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# LIFESTYLE DESIGN

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BUSINESS AND LIFESTYLE WORKBOOK

WINNERS GUIDE  
BY CHANCE CESSNA

# DAILY POSITIVE AFFIRMATIONS

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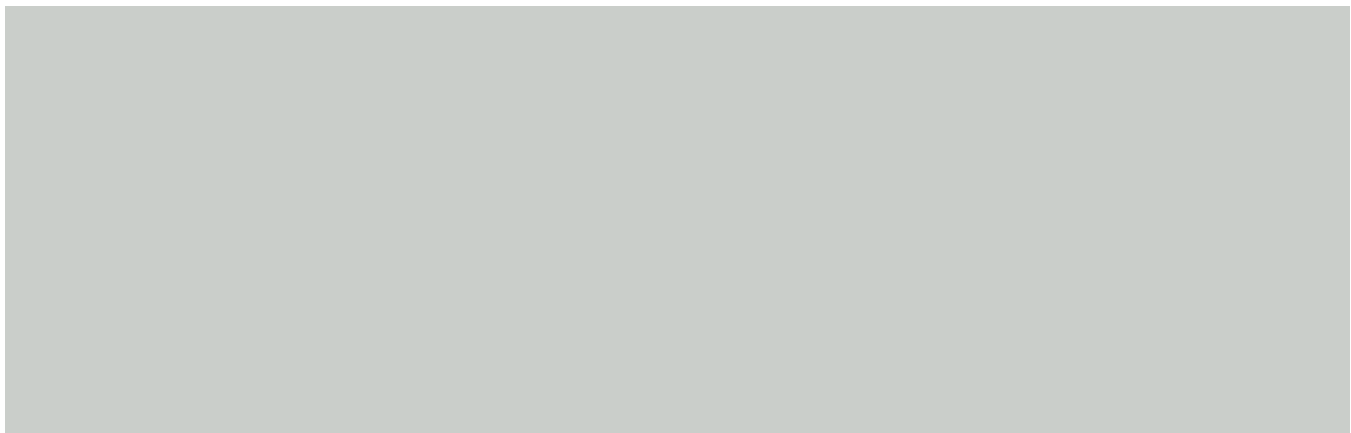
14. \_\_\_\_\_

15. \_\_\_\_\_

# PAST FEARS THAT HAVE HELD ME BACK FROM LIVING MY BEST LIFE

MENTAL	EMOTIONAL	PROFESSIONAL

## HOW I PLAN TO CRUSH THESE FEARS?



# SUCCESS CONTRACT

I (NAME) \_\_\_\_\_, COMMIT DAILY TO WORKING TOWARD THE FUFILLMENT OF MY GOALS AND DREAMS. I WILL NO LONGER ALLOW FEAR, WORRY AND PROCRASTINATION TO STAND IN MY WAY. I WILL NOT ALLOW OTHER PEOPLE'S OPINIONS TO INFLUENCE THE COURSE OF MY DESTINY. I AM FEARLESS AND UNSTOPPABLE. BY THE END OF THIS YEAR I WILL HAVE \_\_\_\_\_, I WILL BE \_\_\_\_\_, AND MAKE (FINANCIAL GOAL) \_\_\_\_\_. I WILL FOCUS ON MY STRENGTHS WHICH ARE \_\_\_\_\_ AND \_\_\_\_\_ AND MANIFEST MY FULL POTENTIAL. THE REASON BEHIND WHY I AM COMMITTED TO THIS GOAL IS \_\_\_\_\_ AND I WON'T STOP UNTIL I GET IT!

DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

WITNESS: \_\_\_\_\_

# **MILLIONAIRE MATH**

**\$50 A PRODUCT X 20,000 SALES**  
**\$100 A PRODUCT X 10,000 SALES**  
**\$200 A PRODUCT X 5,000 SALES**  
**\$500 PRODUCT X 2,000 SALES**  
**\$1000 PRODUCT X 1000 SALES**

**OR**

**\$1,000,000/YEAR =**  
**\$83,333/MONTH =**  
**\$19,231/WEEK =**  
**\$2,740/DAY =**  
**\$114.16/HOUR =**  
**\$1.91/MINUTE =**  
**\$0.031/SECOND =**

