

The
Greatest Year
of Your
Life



BY KELLY CROY

THE GREATEST YEAR OF YOUR LIFE

How to Design a Dynamic Life & Live Each Day to Its Fullest

**A Playbook of the Actions to Take to Level-Up
Your Leadership and Design a More Dynamic
Life.**

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EDITION

By Kelly Croy

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Truth

The **truth is** this can be The Greatest Year of Your Life, but you need a plan and a system of implementation. I am here to help you with both.

On the following pages of this eBook, I am going to share what works for me and the people I love and coach.

The **truth is** more people spend more time filling out a grocery list than they do writing down the goals they want to accomplish each year.

The **truth is** more people spend more time on their phones than they do working toward their goals.

The **truth is** more people spend more time reinforcing limiting beliefs and talking negatively to themselves, then they do affirming what they wish to accomplish and praising the success they make.

The **truth is** most people hope it happens but just don't really know what to do.

The **truth is** our future self will thank us for the actions we take today.

The **truth is** success isn't hard; it's simple, but it takes consistency.



“WE ALL GET THE
SAME **365** DAYS IN A
YEAR.

SOME OF US USE THE
TIME **BETTER** THAN
OTHERS.”



Design a Dynamic Life

Level-up your personal and professional leadership and design a dynamic life that can make a difference for those you love.

You need to write down the goals you want to accomplish, record the limiting beliefs you have spent a lifetime building that are preventing you from that goal, and create affirmations to counter those limiting beliefs. In essence, it's time to install a new operating system in your brain to achieve the goals you want.

You need a new mindset. It's time to look at things differently and do things differently.

Most people have the same dreams and wishes: to become more fit, be more financially secure, reach levels of success, feel fulfilled and happy, and these exact same desires have been around for thousands of years.

There are solutions readily available, that when applied— get results! Simple but powerful wisdom is available, and it has been passed down from those who succeeded obtaining these exact same dreams. You'll find those solutions here.



Resources

You are going to need a notebook, a pen, and some index cards. I recommend an old-school wall calendar, and really like the free habit tracker app for my phone called Coach.me.

If you don't have these materials yet, get them soon. Use some paper and a pencil setting around the house, if that's all you have. Writing down your goals and regularly checking-in through writing is a must.

If you have a crappy notebook, pen, and index cards you'll probably have a crappy attitude toward them.

You don't need to spend much money, but get a journal and writing instrument, you like. Everyone has their favorites over time. My favorites include a Blue Pilot Extra Fine Point Pen, a Moleskine Journal, and white index cards with lines running across them in portrait mode. Use an app on your smartphone if needed. I like the apps Things, Drafts, Day One. The paper journal is a must though.



Action

We live in the age of information. We can find answers to nearly everything at the touch of our fingers from wherever we are. It's amazing!

Yet, despite living in a time that has more helpful information on finances, health, leadership and relationships, our world has never before seen such problems with obesity, debt, and depression.

While we have the information at our fingertips, we certainly don't seem to be applying it.

Well, this year you're going to be applying it.

Your actions, not your knowledge, will make this the greatest year of your life.

Ready?



What will your legacy be?

How would you like to be remembered?

How would you want your life partner to remember you? Your coworkers? Your community?

For me, I hope my legacy will be that I made the world a little better. That my accomplishments mattered in the life of another.

Thinking about our legacy is important because it forces us to reflect on how we live our day.

Get after it and leave a legacy for a future generation.

How Do You Want to Be Remembered?

So many people look at life by the day. They don't take time to think about the legacy they want to leave behind. Maybe you are saying to yourself that you don't want to be remembered. Fine. Could you make life a little better for someone else? Who? How?

What do you want to accomplish?

Where do you want to travel?

Who do you want to help?

What do you want to create?

How do you want to be remembered?

These are important questions. Our lives matter. Our actions matter. What we do and do not do impacts the people around us. Our lives have the ability to make a positive impact in the lives of others now and in the future.

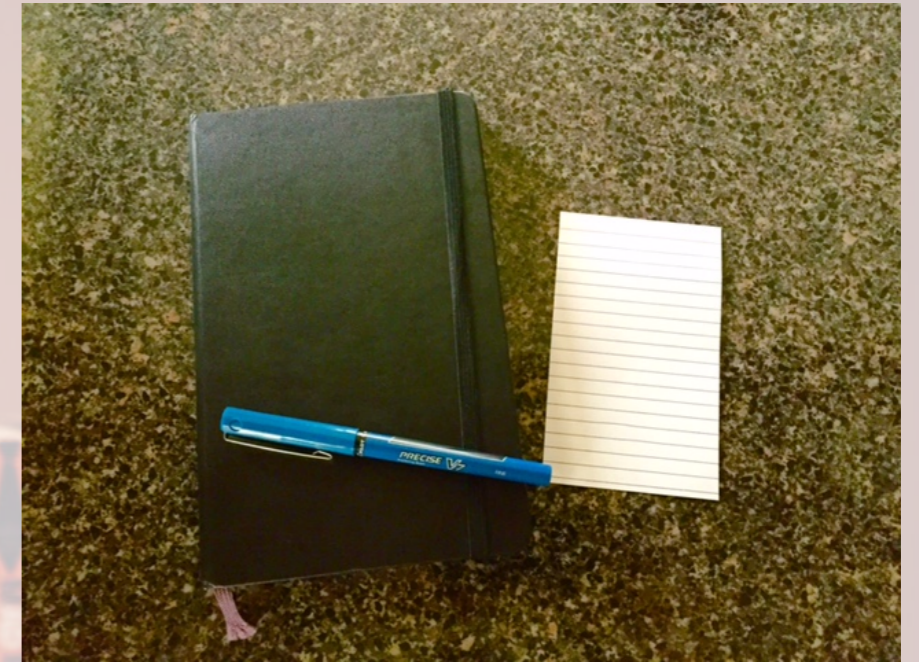
An ugly thought, but... if your journey in life ended today... it's worth asking yourself if you have actions in place to take care of those you love and leave behind the legacy you desire. Design a dynamic life for yourself & others!



