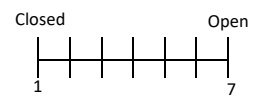
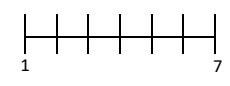
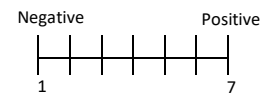
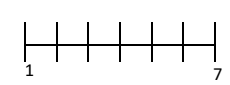
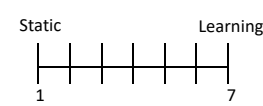
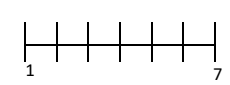
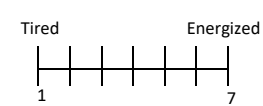
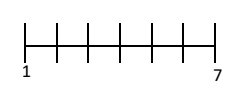
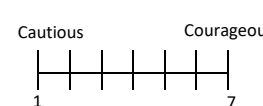
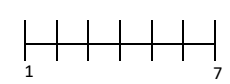
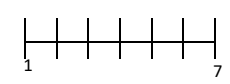


30-DAY MIND SWITCH OF

Mind Switch Partner: _____

Signature: _____ Date: _____

Email Address: _____

ATTITUDES		PERFORMANCE HABITS		GOALS	NEXT STEPS	ACTION DATE
Closed/ Open I am open to new perspectives and points of view. I try not to prejudge a situation.		Unplug to be Your Brightest I disconnect from technology at least once a day for at least an hour.		Career Example: Start my own Passion business.	Learn how to create a business outline.	April 15 th
Negative/Positive While I do not ignore challenging information I always look for the positive in situations.		Power of Your Posse My 5 closest friends inspire me. They have the ambitions, goals and skills to help me lead my ideal life.		Legacy Example: Start an education fund for my grandchildren/ foster children.	Learn how to set up a trust.	May 1 st
Static/Learning I am curious. I need to learn new things every day.		Intentional I plan for and accomplish tasks every day that move me towards the goals that matter to me.		Adventure Example: Travel to the Antarctic.	Research optimal times of year and cost.	May 1 st
Tired/Energized I wake up excited for what the day will bring. My energy is always there to let me enjoy the day fully.		Finances I act responsibly in how I spend my money. I am saving for my future and regularly review my budgets and cash flow.		Community Example: Volunteer at the local hospital.	Research time and position requirements.	June 1 st
Cautious/Courageous I don't mind having setbacks or failures as long as I pursue something that I really want.		Sleep I always get seven or more hours of uninterrupted sleep every night.		_____ _____ _____	_____ _____ _____	_____ _____ _____
		Exercise I get perspiration causing exercise for cardiovascular and muscular strengthening four or more times per week.		_____ _____ _____	_____ _____ _____	_____ _____ _____

Score/35:

Score/42: