

The Abundant Career & Life System

Welcome and Congratulations

Worksheet – Module 1

Lesson 1

Specific Goals + Specific Action + Commitment =

Writing + affirmation + visualization =

Journaling is powerful and proven way to yourself

Affirmation

“I am excited to have an abundant life and I am committed to learn”

Lesson 2

Always start with Why, it is the for everything that you do.

Vague goals lead to results

A specific goal + specific action + time & date =

Vision + goal =

Objective + = Strategy

Strategy + Repetitive Action =

Write

Why are you here today, what is your primary goal to achieve?

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Lesson 3

Identify your core skills.

Write

The 10 core activities that you do every day at work, and the skills that you learned to do them. Split them into hard and soft skills.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Write

The 5 core activities/tasks that you love to do at work and why you love them. Write the last time you were praised for excelling at them.

- 1.
- 2.
- 3.
- 4.
- 5.

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Affirmation

"I have abundant skills and I use them wisely"

Lesson 4

Write

The 3 core skills that you would love to do at work but you are not able to do or have not been asked to do or do not do very often.

- 1.
- 2.
- 3.

Write

The 3 reasons that you believe you do not perform these tasks or use these skills.

- 1.
- 2.
- 3.

Write

How you feel when you are not able to use these skills or perform these tasks.
How not using them has impacted your working life.

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Changing your job will not bring you but changing your habits and will lead to success at work and the life you

Write

The last time that you asked to do any of these tasks and the reasons, if any, that you were given for not being able to use them.

Asking a question opens the door to all the and that you need to start your journey and

Affirmation

I am an expert and I am valuable I have abundant skills

Congratulations you have finished module 1.