Keeping a journal has been one of the most beneficial habits I have developed.

Everything goes into the journal. If I have a good idea, I write it down. If I see something of importance, it does NOT go on a scrap piece of paper; it goes in the journal.

My journal includes my yearly goals, my successes, my failures, setbacks, accomplishments, wants, trips, workouts, people I've met, magic moments, list of books I've read or want to read, and more!



If it's worth being written down, it goes in the journal.

Start your journal today. Here is the link to my favorite resources: <https://kellycroy.com/stuff-i-like/>

You'll find the link to the Moleskine journal near the bottom of the page.



For day-to-day journaling, I use the following iPhone and iPad apps:

- **Day One:** Day One is a electronic journal that is on all of my advices. It is passcode and security protected. It prompts me each day to write and entry. I have multiple journals inside the app. One for my personal life, one for work, and a Kudos journal to inspire and improve my mindset. I really like Day One. It has a lot of advanced features and it is searchable. Easy to find what you are looking for with a quick search. You can include photos, sketches, text, voice and more. I highly recommend Day One. The best journal is the one you have with you, and Day One is on your iPhone, your Apple Watch, your iPad, and Your MacBook.
- **Moleskine Journal:** (not an app) I like to use paper and pen sometimes to plan projects although my iPad and Apple Pencil is replacing this need more frequently. The best physical journal is this Moleskine Journal: My journal of choice is: extra large, soft cover, Moleskine Carnet ligne' lined 192 paged journal measuring 7 and 1/2 inches by 9 and 3/4 inches. I know because I have tried them all.

For Note-Taking and Sketch-noting:

- **GoodNotes:** GoodNotes is the app I use with my iPad and Apple Pencil for note-taking. The ability to use the Apple Pencil and write with it makes it awesome! It's searchable and versatile. You can create notebooks or quick notes. It has so many great features and lots of incredible templates. GoodNotes is the tool that is quickly replacing my Moleskine Journal for everything. It syncs with all of my devices so ALL of my notes are with me wherever I go. They are on my phone, iPad and MacBook. They look great and it is perfect for sketch noting too. You can even search handwritten words and you can also convert handwriting to typed text. I take my iPad to meetings or work on my notes or review wherever I go.
- **Procreate:** Procreate is the best app for creating art. Boom! I said it. I have tried every art app imaginable. Procreate is fun, easy to use and powerful. I love procreate. I do all of my art here now except for my painting, and even my paintings begin here as sketches. I sometimes use Procreate for Sketch-noting.
- **Drafts:** Drafts is a app I use to quickly capture and idea for a blog post, or crudely capture a thought that enters my head while listening to a blog post. Everything inside my Drafts app is captured quickly, crudely, and is reviewed and put into one of my other tools later. I also store hashtags and other copy that I will tweet, or copy and paste into something else on a regular basis. Drafts is where I dump my brain fast. I really enjoy it.



Everything goes in your journal.

If it is important enough to be written down, it goes in the journal.

The journal is where you plan, solve, celebrate and archive.

Record what you learn, what inspires you, and what you would do differently.

Your life is worth recording.

Do things worth recording.

Your journal is the place where you go to, to design the life you want, the person you want to be, and the legacy you want to live.

Record your accomplishments, books you read, workouts, setbacks, magic moments, weekly actions to take, new goals, reflections, wishes, wants, highs, lows, and everything that you deem journal worthy.

Use the journal daily.

Review it often.

So... start. Yes, now!



- Always start your journal with the date.
- Your first page of your journal is a great place to reserve a few inspirational quotes that really resonate with you. Follow my Instagram account kcroy for some great quotes.
- Start your second page of your journal with a brainstorming session of the life you want. Just go. Describe the person you want to become, the places you want to travel, the home of your dreams, the goals you want to accomplish, the people you want to meet, the things you want to own, the books you want to read, the skills you want to learn, the things you want to create, and the people you want to help.
- List it all. Exhaust yourself. Set no limitations. Think BIG!



The 4 Power Questions

Answer these four powerful questions in your journal to help define your goals:

- What do you need to keep doing?
- What do you need to stop doing?
- What do you need to start doing?
- What are you grateful for?

*Use these four powerful questions throughout the year. Each day, week, or month.
These questions measure where you are at and where you need to go.*

What do I need to keep doing?

The great news is you have already had some wonderful successes in your life. You've been successful in certain areas and you have made some great choices.

Review those great choices. What should you keep doing or restart from earlier in your life? Did you run at one time? Save change in a jar?

What worked? What is still working? How can you restart those habits or keep them going?

Identify these great, previous habits and make them part of your goals.



What do I need to start doing?

Obviously there are going to be some new habits that you need to start. Identify them, and then break them down into smaller tasks. Everything is about breaking big, impossible, unrealistic dreams into do smaller, doable, tasks.

Identify an area in your health, finances, relationship that you need to take some action. What will it mean if you regularly complete them?

