

Mile Marker Checklist

The Roadmap

Mile Marker 1: Green light. Take your foot off the brake and start accelerating towards your intended goals and desires with a positive mental attitude. **I am willing to start right now. I am ready to go!**

Mile Marker 2: Have confidence in your ability to take the steering wheel and give it some gas. **I am taking control of the steering wheel because I am confident in my ability to drive towards my goals and desires. I am in the driver's seat and I'm in control. I accept the responsibility because I am responsible.**

Mile Marker 3: Physically write down your goals and desires and a date you want them by. **My goals and desires are going to be the fuel that burns my inner burning fire of desire. I have physically written them down.** (If more than 5 use a separate piece of paper that you refer to daily)

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Mile Marker 4: Daily Gratitude – The more grateful you are the more things you'll have to be grateful for. The less you focus on what you don't have and the more you focus, appreciate and are grateful for what you do have the more you'll have to be grateful for and really something changes in your mind here once you start being grateful for every little thing. **I commit to an attitude of gratitude and I am going to say 2 things I'm grateful for before my feet hit the ground upon waking up every day.**

Mile Marker 5: Daily Visualization - Of written goals and desires. See yourself as who you intend to become (your self-image) and see yourself in possession of the written goals and desires above. **I will read my written goals and desires every day and visualize myself as already having them and the steps I'll need to take to achieve them.**

Mile Marker 6: Daily Affirmations - "I am committed to becoming..." what and when. **I am committed to sticking to achieving my goals and desires and becoming the person I desire. I am going to burn the rubber off these wheels until I achieve my goals and desires.**

Mile Marker 7: Daily Meditation – Quiet the noise in your mind. Focusing on nothing is difficult and does not get too much easier but is one the healthiest and most rewarding things you can do to help you to your goals and desires. Start with counting your breathes. Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4, then repeat. Sit on the ground, cross your legs and open your mind to receiving the plan to achieve your goals and desires. **I am going to start meditating everyday and take control of my mind.** What movement does for your body, stillness does for your mind.

Mile Marker 8: Diet and exercise – Your quality of life is in direct proportion to the quality of food you eat. Cut out excess sugars, junk, processed foods, fried foods and overeating. Having control of your diet gives you control of your energy and once you are able to control those 2 things the rest of life becomes easier. **I am committed to eating better and feeding my brain what it needs for high performance.**

Mile Marker 9: Educate your mind. Never stop learning to achieve a higher education. Things are happening and changing so fast these days and it has never been easier and more convenient to learn. Audiobooks and podcasts are a couple of my favorite. **I am committed to learning something new every day.**

Mile Marker 10: Celebrate success. Even the little things. For example: If you don't make your bed start making your bed and congratulate yourself and feel good about it. Also stop being hard on yourself when something doesn't go your way. If you struggle with beating yourself up over little things wear a rubber band on your wrist and every time you speak negatively about yourself, snap the rubber band to your wrist. Start journaling your accomplishments and writing down your lessons daily. **I am going to recognize my successes and stop being hard on myself.**

You've Reached Your Destination: This will be the last box you check off the list. Once you've reached all of your goals and desires above make new goals and desires, teach someone else how to do the same and never quit being great. Congratulations! **I've reached the finish line and am now ready for the next road trip because I now realize I can accomplish anything I put my mind to.**



The Foundation of Personal Development