

Excellent work! Take a break and carry out these actions NOW! What are you waiting for?

## SUPERHERO CHECKLIST

How do you become your own superhero? Well, you already have all the tools! It's a matter of putting everything together to create daily routines that lead to great outcomes. Here's what it takes to be your own super hero:

- ❑ **SUPERPOWER MINDSET.** Pair your abundance mindset with a superpower mindset. Know your strengths (and weaknesses) and honor your special talents, skills, and characteristics. Use failure and adversity to propel you forward.
- ❑ **SUPER HABITS.** Know your kryptonite and avoid it. Build a powerful keystone habit that drives your other habits. It takes time and persistence, but super habits can be attained.
- ❑ **MINDFUL ACTIONS.** Mindfulness is a superpower in its own right. Be aware of your intentions and how your actions align with your values and goals. Pause before reacting to your emotions.
- ❑ **SUPERHERO FRIENDS.** Every superhero needs superhero friends to defeat the villains. Surround yourself with positivity. Don't let your detractors bring you down.
- ❑ **TRUTH.** Above all, superheroes are true to themselves. They may need to hide their superpowers from mortals, but they never compromise their principles.
- ❑ **GRATITUDE.** Superheroes know they have been given unique gifts that must be put to good use. They recognize the importance of the people around them and the environment in which they live. They practice gratitude on a daily basis.

## SUPERHERO GOAL-GETTING PRACTICES

Once you begin taking actions, you've built momentum. And your life moves forward in the direction you had hoped. Lose momentum, and there's a possibility you'll fall backwards. It's one thing to set your goals, it's another to GET your goals. Superheroes use some common practices to reach their goals. Let them be a model for you.

**Superheroes know that time is an important resource.**

If something is important to you, you find the time for it, right? You're chasing a financially sound and joyful life. That's important - so take the time to get on with it.

### **PRACTICE #1: USE MINDFULNESS TO BOOST YOUR GOAL-GETTING ACTIONS.**

According to [mindfulness.org](https://www.mindfulness.org), “Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.” It’s about living in the present and making our decisions conscious choices rather than reactions or habits. Superheroes use mindfulness to focus on what is front of them. Since they can’t change the past, they don’t dwell on past transgressions and hurts. And by aligning their actions with their intentions, they increase the likelihood that they will reach their most important goals.

Where are you in terms of mindfulness? What actions can you take to learn about mindfulness and practice it on a daily basis? Check all that apply.

- I can research mindfulness to learn more about it.
- I can take online or in-person courses to learn mindfulness practices.
- I can take steps to implement mindfulness practices on a daily basis.

### **PRACTICE #2: CREATE A POWERFUL MORNING ROUTINE.**

Your morning sets the tone for the rest of the day. If you set up a healthy routine, you’ll increase productivity and determination for the entire day. Remember the Miracle Morning we discussed earlier in the course? How are you doing with your routine? Write down your morning routine in the space below, noting any changes you can make to supercharge your day.

### **PRACTICE #3: MAKE A TO-DO LIST BEFORE YOU GO TO SLEEP.**

Superheroes stay focused and know what needs to be done each day. Plus, they need a good night’s sleep to restore their super powers. A tool in their arsenal is a to-do list that they complete each night before they go to sleep. The to-do list sets them up for success the next day, and it gives their mind permission to “turn off” for a more restful sleep. Are you willing to give it a try?

- Yes, I’m game
- Thanks, but no thanks
- I’m ahead of the game; I’m a to-do list superhero

#### **PRACTICE #4: SET A FREEDOM DAY - A BLOCK OF TIME EVERY WEEK DEDICATED TO ACHIEVING YOUR GOALS.**

Good intentions aren't enough for superheroes, and they shouldn't be enough for you either. Set a block of time every week to focus on your financial independence and dream life goals. Turn this day of the week into Freedom Day, because that's what you're working toward. Prioritize it. Schedule it.

My Freedom Day is:

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

I will work on my goals and action plan from

\_\_\_\_\_ (start time)      to      \_\_\_\_\_ (end time).

#### **PRACTICE #5: SET ONE BIG GOAL YOU WANT TO ACCOMPLISH EACH WEEK.**

Superheroes may have a long to-do list, but they know their priorities. It's easy to get bogged down with the "little stuff" that you have to weed through on a daily basis. If your week starts on Monday morning, write down the one big thing you'd like to accomplish that week. Since priorities shift, don't be afraid to write down a weekly goal based on whatever you need in your life at the moment (sure, money included). Your big goal could range from going to the gym three days a week to bringing your own lunches to the office to making a new friend. It's whatever you want it to be.

Now it's your turn. Write down next week's big goal.

#### **PRACTICE #6: TRACK YOUR PROGRESS (INCLUDING NET WORTH) ON A QUARTERLY AND ANNUAL BASIS.**

Superheroes don't lose sight of their destination and know exactly where they are on the journey. They regularly track their progress and if things go awry, take steps to get back on track. You can achieve superhero status by following the same advice. Schedule times throughout the year to record where you are and assess how you can tweak things. If you do nothing else at all, track your net worth - preferably quarterly and annually. Or more frequently if you like. What's your plan?

- I'm not going to track - SORRY, not an option for superheroes!
- I'll track my progress on a monthly basis.
- I'll track quarterly and annually (January 1, April 1, July 1, October 1)
- I'll track my progress annually.

## Even Superheroes need motivation.

### **PRACTICE #7: DON'T FORGET TO REWARD YOURSELF!**

Superheroes have SMARTER goals and they need rewards just like the rest of us. Building financial independence and creating your dream life is quite the undertaking, and it's easy to lose your way along the journey. Sure, you'll be making some sacrifices but you don't want to ease all the joy out of your current life. When you reach milestones and major goals, go ahead and reward yourself. It's part of the superhero persona.

What are some of the ways you will reward yourself for achieving your goals (without spending a fortune)?

### **PRACTICE #8: SURROUND YOURSELF WITH POSITIVITY.**

In every superhero story, there are villains. And the superhero has to create alliances with strong supportive humans and other superheroes to defeat the enemy. They don't go it alone, and neither should you. One of the biggest obstacles in your path are naysayers - the negative people who raise doubts and question your intentions. They don't believe in you and spread a dark aura as they move about their daily life. They're the villains zapping your energy and diminishing your superpowers. Recognize their negative force and do what you can to minimize their power over you. Seek out the positive forces and you'll get help when you need it the most.

Naysayers in my life include (it's okay to name names - unless those names are reading this)!

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Some of the things I will do to limit my interaction with naysayers or diminish their impact on my positive goal-getting superhero mindset are:

## Superheroes are aware of their strengths and weaknesses.

### **PRACTICE #9: AVOID YOUR KRYPTONITE!**

Superman had his kryptonite – an alien mineral that weakened his superpowers. We all have our own form of kryptonite. Maybe it's an addiction that destroys your willpower and even your savings account. Or sometimes, kryptonite comes in the form of a person whom you can't say "no" to. Superheroes are keenly aware of their kryptonite and avoid it all cost. Write down your version of kryptonite below and the steps you are taking to avoid exposure to it.

### **PRACTICE #10: BE TRUE TO YOURSELF.**

All superheroes share one trait – they are true to themselves. They know their own strengths and maximize their unique qualities. Sometimes it would be easier for superheroes to vanish in crowds and "go with the flow." But in the end, they embrace their own uniqueness and live their own lives according to their personal values.

Write down your unique qualities and your strengths. Periodically remind yourself of your own superpowers. Be true to yourself!

***AND NOW, YOU ARE A SUPERHERO!***