Identify some actions you need to take.

What do I need to stop doing?

We all have activities that we need to stop! Let's face it, that's why we are designing resolutions and goals.

Take some time to review what you need to stop doing. What habits are holding you back from your optimum self?

Do you sleep too much? Do you spend too much? Do you snack late at night?

Identify these bad habits and make these part of your goals.

What are you grateful for?

This page is really important!

Identify what is great about your life. Make a list of people, opportunities, and resources that you are thankful for.

Each day give thanks.

Start your morning with gratitude.

End your day with gratitude.

Being grateful will make you happier, healthier, and get you to your goals more quickly.



A Table

Want the greatest year of your life? Use a table. Yes, a table.

This simple wisdom works this way: a table provides you with company of family and friends. This is your band of brothers, your tribe, your circle of sisters, and your team.

A table draws conversation out of others. It produces laughter and elicits stories.

Tables are where plans are hatched, friendships hardened, and families unite.

Get your clan around a table many times this year for the greatest year of your life.



Roll With the Punches

You're gonna mess up. It's a given. So let's plan for it. Expect a setback and get back on track quickly. Something bad is going to happen. It's how we react that matters. It will all work out in the end. Keep your cool.

You need the right attitude to achieve your goals!

Your attitude will most often determine what you decide to do, and how well you will do it. Cultivate a good attitude.

You are going to have setbacks and temporary failures, but you must rebound, get back up, and get back on course.

Keep your thoughts focused on the outcome of your commitment. In 365 days you will redefine yourself in the areas you focus your commitment. If you so choose, you will see dramatic changes in your physical self, financial self, and overall well being.

You have everything you need!

Too often after setting goals and resolutions, people want to start spending money. They think if they own the right “thing” then they will be able to achieve their goal. Well, here’s a secret: you have everything you need.

Gym membership or pushups on the floor & an outdoor walk/run? A new computer to write that novel, or buy the new computer as a reward after you write the novel? Things don’t deliver success, actions do!

You don’t need to spend any money. You don’t need to wait until some opportunity arrives.

You have everything you need. Get going.



Goals

Goals are wonderful. They help put a deadline on our dreams. You can set them anytime you want. They make life fun.

I have a lot of goals, and you should too, but realistically you can only put the laser like focus needed on a few at a time.

Dream Big. Make lots of goals, but choose just a few that you want to really focus in on and make big gains.

Write your goals down. Break them in to daily doable tasks. List the resources you already have at your disposal and set deadlines.

The Goal Setting Formula

Goals: What you want.	Influence: Why you want it.	Limitations: What limiting beliefs are keeping you from it?	Affirmations: What new affirmation can you create & regularly recite to counter the old limiting belief?

When setting goals, too many forget to include why they want it. Be specific. If you fail? What does it mean? Be emotional. You must create personal influence. What will it mean when you accomplish this goal? What limiting beliefs do you have keeping you from these goals and how can you counter them with positive affirmations? Go!



Goal Setting

What do you want? What do you want to look back a year from today and have achieved, accomplished, experienced? Write your goals down.

Make your goals attractive. Don't list them because you think it's what others want of you, or what you should do. Write down goals that speak to you. Write down goals that you really want to accomplish.

Think of "The Why?" for each goal to create some leverage and influence to accomplish them. What will it mean if you really do this?



Brainstorming Your Goals

What do you want to look like and feel like physically?

Where do you want to travel?

Who do you want to help?

How much money do you want in the bank?

What do you want to buy?

What do you want to create?

What do you want to learn?

What do you want to prevent from happening?

What do you want to accomplish?

Who do you want to meet?

How do you want to feel?

How do you want to be remembered? By whom?

What have others accomplished that you admire?

What do you want to hear, taste, touch, and see?

Who do you need to make amends with?

What would you secretly like to do?



Daily To-Do: Two Methods

The daily index card is where you will take small actions each day toward your yearly goal.

My daily index card is my to-do list. Sure, I write down “put the trash out” but more importantly I account for my big goals, my dream goals too. I write down, “write 300 words for novel.” I cross it off when I’m done. I don’t go to bed until it’s done.

We must reserve time for what is important in our lives. You cannot make time. You will not find time. You can only reserve it.

I’ve used every iPhone app imaginable. I still use the index card, but I really like the Things app. I use both. My phone goes with me everywhere, and then... so does my list.



The BIG Three

I set a lot of goals.

I love to brainstorm and create, but each year I choose three that are the absolute difference makers in my life. I call these the BIG 3.

I vow to take some action toward their completion every day, and I use various methods to track that I do: a wall calendar, a smartphone app, and index card.

Break those Big Three goals into a bunch of little actions that need to be done. Daily actions if you can. Chunks. Steps.

I must take some action, even the smallest action and record it every day.

If you miss, climb back on and get after it; don't throw in the towel.



Never Miss Two in a Row

Whatever your goal is, be consistent.

Take daily action.

If you miss a day (try not to), don't beat yourself up, but never miss two days in a row. Make that a rule: Never miss two in a row.

You can use a wall calendar and put X's on it if, it that works, but mark off when you complete your daily task toward your BIG 3 Goals.

Your focus is "Win the Day."

Take some action every day toward the big three goals you have set. If you get a little done... that adds up.



Finances

Everybody wants to accomplish more with finances. Educate yourself.