# BUSINESS COMMANDMENTS

- THOU SHALL NOT BE DISTRACTED AND WASTE TIME.
- THOU SHALL KEEP THY WORDS AND HONOR THY COMMITMENTS.
  - THOU SHALL ALWAYS ARRIVE EARLY.
- THOU SHALL NOT BE JEALOUS OR ENVIOUS OF OTHER PEOPLES SUCCESS.
- THOU SHALL USE THY WORDS TO SPEAK LIFE AND POSITIVETY OVER EVERY SITUATION.
  - THOU SHALL NEGOTIATE DEALS LIKE THE PRO YOU ARE.
- THOU SHALL NOT HAVE FRIENDS AND RELATIONSHIPS THAT DRAIN YOU.
  - THOU SHALL NOT CURSE WHAT YOU DON'T UNDERSTAND.
    - THOU SHALL APPRECIATE SMALL BEGINNINGS.
      - THOU SHALL BE GRATEFUL.
  - THOU SHALL NOT COMPARE YOUR PROGRESS TO OTHERS.
    - THOU SHALL GIVE HONOR WHERE IT IS DUE.
- THOU SHALL NOT COMPROMISE MORALS OR VALUES TO GET AHEAD.
  - THOU SHALL DO HONEST BUSINESS.
  - THOU SHALL ENDURE HARD TIMES AND NEVER GIVE UP.
  - THOU SHALL BE RESPONSIBLE OVER WHAT YOU HAVE.
    - THOU SHALL BE A GIVER AND NOT TAKER.
  - THOU SHALL LOVE AND CELEBRATE THYSELF DAILY.
    - THOU SHALL BE HAPPY DOING WHAT THY LOVE.

# MY LIFE ACCOMPLISHMENTS

FAMILY	WORK	PERSONAL

# OVERVIEW OF THIS YEAR'S GOALS

## SPIRITUAL:

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## LIFESTYLE:

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## RELATIONSHIPS:

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## FAMILY:

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## MENTAL:

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## PHYSICAL:

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## FINANCIAL:

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## BUSINESS:

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# DAILY GOAL SETTING SHEET

## TODAY'S GOAL:

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## WHY?

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## ACTION STEPS:

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## WHO DO I NEED TO CALL?

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## HOW WILL THIS PROFIT ME FINANCIALLY?

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# THIS WEEKS FOCUS

PRIORITIES AND REMINDERS



# TODAY'S TO DO LIST

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15. \_\_\_\_\_

# **1<sup>ST</sup> QUARTER GOALS** **(JANUARY, FEBRUARY, MARCH)**

**GOALS MUST BE SPECIFIC, MEASURABLE,  
ACHIEVABLE, RELEVANT AND TIME-LIMITED (S.M.A.R.T.)**



# **2ND QUARTER GOALS (APRIL, MAY, JUNE)**

**GOALS MUST BE SPECIFIC, MEASURABLE,  
ACHIEVABLE, RELEVANT AND TIME-LIMITED (S.M.A.R.T.)**



# **3RD QUARTER GOALS (JULY, AUGUST, SEPTEMBER)**


**GOALS MUST BE SPECIFIC, MEASURABLE,  
ACHIEVABLE, RELEVANT AND TIME-LIMITED (S.M.A.R.T.)**



# **4<sup>TH</sup> QUARTER GOALS**

## **(OCTOBER, NOVEMBER, DECEMBER)**

**GOALS MUST BE SPECIFIC, MEASURABLE,  
ACHIEVABLE, RELEVANT AND TIME-LIMITED (S.M.A.R.T.)**



# BUSINESS PLAN OVERVIEW

(YOU ARE A BUSINESS. YOU CAN WRITE THIS PLAN FOR YOURSELF, IDEA, SERVICE OR PRODUCT)

**BUSINESS NAME:**

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**LAUNCH DATE:**

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**PROBLEM: (WHAT PROBLEM IS THIS IDEA SOLVING?)**

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**SOLUTION: (HOW DO YOU PLAN TO ANSWER THIS PROBLEM?)**

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**BUSINESS MODEL: (HOW ARE YOU GOING TO MAKE MONEY?)**

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**COMPETITIVE EDGE: (WHAT MAKES YOU DIFFERENT?)**

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**SALES AND MARKETING: (HOW DO YOU PLAN TO ADVERTISE?)**

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**COMPETITION: (WHO IS CURRENTLY LEADING IN YOUR INDUSTRY?)**

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**TEAM: (WHO'S ON YOUR WINNING TEAM?)**

