

Creating Your Plan B

Your Rules for Success at Home & Business

We must examine the hundreds of rules we have been following that no longer serve us. We are all shaped by rules, "shoulds" and perceptions which creates the Plan A we had for both our personal and professional success. To start, set a timer and sit quietly for one minute. Quiet your thinking, this is more of a "gut reaction" or feeling exercise.

When I reflect on my life, I did not expect:

As I embark on the next chapter of my life personally and professionally, I would like to add more:

As I embark on the next chapter of my life personally and professionally, it would be wise for me to eliminate the following habits, people, stressors, drains, etc.:

Rules I follow that are not working for me and creating roadblocks to personal and professional success: (These rules are often "should" statements and create blocks to your success. See examples from Denise's clients)

Gender (e.g. "Women don't succeed in this field")

Education/Work Life (e.g. "I need to work myself to exhaustion to get this perfect")

Finances/Wealth/Money (e.g. "I should be making more money by now")

Parenting (e.g. "I should be having more fun with my kids")

Additional Areas:

Home/Lifestyle

Body-image/Health

Religion/Community Involvement

The Connection Strategy for YOU Program
Chapter 1 and 2 of “Your Relationship with You: How to Live Life by Your Rules”