- *Budget* what you spend. I don't care how much money you earn. If you don't have a budget you are losing wealth. If don't have wealth it's because you don't have a budget. Best budgeting advice I ever received was from YNAB: Why You Need a Budget. You must check it out and apply. Game changer. You can get the book here.
- *Save*. Have money taken out and deposited in an account that is a little more challenging to get your hands on, like a credit union. Do this immediately and with each raise. Find ways to be more frugal. Cut costs. It is always easier to earn money than it is to save money. Eliminate subscriptions and expenditures that are fluff.
- *Invest*. Find a good annuity, mutual fund, and start an investment club. Order one less pizza each month and start investing.
- Listen to the Dave Ramsey Podcast or read his book, The Total Money Makeover.
- *Create multiple revenue streams*. Everyone can offer a service or create a product. Everyone needs to. Check out www.SmartPassiveIncome.com by Pat Flynn.



Get Up Early.

You're probably wondering, "How am I going to get all of this accomplished?"

Be a G.O.O.B.E.R. : Get Out Of Bed Early, Regularly.

Time and time again I have heard from the most successful people of history about the importance of getting up early and creating a morning routine. Everyone from Ben Franklin, Earnest Hemingway, to athletes and artists all mastered the morning before they mastered their craft.

Start simply. Get up 30 minutes early. Plan your day. Get some exercise. This is the advantage you need to make your goals a reality.

Also, pick up a copy of the Miracle Morning by my friend Hal Elrod.



Fitness

Everyone makes getting in shape so difficult. It isn't.

Ready? Here it is:

- Drink more water. Lots of it. Aim for one gallon a day.
- Avoid/eliminate sugar.
- Make anything “white” like flour, potatoes, etc. the smallest portion of your meal.
- Get thirty minutes of exercise every day. Don't miss two days in a row.
- Don't eat past 7:00 PM. Apply intermittent fasting.

GET YOUR

30

GET YOUR 30 MINUTES OF DAILY EXERCISE!



Adding Wisdom

What is the most important thing you plan to learn this year?

What books will you read?

How will you reserve time each day to adding wisdom to your life?

Answer these questions. This single commitment to adding wisdom to your life and finding the time to do it, may very well be the difference that makes the difference this year.

Start small. Reserve just five minutes or read just 3 pages, but do it routinely, and then add to it. Magic!



Your Monthly Review

The number one reason people don't achieve their goals or keep their resolutions is that they lose sight of them. They simply don't review their goals regularly enough.

I review my goals to some extent every day, and I build in actionable tasks, regardless of how small into every day. (Want to write a novel; shoot for writing 300 words a day.)

Here's a GREAT way to keep your goals in sight! What day were you born on? The number? Use that day of the month to review your goals every month in your journal and measure how far along you coming. For me it's the 28th, so that is a special day for me to review and adjust my goals. That's the day I get myself back on track. It's like a monthly bill for my dreams. Do it.



Minimize

One of the best secrets to achieving goals is to minimize.

Minimize your goals into three primary goals. Focus on these three primary goals every day with our daily index card.

Minimize other areas of your life. Minimize distractions. Minimize spending. Minimize expenses. Minimize clutter.

Less is more.



Stillness

We are all so busy staring at our screens and multitasking that we lose our focus.

We must take time each day for gratefulness, but we also must reserve time just to be still. (I'm not talking about sleep either.)

Stillness to some is reflection, to others prayer, and to some meditation. Stillness to someone who wants to be successful with their goals sees it as an opportunity to reset their mind and body and refocus on what they want.

Reserving ten minutes each day to get away from your device and diversions and be still is essential. When you are able to routinely reserve ten minutes a day to be still you will graduate to the next grade of those who accomplish.



ASK

Ask for what you want!

This needs to be the year that you voice what you want.

Quit waiting for people to choose you and quit waiting to get lucky.

Start asking people for advice, an opportunity, a discount, etc. But do it with kindness, gratitude and the promise to pay it forward.

You will be pleasantly surprised on how well this works. S

**Make calls, send emails, write letters, arrange meetings.
Ask!**



30 Day Challenges & Micro Tasks

**Create a new challenge for yourself every thirty days.
It's fun and productive.**

**Invite friends on the challenges.
They can orbit around your goals.**

Time gets wasted. Look at how you will use 15 minute intervals.

Two minute intervals kill procrastination. Just tell yourself you will only do it for 2 minutes. You will start, you will make progress, and most likely you'll go beyond the 2 minutes.



Daily Routines: You Need Several

Create a bedtime routine that helps you relax and preps you for the next day. Get into the habit of an evening moment of gratitude, journal reflection, stretches, reading, good hygiene, meal prep, and packing your bags and laying out your clothes. This will do wonders for your productivity.

Create a commute routine. Prayer, gratitude, affirmations, goal reviews, podcast, book on tape, important calls through a headset.

Create a lunchtime routine that accomplishes something!

Create a morning routine that can be a combination of all of the above, and in one of these routines, fit in your 30 minutes of exercise.



Accountability & Truth Tellers

You need someone in your life that does not just accept and love you for who you are, but someone that delivers to you the true reality of your present situation.

You need someone who is going to challenge you, not agree with all you say. You need a truth teller.

You need to set dates of accountability with your significant other or a close friend or mentor and review your actions and progress. You need to listen to the feedback, change your approach, and try again. You need to repeat this. Review your goals often. Reflect on your actions. (All in your journal.)

Choose wisely. Don't just choose anyone. If you are looking for a professional coach, I would be honored to be on your team, but you can accomplish much on your own and with a friend or spouse.



