

# ANTI-PERFECTION *plan*

## WORKSHEET 1

### YOUR RECIPE FOR SUCCESS

Going for the GOLD - Every. Single. Day.

Start each day by listening to the **Morning Coaching Track: Going for The Gold**. This is our *one-on-one* time together to get you into the best brain-space possible to rock the day ahead!

After listening to the track, set a vision for yourself by making a few commitments to guide your day to the gold medal.

Today I will Go for the GOLD by committing to the following:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

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