inspire greatness

ACTION PLANS

PRACTICAL ROADMAPS II SUCCESS

EMERGENCY SNACKS

PRESENTED BY:

limitlessideas™

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PRACTICAL ROADMAPS II SUCCESS

IN PARTNERSHIP

limitlessideas℠
AMPLIFY.UNITE.RESTORE.INSPIRE.



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Inspire Greatness Action Plans · Presented by Limitless Ideas

YOUR ACTION PLAN · FILL IT IN

Type in every box, tick your choices, and pick your belief levels from 1 to 10, right here in your PDF reader. Then save it, print it, and keep it where you will see it.

BEFORE YOU BEGIN

A little about you

Eleven short answers. Two are required; the rest take a few seconds and shape the examples and the follow-up you get.

Who is filling out this action plan

Your name (required)

Date

Your email (required)

Your phone number (optional)

What this plan is for

How Emergency Snacks fits your life right now. Pick what is true today; you can change it any time.

What are you using this action plan for?
Pick one or more.

☐ Starting a business ☐ Growing my business ☐ My job or career ☐ School ☐ Personal development
☐ My team or organization

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Where are you right now?

◯ Just getting started ◯ Already in motion ◯ Getting back up after a setback

What kind of season are you in right now?

◯ A steady season ◯ A stressful season ◯ A setback I'm working through ◯ A big change
◯ Something else

Your company, school or organization

What state do you live in?

You and Inspire Greatness

All optional. Answering changes nothing about your plan; it only tells us how you found it and whether we are already working together.

Is this your first Inspire Greatness Action Plan?

◯ Yes, my first ◯ No, I have done others

Are you filling this out as a current client of Limitless Ideas Consulting?

◯ Yes, I am a client ◯ No, not yet

How did you hear about this Inspire Greatness Action Plan?

Pick all that apply.

☐ Limitless Ideas Online Store ☐ Limitless Ideas Consulting ☐ Inspire Greatness Action Plans
☐ A Limitless Ideas email, ad or other marketing ☐ Facebook ☐ Instagram ☐ YouTube
☐ Another social media site ☐ Google or another search engine ☐ Someone I know told me
☐ A Limitless Ideas event or webinar ☐ The 50 State Start-Up Challenge
☐ My school, employer or organization ☐ My consultant or coach ☐ Somewhere else

If somewhere else, tell us where

PART 2 · LEARNING STYLES

Learn your way

"Choose one or more learning styles from each category below that you feel you identify with!"

Core	Stress	ReEnforce	Social
☐ Visual Learner	☐ Emotion & Memory	☐ Intrinsic Motivation	☐ Solitary Learner
☐ Audio Learner	☐ Fight or Flight	☐ Positive Reinforce	☐ Group Learner
☐ Kinesthetic Learner	☐ Cognitive Load	☐ Negative Reinforce	☐ Socratic Learner
☐ Learning Styles	☐ Stress Management	☐ Adversarial Reinforce	☐ Observe Learner

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PART 3 · MOTIVATION AND BELIEF

Do you believe?

“Belief plays a fundamental role in the success of any endeavor.” From the plan's Motivation and Belief page.

Remember: keep goals in numerical order as you use them in different action plans.

Belief level: on a scale of 1 to 10 with 10 being the highest, how much do you believe in the stated goal? If your belief level is less than an 8, you can build it up or switch to a goal that is a level 8 or above.

Do you believe that you will accomplish your goals/dreams?

◯ Yes ◯ No

Your belief level

“On a scale of 1 to 10 with 10being the highest, how much do you believe in the stated goal?”

Your level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

Less than an 8? Build it up, or switch to a goal that is a level 8 or above.

PART 4 · FORTIFIED DEFENSE

Clarify your outcomes and expectations

Decide on your top outcomes you want to accomplish using Emergency Snacks. This could be creating a personal budget, making $5,000 this month, cooking a healthy meal, or starting a business. You get to decide. That is the key. So “checking Facebook” would not count. (Less words = more action.)

When you have written your goal, take at least 2 minutes to visualize (with enthusiasm) in detail the benefits of reaching it. Take at least 2 more minutes to feel passion about obtaining the benefits of reaching your goals now. (Use a vision board, goals written down, and your imagination.) As a man thinks in his heart, so is he!

Your top expectations (outcomes) from Emergency Snacks:

Less words = more action. List them.

Write the desired goal you will reach:

Then rate it: your belief level that you will reach your listed outcomes, from 1 to 10. If it is not at an 8 or higher, try to think of another goal that will allow you to stay on track but you can believe in.

The goal you will reach

Belief level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

What type of totem will you use to remind you of your goals?

Review your totem daily or as much as needed to stay focused.

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PART 5 · YOUR TIME

How much time are you wasting?

“24 hours in one day. 168 hours in one week. 730 hours in one month. 8,760 hours in one year.”

Hours you lose a day: _____ × 365 = _____ hours a year

PART 6 · YOUR FAIL-SAFE PLAN

It is important to have a fail-safe plan in times of trouble

Key Point: it is important to have a fail-safe plan in times of trouble. Please fill in the information below. “Goal 1” is your top goal for this year, and it is referred to as “1”.

For each threat or weakness, list three coping mechanisms, and a quick action that gives you courage if it shows up.

Please list below the top goal for this year:

Then rate it: your belief level, from 1 to 10. It carries over from Culture Shock and Yearly Dreams if you have done them.

Goal 1

Belief level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

THREAT 1

What is your biggest threat or weakness that could stop you from completing this goal?

Three coping mechanisms for this threat or weakness:

List three.

What quick action could you use to give you courage if this threat or weakness presented itself?

THREAT 2

Your second threat or weakness that could stop this goal:

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Three coping mechanisms for this threat or weakness:
List three.

A quick action that gives you courage if it presents itself:

THREAT 3

Your third threat or weakness that could stop this goal:

Three coping mechanisms for this threat or weakness:
List three.

A quick action that gives you courage if it presents itself:

PUT IT IN PLACE

How can you implement the information stated above over the next 24 to 48 hours?

How is your belief level for completing your goals affected when faced with threats or weaknesses?
Write how it changes, then rate Goal 1's belief level when a threat shows up, from 1 to 10.

When a threat shows up

Belief level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

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PART 7 · FINISH AND ACT

Your Emergency Snacks plan

Congratulations! You are Finished!

We are thrilled to celebrate your successful completion of the Limitless Ideas Action Plan. Your commitment, dedication, and hard work have paid off, and we commend you for taking this important step towards personal growth and achievement.

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