Creation > Consuming

So many people are not using technology to serve them, but are rather allowing technology to rob them of time, energy and money.

We carry around a super-computer in our pockets. We have task management apps, collaborative tools, auto-responders and a herd of other potentially time-saving, money-earning, energy-saving tools.

Most, however, are doing it wrong. They stare at their screens, consuming. Stop! These devices are our servants. It's time we put them to work. We will use the timers, reminders, and habit trackers. Turn off the notifications and let the call go to voicemail and receive an automated transcript. Turn it off. Leave it at home. Use these tools to CREATE not CONSUME. Keep the consumption low.

Master your device and you will master your time. Master your time and you will master your life. Use the device to make this The Greatest Year of Your Life.



Social Media Schedule

Use social media to your advantage, not a time suck.

Use social media to track goals, celebrate time with loved ones, and promote your best self. Don't be arrogant. Don't lose track of time.

Set a timer and schedule your social media time; don't let social media be your default. Limit the time you spend there.

Be self aware and vigilant that what you do consume is not encouraging you to "keep up with the Jones's", creating conformity, nor hurting your self esteem. Don't ever be negative on social media. Dumb on so many levels.

Use the unfollow and block as strategic tools. Keep away from drama. Don't overshare or over consume. Less is more.



Reserve Dates for Your Loves

If you don't schedule it, it won't happen.

So many people, myself included, get caught up in the day-to-day work and responsibilities of earning a paycheck, chores, parenting and more, that we mismanage our time in such a way, that the best parts of the day go to the work, and what's left is given to those we love.

Our loved ones deserve more than "what's left" of our day and energy. Schedule a date at least each month for your loved ones and keep them! Cherish these moments and make them memorable and magical.



Add an Adventure

If you don't schedule it, it won't happen.

Design an adventure for your family or your buddies, and stick to it. It doesn't have to be expensive.

Travel somewhere new.

Try something new.

It can be a new restaurant in a new town, a new race, or something big, but get it on the calendar.

Do things worth writing about in your journal. Big or small.



Win Small Battles!

Keep track of your daily habits either on an app or an old school calendar.

Never miss two days in a row.

Win the day.

Win small battles by setting small, achievable goals that will lead to the big accomplishments and goals you have set for the entire year. For instance, if you want to read twelve books this year, a good goal is reading for thirty minutes every night, never missing two nights in a row.



Celebrate Victories!

Take the time to celebrate the victories in your life.

After making your list of goals and chunking them down into actions, celebrate each piece of the puzzle on the journey to the prize.

How? Well, a lot of people use social media, and there is nothing wrong with that as long as it keeps moving you along.

I like private celebrations. Sometimes I will withhold a trip to the movies, watching a show, eating a certain food, or making a particular purchase, until a certain step is accomplished. (I would not upgrade my MacBook until I finished my first book. It worked.)



Start

Start something you will be proud of years from now. Something that also serves others.

I am proud of the investment club I started, the men's group I founded, the coaching retreats, a phantom investment portfolio for my children, and things like that.

We need people to start the book clubs, organizations, and fundraisers that make the world start.

Take a good look around you. What do YOU see missing from the world? Start that! It doesn't have to be a masterpiece; it just needs to begin.



Finish

Some of us don't need to start anything! Some of us have started too much. Some of us need to finish.

I love the words of Steve Jobs on finishing, "Real artists ship." Look around you and find something worth of being finished. Some things need to be abandoned, so I'm not talking about being busy. I am talking about something worthy of your time and attention. Something worthy of being finished.

You may not even have to finish it yourself. There are some things that you just need to pick up the phone and order or assign.

Starting is easy. Ideas truly are a dime a dozen. Finishing is the work... and the legacy. Choose wisely and finish strong.

Collect Inspiration

I have already shared that I use inspirational quotes at the front of my journal and post new ones almost daily on Instagram.

I love the inspirational words of others that resonate with me. I collect them in my journal. I meditate on how they can influence and guide my life.

I use them as fuel.

I don't really need motivation and inspiration, but I do love it. It is like music, poetry, and pleasant aromas and textures to me. It improves my life.

I laugh at those that scoff and underestimate the power and influence of those that can inspire and motivate. It is a leadership train and art.



Give

Here is the secret to being truly successful: Give.

Give to others what they need and you will be rich in heart, spirit, friends, love, and finances. You will be rich in life.

When you give to others without expectation you feel great! You live life at the highest level imaginable, and people are attracted to that. And... they can spot a fraud.

Give because you want to make a difference in someone else's life.

What can you give? Time. Love. Compassion. Information. Help. Counsel. Advice. Friendship. This is what really runs the world.

If want the greatest year of your life... Give.



We live in a time when frustration and overwhelm are not only rampant, but they are accepted as normal feelings and talked about as a badge of honor, or as evidence of being a hard worker.

How can we put An End to Not Feeling Good Enough?

1. We need to limit our social media consumption.
2. Interrupt what we focus on. Get an understanding that almost none of it is real or matters anyway.
3. Change how we talk to ourselves. Journal some positive things to plant in your mind. Create a running list of positives to focus on in certain situations and especially before bed.
4. Get our bodies moving. Especially when we are feeling beat down.
5. Build a network of friends that include a truth teller, an encourager, a coach, and a friend. Be these for others too.
6. Control what we are putting into us. That includes foods, music, books, drinks, thoughts, drugs, media, stories, and more.
7. Change the story we tell about ourselves. Both at work and at home! Focus on what you are accomplishing and the positives of your day. Don't exaggerate. They are there!
8. Make gratitude a regular part of your self talk and outward talk. Make a list. Read it.
9. Say "not right now" to new tasks and responsibilities and until you really have time for them.
10. Make a list of what makes you feel good and what doesn't. Schedule more of the former.
11. Embrace mindfulness. Take a minute to stop what you are doing. Smile. Breathe. Limit your thoughts.

