

## G.R.A.S.P

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### **G** - Garbage In, Garbage Out

*Positive Self-Talk - what you say to yourself (how you treat yourself, how you judge yourself) plays an enormous role in your success*

### **R** - Rewrite The Rules To Success

*Turn away from diet mentality – how do we measure our success? (do your goals need to change or do your success measures need to change?)*

### **A** – Accountability is the Underpinning to Everything We Do

*Our original foundation isn't strong or stable enough – our foundation could always benefit from support*

### **S** – Stop Chasing Someone Else's Goals

*Keep your eyes on your own paper - are you chasing someone else's success?*

### **P** – Permission to Fail or Permission To Not Be Perfect

*Here comes your Direction Not Perfection ... something has to give*

## Growth Work

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1. Dig into each concept and journal the emotions that surface
2. Choose one concept to start working on
3. Print off worksheet and hang on bathroom mirror!