

# Why?

**Productivity through Goal Setting and  
Personal Growth**

[www.rsunbiz.com](http://www.rsunbiz.com)  
Chris Prefontaine

# **Productivity Through Goal Setting & Personal Growth**

Purpose: Provide you with a plan for your goal setting & personal growth as it relates to your Sunrider business.

First I ask that you are 100% coachable. Our minds are like parachutes – they work terrific when open!

What does it mean to be coachable?

## **COACHABLE!**

1. To Become more coachable \_\_\_\_\_ that you have to \_\_\_\_\_.

2. Since the system(s) being taught is proven, \_\_\_\_\_ when following it 100% and adjusting as needed.

“Our failures are nothing more than **stepping stones** in the mechanics of creation. They bring us ever closer to our goals.”

Deepak Chopra

3. The only time failures are bad is when you use them \_\_\_\_\_.

4. Failure is the opportunity \_\_\_\_\_ more intelligently.

5. Watch those \_\_\_\_\_ and you will learn why they are succeeding...then \_\_\_\_\_.

6. Remember a coach is someone who tells you what you don't want to hear \_\_\_\_\_.

Suggestion: Let's all remove our **\_EGOS\_** & allow our coach/upline to offer **\_insights\_** and **\_perspectives\_** and **\_hold us accountable\_**.

# Sunrider Goals!

7. The indispensable first step to getting the things we want out of life is \_\_\_\_\_.

8. In order to start properly with your new vehicle, identify a HUGE \_\_\_\_\_.

9. With a HUGE \_\_\_\_\_, the HOW becomes much easier.

- Examples:
- Pay off my mortgage by 00/00/00
  - Pay off my family's mortgage by 00/00/00
  - Build our dream home in Newport by 00/00/00
  - Take my family to Hawaii for one month 00/00/00
  - Earn \$10,000 per month by 00/00/00

My WHY:

---

---

---

---

---

---

---

---

---

---

10. After establishing your WHY, ask \_\_\_\_\_?

11. Since we know that our subconscious mind is so powerful, when we return Monday let's write each \_\_\_\_\_ on an \_\_\_\_\_ and review it several times daily.

Recommended Reading:

**"101 Affirmations of Wealth"** by V J Alexandrov

**"The One Minute Millionaire"** By Mark Victor Hansen

12. Include with each index card an \_\_\_\_\_ for that WHY and \_\_\_\_\_.

13. Start and end each day by \_\_\_\_\_ and asking \_\_\_\_\_ questions.

## HOW - THE PLAN

14. I plan to spend \_\_\_\_\_ hrs per week on my Sunrider business.

15. You can get infinitely more done when you do everything in \_\_\_\_\_.

I will allocate these hours to my business:

	Times	Hours Spent
Monday:		
Tuesday:		
Wednesday:		
Thursday:		
Friday:		
Saturday:		
Sunday: FAMILY DAY		
Total Hours for the week:		

16. I realize that \_\_\_\_\_ in my schedule, \_\_\_\_\_.

17. Be \_\_\_\_\_ and \_\_\_\_\_ verses distraction and emergency driven. When you don't have a schedule your life and your business are driven by \_\_\_\_\_ and your \_\_\_\_\_.

18. I realize that sometimes outside influences can get in the way. In order to stay on my schedule I simply \_\_\_\_\_ so that I can be held accountable.

19. Your only job is to \_\_\_\_\_ and not following a schedule is a symptom of \_\_\_\_\_.

20. Create a schedule \_\_\_\_\_ .

21. Realizing that EVERY business takes time to develop, commit to your business for a minimum of \_\_\_\_\_.

***Recommended Reading:***

"Your First Year in Network Marketing" By Yarnell

"The Greatest Networker in the World" By

22. Once you've laid out your schedule for the 90-day sprint...  
\_\_\_\_\_ without checking your schedule.

23. In order to grow your business consistently and predictably, hand out a minimum of three \_\_\_\_\_ per day.

**PERSONAL GROWTH**

24. I \_\_\_\_\_ am committed to do whatever it takes to accomplish my goals outlined above.

25. What three things are holding me back most from accomplishing my goals?

---

1.

---

---

2.

---

---

3.

---

26. My solutions for those challenges are:

---

1.

---

---

2.

---

---

3.

---

27. All successful people are very selective as to \_\_\_\_\_ and spend time with.

***“Keep out of the suction of those drifting backwards – they’ll try to take you with them!”***

**CONSTANTLY ASK YOURSELF...**

Who do I \_\_\_\_\_?

What do they \_\_\_\_\_ ?  
What do they \_\_\_\_\_ ?  
Where do they \_\_\_\_\_ ?  
What do they have me thinking?

Because of this exposure...\_\_\_\_\_?

28. Who is filling your bucket and \_\_\_\_\_?

29. Changing \_\_\_\_\_ takes time – be patient.

30. Every morning affirm "I am willing to do what others are not for the next \_\_\_\_\_ so I can have what others cannot for the rest of my life."

31. \_\_\_\_\_ do you need to take so that you can spend more of \_\_\_\_\_ doing the things that make you happy? What is the plan to

\_\_\_\_\_?

32. More people \_\_\_\_\_ success might bring. Spend \_\_\_\_\_ about your future.

# Design Your Life

**Order Your Own Copy of:  
Productivity Through Goal Setting and Personal Growth**

By Chris Prefontaine

**For You and Your Downline.**