I don't want others to feel not good enough. I don't want to feel that way. I don't want my family to feel that way. I don't want you to feel that way. It's not going to happen accidentally; we must start being intentional about it. Catch yourself talking outwardly or inwardly in negative ways and correct it immediately with a new version; that is habit interrupting and rebuilding. Catch yourself feeling negatively and immediately change what you are thinking about, and if you can, what you are doing and where you are at. Get in front of this and change your life.

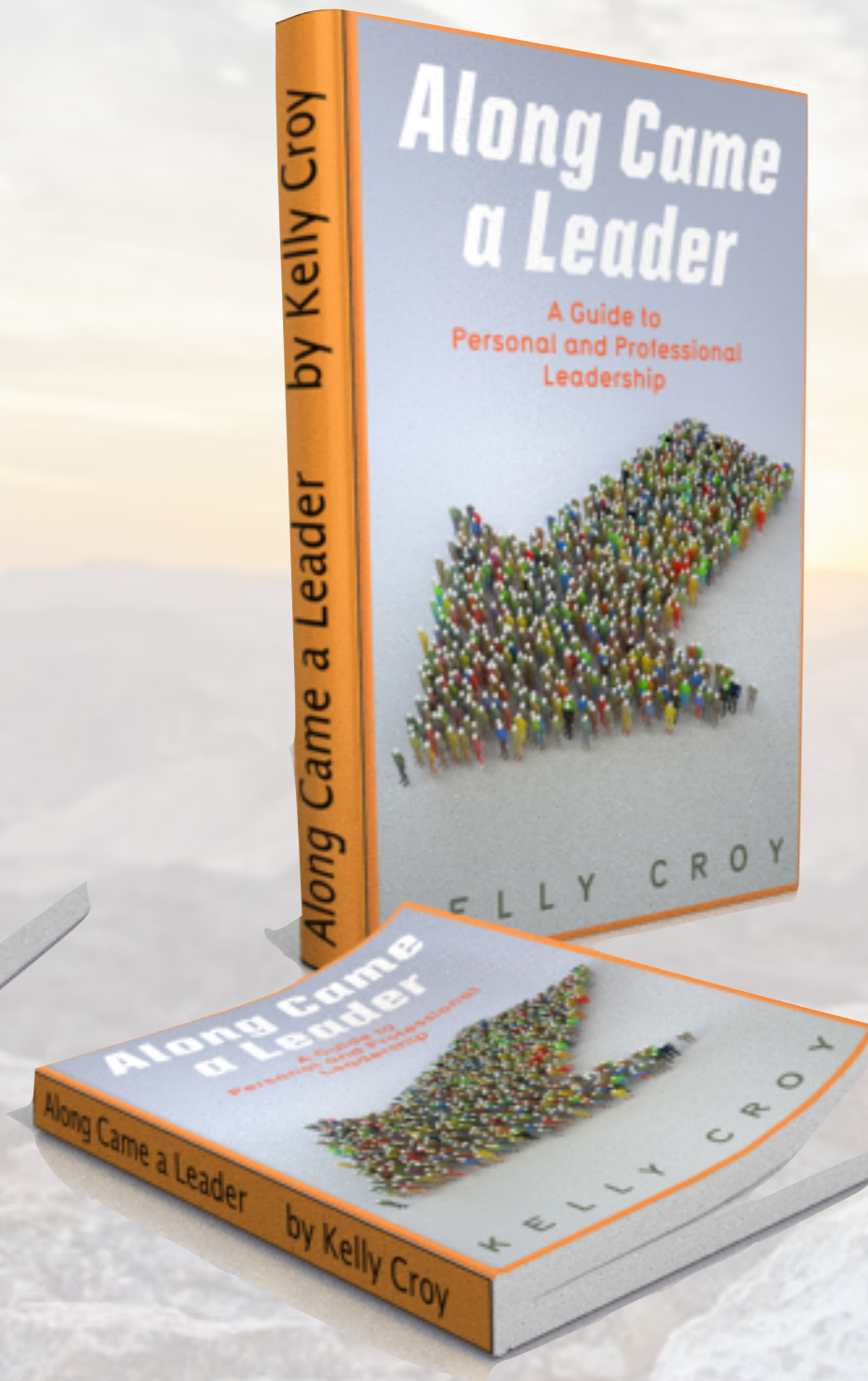


Desire to be an Excellent Leader?

What is Excellence in Leadership?

Excellence	Realistically Optimistic. Positive. Fun. Problem solver. We vs. I	Life-long learner. Applies what they learn. Everyone has something to teach me. Strong PLN	Sees projects to their completion with energy and high spirits. Makes finishing projects an event!	Clear. Inspiring. Swift. Concise. Personal.	Enchanting. Clear. Unified. Everyone knows their role.	Holds themselves to incredibly high standards personally & professionally.
Better	Corrects their lapses of negative attitude. Understands attitudes are contagious.	Willing to do more than asked. Curious about how to improve.	Moments of Greatness, but Sporadic Hit & Miss	Goes back and corrects miscommunication. Working hard to reach everyone.	Trying to get everyone on same page.	What you see is what you get. Genuine.
Typical	Good when times are good. Bad when times are bad. Unpredictable.	Education is something I did. Will do the minimum required to get by.	Absent	Inconsistent. Scattered. Infrequent.	You tell me. Vague. Dull	Different person at work than at home.
	Attitude	Wisdom	Tenacity	Communication	Vision	Authenticity

Along Came a Leader



If you found this eBook helpful, please consider purchasing my book, *Along Came a Leader*. You can purchase it by clicking this link right now.

