Inner Mobster are warring for control. This happens when a discrepancy exists between your goals and your values. **If our goals are antithetical to our values, our Inner Mobster will win.** We don't like to feed the Inner Mobster because it weakens our Inner Mentor.

If you're forever coming up short when it comes to achieving your dreams and goals, your values might be at odds with your goals.

### Use these Gangsta Tips to set goals that feeds your Inner Mentor:

1. **List your current values.** Have you ever taken the time to examine your values? Our values are usually set by the age of seven and usually come from our parents or other authority figures. Most people have not consciously chosen their beliefs and values. This is a shame, because **a person's values guide their thinking, decisions, and actions.**
  - Take 30 minutes and list your values. Put them in order of their priority to you.
  - Ask yourself if your behavior is aligned with your values and feeds your Inner Mentor. If your behavior does not, what set of values would you need to represent to feed your Inner Mentor?
  - Most of us have an idealized impression of our intentions, values, and qualities.
2. **What are you trying to accomplish?** What are your dreams and goals in life? Do you want to be wealthy? Get a six-pack? Write a screenplay? Save the





whales? Build a real estate empire? **The first step to creating your dreams and goals is to identify your objectives.**

3. **How do your current values impact your goals?** If your values and goals don't match, the odds of success are not good without something changing.
  - For example, if you believe that wealthy people are fundamentally bad, you will never accumulate a significant amount of wealth.
  - If comfort is a high priority for you, that six-pack will never materialize.
  - Do you value having a lot of leisure time? Then a goal that requires a lot of hard work from you probably isn't going to happen.
  - Look at your goals and look at your values. Do your goals support those values? Do your values support your goals?
4. **What would be the perfect set of values to support your goals?** Imagine you could feed your Inner Mentor EXACTLY the values and behaviors that would be perfect for accomplishing your goals. What are those values and qualities? How would you be different if you had these values?
  - Think about the people you know that have accomplished what you want to accomplish. What are their values? How would you describe them?
5. **How close can you come to matching those values?** How well can you rearrange your values to match that ideal set of values so you can feed your Inner Mentor? The closer you're able to come, the greater your chance success.
6. **Feed your Inner Mentor by reinforcing the values that matter.** Imagine that your goal is to save \$20,000 for a down payment on a home. Let's suppose that you've determined that you need to be someone that values saving money over spending. How can you build this value in yourself and make it a part of you?
  - Prove to yourself that you're that type of person: For example, pick up pennies you find on the ground and save them. Cut coupons. Find new



ways of dealing with stress other than shopping. Save part of your income as soon as your paycheck hits your bank account.

- **When you keep proving to yourself over and over again that you possess a value, those actions will build and reinforce that value.**

Are your goals and values aligning with your Inner Mentor or your Inner Mobster?  
Success is much easier when your values and your intentions are highly compatible.



# STEP-BY-STEP Goals & Dreams Action Plan

Name		Date	
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Dreams/ Goals	
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**Divide into achievable steps:**

<b>1</b>	Step:	Date to Complete:
	Required Actions:	

<b>2</b>	Step:	Date to Complete:
	Required Actions:	



**3**

Step:

Date to Complete:

Required Actions:

**4**

Step:

Date to Complete:

Required Actions:

**5**

Step:

Date to Complete:

Required Actions:

**6**

Step:

Date to Complete:

Required Actions:



7

Step:

Date to Complete:

Required Actions:

8

Step:

Date to Complete:

Required Actions:

9

Step:

Date to Complete:

Required Actions:

10

Step:

Date to Complete:

Required Actions: