



# Dr. B's Phenomenal Growth CHECKLIST

When you are in the right headspace, you set goals, you take control of your life and you free yourself to live unapologetically.

## DAILY MINDFULNESS ROUTINE

- 3 Minutes of gratitude
- 3 Minutes of prayer or meditation
- 3 Minutes of visualization
- 3 Minutes of listing the benefits of focusing on your values
- 15 Minutes of Reading
- 3 Minutes of Positive Self-Affirmation

## CREATE S.M.A.R.T. GOALS

- Write 3 **Specific** Goals Daily
  - Writing goals down makes them real and tangible instead of a vague idea that only resides in your mind.
- Set **Measurable** Objectives
  - Make your goals measurable by setting benchmarks so you can clearly track your progress and know when you met them.
- Create an **Action** Plan
  - Decide exactly how you will meet your goals
  - Write the steps to take to get there.
- Re-evaluate** and Assess Progress
  - Regularly review your goals to measure progress and make necessary adjustments

- Identify if additional steps are necessary to foster success.
- Be **Time-Bound**
  - Use timeline markers to help identify milestones and deadlines.

## TAKE DAILY INTENTIONAL ACTION

- Learn something new daily
- Listen with the intent of learning something new from someone
- Share something that you learned new daily
- Exercise for at least 30 minutes
- Check health status (eating, sleeping habits, etc.)
- Foster Growth Environment

## DAILY INTENTIONAL INFLUENCE

- Identify people or groups and spend 40% of your time helping others rise
- Identify people and groups and spend 40% of your time around those on your next level
- Identify people and spend 20% of your time with peers on your present level who are working to progress



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