Along Came a Leader: A Guide to Personal and Professional Leadership will help you make tremendous advancement in leading your personal life and positively influencing those around you.

Parents, students, athletes, teachers, administrators, corporate managers and organizational leaders have all found *Along Came a Leader* to be a valuable tool and asset. I hope you will add it to your reading list.



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Thank You.

**Kelly Croy is a speaker,
writer, artist and educator.
Please consider booking
Kelly to speak at your
organization's next event.**

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Are You Ready for a Coach?

Nobody achieves excellence at anything without coaching.

I work with five people each year to help them become their personal best.

I hold them design a plan that will achieve the results they want, and then... I hold them accountable each week through a phone call, video chat, emails, texts and a vault of awesome resources. Each week our phone call takes you a step closer to your dream!

Want to become a better leader, publish a book, start a business, create a podcast, become a professional speaker, or achieve a personal accomplishment that has eluded you? You need a coach.

Click [HERE](#) to Learn More!

[Click this link to inquire about hiring Kelly as your personal coach.](#)



If you are ready to take yourself and your life to the next level click this link and complete the interest form. It will alert me that you are interested. I will add you to the waiting list or let you know if there is an available seat and answer any questions you may have.

A personal coach is not out of your reach. This is the opportunity you've been waiting to knock on your door. It's time to answer the door.



Worksheet 1

Complete this in your journal.

1. **Awareness:** Where are you with your health right now? What is the honest reality of where you are with your fitness & health?
2. What outcome do you want this year? Your goals? Describe it.
3. What limiting beliefs are keep you from achieving this? Write a contradicting affirmation to oppose it; a new mindset.
4. What actions are you committed to taking this year to improve?
5. How will you keep yourself accountable? With whom? How often?



Worksheet 2

Complete this in your journal.

- 1. Awareness: Where are you with your finances right now? What is the honest reality of where you are with your finances?**
- 2. What outcome do you want this year? Your goals? Describe it.**
- 3. What limiting beliefs are keep you from achieving this? Write a contradicting affirmation to oppose it; a new mindset.**
- 4. What actions are you committed to taking this year to improve?**
- 5. How will you keep yourself accountable? With whom? How often?**



Worksheet 3

Complete this in your journal.

1. **Awareness: Where are you with your career? What is the honest reality of where you are with your career?**
2. **What outcome do you want this year? Your goals? Describe it.**
3. **What limiting beliefs are keep you from achieving this? Write a contradicting affirmation to oppose it; a new mindset.**
4. **What actions are you committed to taking this year to improve?**
5. **How will you keep yourself accountable? With whom? How often?**



Worksheet 4

Complete this in your journal.

1. **Awareness: Where are you with your family & relationships right now? What is the honest reality of where you are with your family & relationships? Maybe complete this worksheet for each loved one.**
2. **What outcome do you want this year? Your goals? Describe it.**
3. **What limiting beliefs are keep you from achieving this? Write a contradicting affirmation to oppose it; a new mindset.**
4. **What actions are you committed to taking this year to improve?**
5. **How will you keep yourself accountable? With whom? How often?**



Worksheet 5

Complete this in your journal. Repeat this for all important areas in your life.

- 1. Awareness: Where are you with _____ right now? What is the honest reality of where you are with your _____?**
- 2. What outcome do you want this year? Your goals? Describe it.**
- 3. What limiting beliefs are keep you from achieving this? Write a contradicting affirmation to oppose it; a new mindset.**
- 4. What actions are you committed to taking this year to improve?**
- 5. How will you keep yourself accountable? With whom? How often?**



Resources: Books

Add these to your library. Read them and apply.

[Awaken the Giant Within](#) by Anthony Robbins

[The Rhythm of Life](#) by Matthew Kelly

[The Last Lecture](#) by David Pausch

[The Fred Factor](#) by Mark Sanborn

[Linchpin](#) by Seth Godin

[The New Toughness Training for Sports:](#)
Mental Emotional Physical Conditioning by
James Loehr

[Financial Peace](#) and [EntreLeadership](#) and [The](#)
[Total Money Makeover](#) by Dave Ramsey

[The Millionaire Next Door](#) by Thomas J.
Stanley

[Blog](#) by Hugh Hewitt

[Do Hard Things](#) by Alex and Brett Harris

[Rework](#) by Jason Fried

[You Need a Budget](#) by Jesse Meecham

[Crush It](#) by Gary Vaynerchuck

[Drive](#) by Daniel Pink

[Outliers](#) by Malcolm Gladwell

[The Four Hour Work Week](#) and [Tools of Titans](#)

