




The Ten Growth Planning Life-Skills

1	2	3	4	5
Being able to use impulse control & delayed gratification in my everyday life.	Being able to use whole-mind decision-making to make my tough everyday decisions.	Being able to set & achieve no-excuse, HIGH PERFORMANCE STANDARDS in my everyday life.	Being able to use the power of future-imagining (or, visioning) to pull me into my desired future.	Being able to develop & keep an optimistic & positive mindset.
				
6	7	8	9	10
Being able to use hunger, passion, & a worthy purpose as motivators in my life.	Being able to build & maintain my own positive brand identity and reputation among my peers & adults around me.	Being able to learn & bounce back from my inevitable mistakes, failures, and losses in my life.	Being able to build & use a support network to help me achieve my vision & goals.	Being able to maintain step-by-step momentum toward my vision & goals.
