

My three-step navigational tool will create a roadmap to direct you from where you are today, to where you want to be in the future.

What is the GPS tool?

If you wake up each morning discouraged and unhappy, something is wrong. Life is a gift! What you do with your gift of life is up to you. I want to help you achieve your goals. Accomplishing what you want is not as difficult as you might imagine. Achieving what you want in life should be fun! It doesn't matter where you are today. These three strategies will work for you. Be bold enough to implement them.

Toolbox: 1. Have a **Goal** 2. Have a **Plan** 3. Have a **Schedule**

BEGIN TODAY.

Start by making a list of GOALS you want to achieve.

Use your GPS system daily. Make it a habit. Have you ever told yourself you are not skilled enough for a particular job? Or they will never hire you, so you never apply? Have you ever met someone special you wanted to ask out on a date, but then began listing all the reasons they might say no. To avoid feeling rejected, you never asked them out?



Too many times, you may believe you are not enough. You may tell yourself: You are not good enough. You are not smart enough. You are not cute enough. You are not rich enough. You are not talented enough. The truth is **YOU ARE MORE THAN ENOUGH!**

**You Become
What You
Believe**

Personal

Health

Relationships

Educational

Career

Financial

**Use your life
to be a light
for someone.**

Create Your Plan

Create a plan by making a list of actions steps.



PRACTICE THE FIVE STAR POINTS TO SUCCESS!

1. Begin by identifying your goal.
2. The next step is critical in ensuring your success. You must understand “Why” you want to achieve your goal. Make “the Why” as powerful as possible.
3. Do something to move your goal forward. Take action!
4. Evaluate your actions. Did it work?
5. Either celebrate your success or try another way.

These five steps are crucial to obtaining your success. Your starting point has little to do with what you can actually achieve. The secret is to try again after each unsuccessful attempt. Learn from your mistakes and try again. Rethink your strategy and try another way. Put forth the effort until you attain the desired result. Then you CELEBRATE!

Try Another Way

When the action you take does not give you the results you desire, never give up. Here are three steps to consider when facing a roadblock.

1. Brainstorm

First, make a list of possible solutions to your problem. As you gather ideas do not judge or discount them. Let your mind have fun. I encourage you to think outside the box with this exercise.

2. Consider All Factors

Next, when you have finished brainstorming solutions, consider all factors. Sometimes you may choose the solution that appears to be less risky, while at other times you might select the option with the bigger potential impact.

3. Decide on an Action

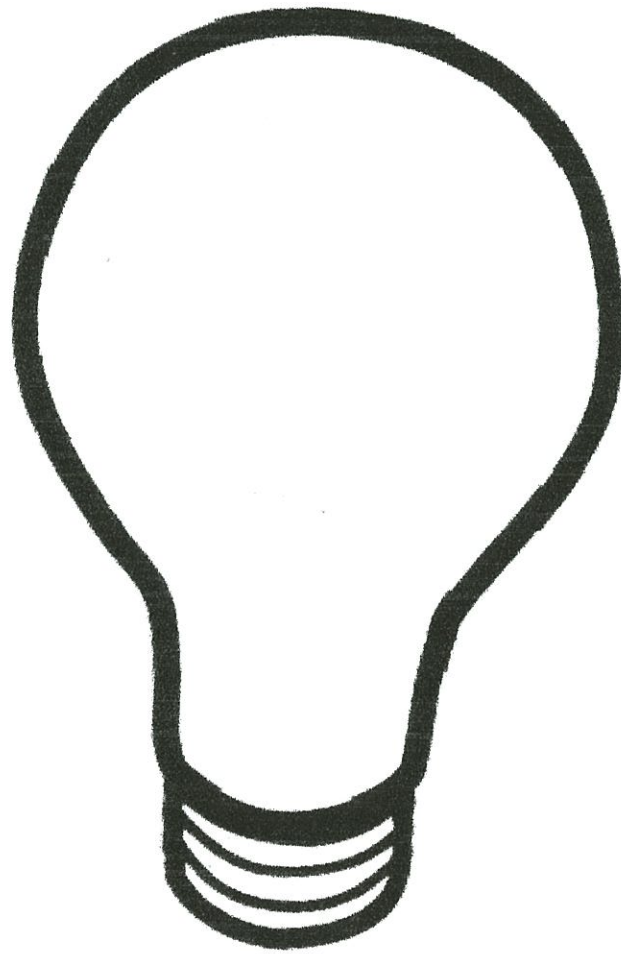
Finally, once you have brainstormed and considered all factors, it is time to decide on an action. Then just do it. You will celebrate the results or evaluate the results and try another way.

HELP! I Need a Mentor!

Don't be afraid to ask for help! Find someone who has achieved success in your area; ask them for direction. And remember, one day someone will be asking you.



Work The Plan



Your Schedule

Discipline VS. Distraction

Select at least one goal and write out a list of action steps necessary to achieve your goal. Now the work begins! I like to begin each day with a "To Do" list. I recommend you circle or highlight those items on your list that are absolutely necessary for you to complete. Now, you have a "Must Do" list. Staying focused and on task can be challenging when you have distractions coming at you from all directions. To be disciplined is to have self-control.

Discipline

is just choosing between
what you want
NOW
and what you want
MOST

Success doesn't just happen... It's **PLANNED!**

- Be decisive on how you are going to invest your time. Plan your activities and stick to your plan. You may have one major task you want to complete everyday. Perhaps you have several tasks you want to move forward. Use the daily planner to fit your needs. The important thing is to be disciplined and focused.
- Make health and fitness a priority. Get enough rest. Drink eight 8 oz glasses of water daily. Establish your fitness regimen. Balance cardio activity, weight training and stretching for exercise. Maybe you are only beginning to prioritize your health; consider starting with a walking schedule. Take a serious look at your diet. How might you improve your eating habits? Your overall health will determine how much energy you have to work your plan.
- Learn how to say "No" So you have your plan written down. Your activities are scheduled. Don't get carried away by spending valuable time in social media sites or texting friends. Time spent with these activities can be addictive. They rob you of the time necessary to accomplish your goals.

GPS for Humans was created by Mary Ingram. She is a youth advocate, author, speaker and life coach. Ingram is the CEO and founder of Volunteer Nebraska, a nonprofit organization that provides a youth recognition program to encourage community engagement. She began teaching success strategies to individuals who are incarcerated in the Nebraska Correctional system. To learn more visit www.maryingram.com.

Daily Schedule

Date _____

MUST DO

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Success

doesn't just happen. It's

Planned

Health

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Time Blocks

AM

NOON

PM

Contacts

Chores/Cleaning