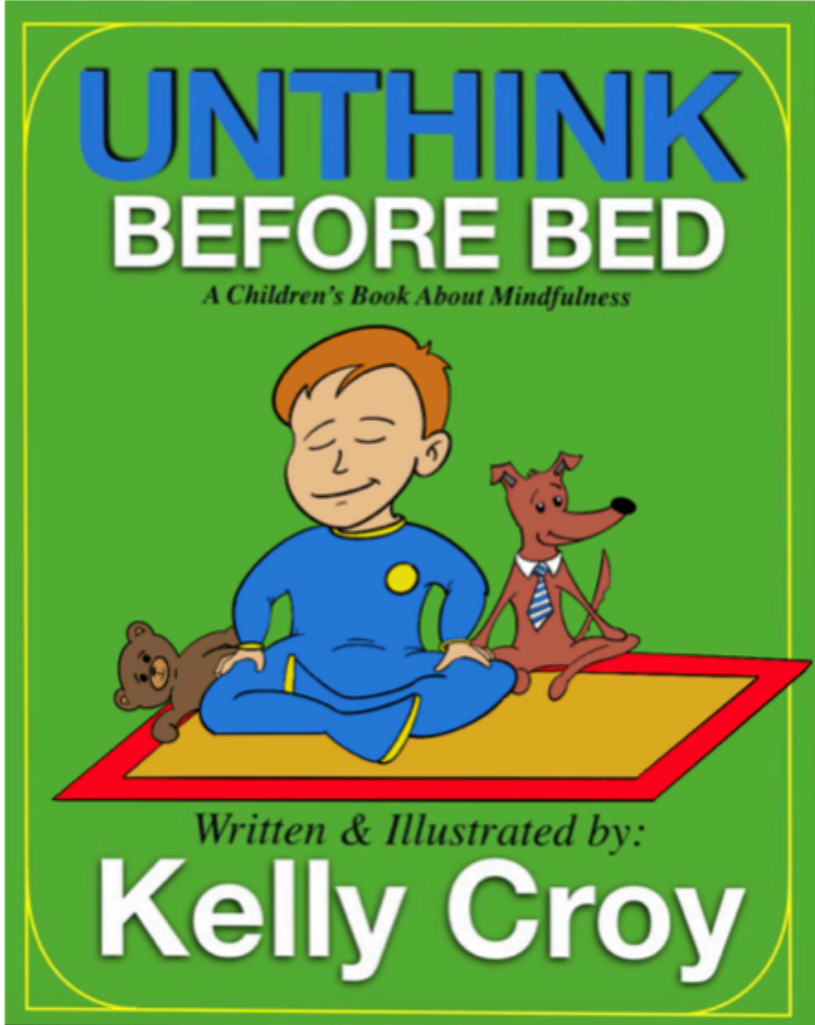
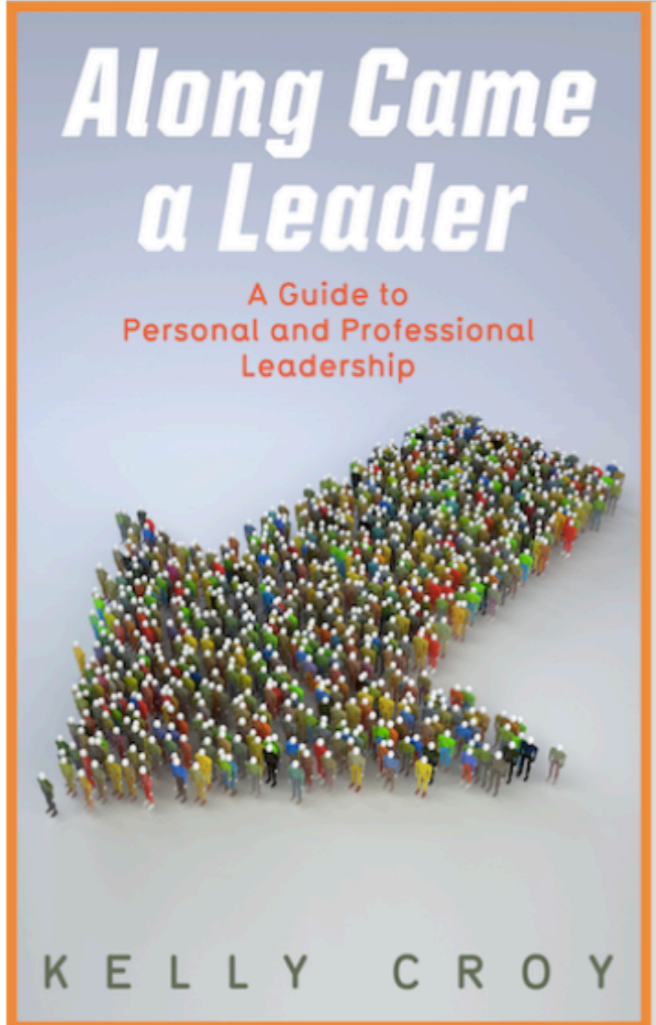
And [The Four Hour Body](#) by Tim Ferriss



Resources: Apps

Add these to your phone. Open them and apply.

- **T-Zero: A Countdown timer** for any event you want.
- **Scannable: Scan anything** quickly and efficiently.
- **Things: This is my FAVORITE app.** My to-do list.
- **Overcast: a great podcast** player.
- **Fantastical: the best calendar** app.
- **YNAB: for budgeting.**
- **Tweetbot: my favorite Twitter** client.
- **Evernote: Organize your** digital life.
- **Camera: It's like a memory** vault for anything you'd forget.
- **Use the built-in timer and** reminders like they're fingers.
- **Drafts: Capture your ideas** on the fly.
- **Day One: This journal goes** where you go.
- **Coach.me: This habit** tracker is my favorite.
- **Pocket: With a touch I can** save anything I'm reading on Twitter or anywhere into a vault for later.



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The End.