

OK, Let`s get to creating our recipe for success!!! But, before we begin, remember that how you attack these main sections can change as you grow and as you may need new things in your life, but the bones of the formula/recipe will be the same.

## Recipe For SUCCESS

### Main Ingredients:

- Thinking and Mindset
- Physical Body
- Morning Routine
- Daily Habits
- Coping Mechanisms
- Circle of Influence
- Goals

### Directions:

- 1.) Go back to this week`s lesson and look at the ways to ensure we have these ingredients in our recipe.
- 2.) Pick the ingredients you want to add to your recipe to success and write them below.
- 3.) Remember, these can change, but it is important to pick ingredients that work for you.
- 4.) Write down how you will ensure you will implement each ingredient into your lives.

*"Change is hard at first, messy in the middle, but glorious in the end!"*

**Main Ingredients:**

**Thinking and Mindset:**

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**Physical Body:**

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**Morning Routine:**

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*"Your life doesn't get better by chance, it gets better by change!"*

## Daily Habits

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## Coping Mechanisms:

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## Circle of Influence

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## Goals:

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Now, you have your recipe that works for YOU!!!

Just remember, the whole key to finding balance is ensuring that you meet all your 6 basic human needs in a way that benefits you, not harms you.

IF you are feeling unbalanced, it may be due to one of your human needs being not met that you need them to or you are meeting them in a way that is not serving you.

It is really important to remember that we are not striving for perfection, we are striving for progress. BUT, things will not change if you do not put the work in, push yourself outside of your comfort zone and take action.

If there is something that you are unhappy with, take the first step and commit to making change, you can do it!

*Today, I have the power to change my story!*