**Upside Down Leader’s Goal/Habit Tracking Work Sheet**

*The process of personal change is sacred ground. Most of us embark on change, and then become discouraged because of set backs or lack of motivation once we encounter the “old” way of doing things. However, clarity up front with yourself and WHY you want something, combined with aligning the outside influences of your life (e.g. who you enlist to help in this change), getting a coach – and establishing short term reward and penalty systems give us the internal power to breakthrough old habits and create new ones. Try this approach as you begin your journey to become the leader and team builder you’ve always dreamed of being.*

*Bob Spiel March 2017*

1. What do you want … really, truly, with your heart?
2. Why? What will this do for you? What will it do for those you love/impact?

1. What is NEW you will need to learn to achieve this?
2. Who will you **enlist** inside your network to help with this?
3. Who will you **Hire** outside your network to coach you and provide perspective and accountability?
4. Define in writing the reward for achieving this? What does success look like and what impact will that have?
5. What are short term rewards you can give for short-term achievements?
6. What are short terms penalties you can give for Short term “fails” toward the goal?