



# HOW TO MENTALLY PREPARE YOURSELF & STAFF FOR THE NEXT 90 DAYS WITH KEITH ABRAHAM

WELCOME & THANKS

Go there MENTALLY, BEFORE YOU GO THERE PHYSICALLY



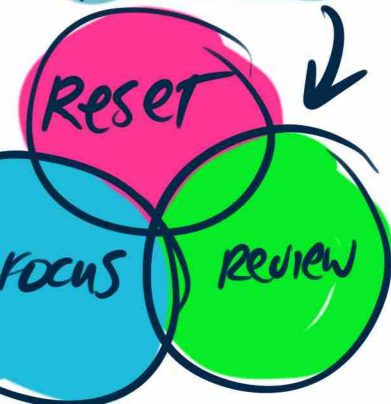
WE ARE IN THE LIFETIME BUSINESS... HARLEY DAVIDSON



NOW IN BUSINESS OF  
★ COPING  
★ CHANGING  
★ CONQUER

CONNECT  
DO  
WHAT'S AHEAD  
SHIFTING SANDS

HOW DO YOU MOVE FORWARD



GOAL SETTING FORMULA



WHAT'S YOUR NO.1 GOAL

YOUR DRIVER & KEY DRIVERS

RECONNECT & RECOMMIT

EMOTIONAL BE  
MENTAL DO  
PHYSICAL HAVE

PROGRESS

PURPOSE

NO.1 GOAL PLAN NOT PANIC!



PASSION ENERGY!

VISION OF THE FUTURE... =NEXT 30 DAYS=



Reset

CORRIDOR OF CLARITY

WHAT CAN YOU CONTROL?

- 1 ✓ SUCCESS
- ✓ INSPIRED
- ✓ PURPOSEFUL
- ✓ HAPPY
- ✓ ORGANISED
- ✓ CONFIDENT
- ✓ RELAXED

2 NO.1 GOAL

- COMMUNICATE
- BE ONLINE
- NEW CUSTOMERS

3 DATE 6/1/04/2020 DAY MTH YEAR SPECIFIC



4 5 REASONS WHY!

STRONG ENOUGH REASON WHY - OTHERWISE ANY EXCUSE WILL DO

5 2 STEP DOING  
2 START DOING

6 4 CLEARLY DEFINED MILESTONES

REVIEW

HOW YOU REACT & RESPOND?

MINDSET AMPLIFIED

- ✓ COURAGEOUS
- ✓ INVINCIBLE
- ✓ TENACIOUS
- ✓ EMPOWERED
- ✓ ABUNDANT
- ✓ SELF LOVE
- ✓ LIMITLESS
- ✓ GRATEFUL

PHYSICAL  
MENTAL  
EMOTIONAL



PERSONAL LOOK AFTER YOURSELF

PROJECTS GET UP TO DATE

PEOPLE PROPER PRIORITIES 3 PRIORITIES EVERY DAY



REFOCUS

PAILY RITUALS