**PROJECTIONS AND MILESTONES: (6 &12 MONTH PROJECTIONS)**

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**TIMELINE: (WHAT'S MY DEADLINE?)**

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**NEXT STEPS:**

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**ADDITIONAL NOTES:**

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# POWER PLAYERS IN MY CAREER FIELD

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# FINANCIAL PLAN

**HOW MUCH DO I WANT TO MAKE BY THE END OF THE YEAR?**

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**HOW MUCH DO I NEED TO MAKE A MONTH TO MEET THAT GOAL?**

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**HOW MUCH DO I NEED TO MAKE A WEEK TO MEET THAT GOAL?**

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**HOW MUCH DO I NEED TO MAKE A DAY TO MEET THAT GOAL?**

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**HOW WILL I DO IT?**

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# WHO HAS MY MONEY TODAY?

(LIST PROSPECTIVE CLIENTS)

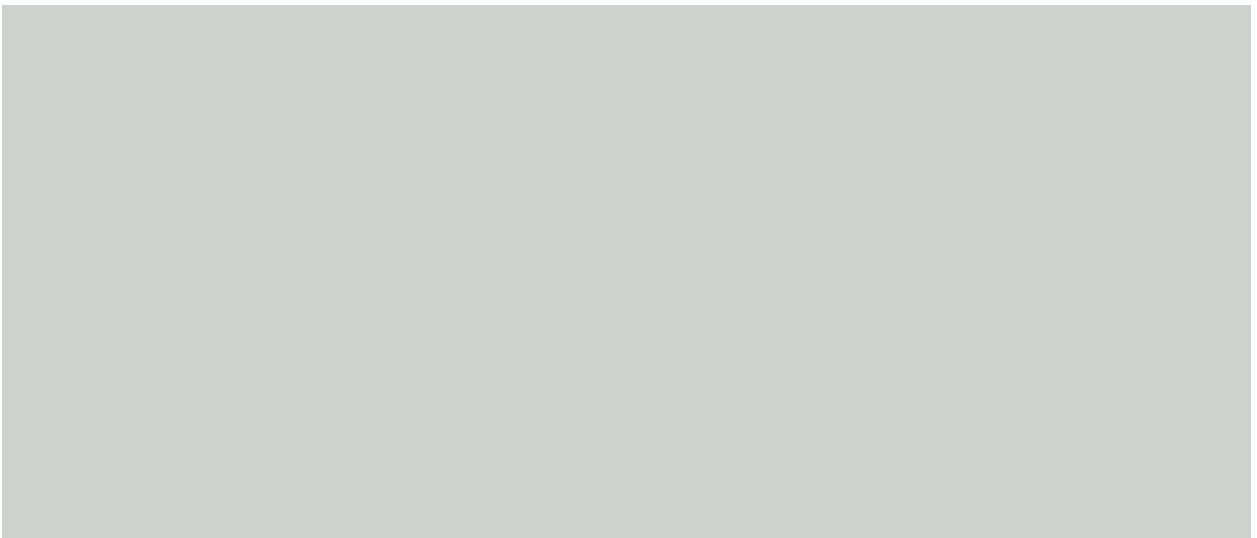
NAME	PHONE NUMBER

# MY HEALTH COMMITMENT

**FITNESS (HOW OFTEN WILL I WORK OUT?):**



**HEALTHY EATING & DIET (WHAT KINDS OF FOODS WILL I EAT?):**



# THIS WEEKS SELF-CARE ROUTINE

**BODY:**



**MIND:**



**SOUL:**





# VISION BOARD

(ADD IMAGES HERE. THINK BIGGER!)

# VISION BOARD

(ADD IMAGES HERE. THINK BIGGER!)

*Jeremiah 29:11*

**“FOR I KNOW  
THE PLANS I  
HAVE FOR YOU  
DECLARES THE  
LORD, PLANS TO  
PROSPER YOU  
AND NOT HARM  
YOU, PLANS TO  
GIVE YOU A HOPE  
AND A FUTURE.”**