



## Reset your Strategy for Success Module 6: Station 5 – Isolation



### Questions

- ✓ What mistakes or doubts still haunt you in this area of your life?
- ✓ What have you set out to find?
- ✓ What kind of discovery are you counting on now?
- ✓ How vigilant are you willing to be in order to see it?



### Exercise

- ✓ Dark times are inevitable. It's what you do with them that makes you successful.
- ✓ List the biggest distractions in your life: people who cause you to doubt, activities that waste your time, habits that drain your energy. What or who destabilizes you?
- ✓ What stabilizes you when times are tough? What methods do you use for tapping into that stabilizing power?



### Actions/Homework

- ✓ List three distractions you're willing to remove from your life. Make a plan to remove all three of them by the end of the course. Put this in your calendar.
- ✓ Now that you have identified what stabilizes you and the method you use to tap into it, create at least one time slot in your week for the next three weeks to practice that method. If you don't have a method, explore your options: mental, emotional and spiritual tools you can use.



### Accountability

- ✓ Check in with your accountability partner.



### Measure your Learning

- ✓ What possibilities can you see when you've removed the obstacles you can remove?
- ✓ What will you do differently when you remember how powerful you are?