

My Weekly Wins

This tool assists people with **changing the way they view** the effectiveness of their week.

Some lose track of all they do and need to be reminded.

Others find it hard to accept that they are achievers and would rather sing about how hard it is to be humble.

This tool may be of little benefit to those who actually achieve very little.

But if you are moving toward being more effective in getting daily things done, this exercise can help you feel valued.

- ✦ Write down the things you **said** you would do, **planned** you would do, **and actually did** during the past week. It may be little things like putting your neighbour's garbage bin at the kerb for collection, or throwing a kids frisby back over the fence.

- ✦ Write down all the **positive things** that have happened, including the birds singing, the smiling lady at the tram-stop, 'blessing' which could not have been just co-incidence.

- ✦ Write down who you might **express heartfelt gratitude** for each of these, *unless of course you believe you have good reason to remain ungrateful!*

This is based on a tool purchased from Paradigms Pty Ltd

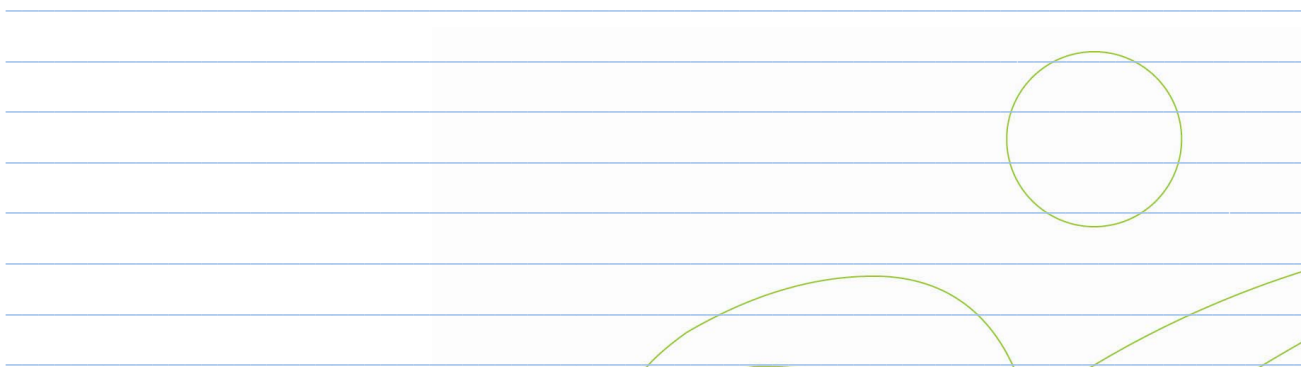
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Next Steps:

- 1) **Congratulate yourself** for taking time to consider your potentials. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>. If not a member, join as a Guest to post on the public Forum.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:
 - I** = Issues I am facing
 - M** = My to do list right now
 - P** = Plans to implement in the next one to three months
 - A** = Attitudes right now; what I am feeling
 - C** = Clarity needed on some issues
 - T** = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (Or your fridge magnet ☺)



- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS

...on track with work-life balance in 90 days