

## Module 1 Transcript

### **Be Unstoppable With Crystal Clear Clarity**

My **top** secret for high performance is *clarity*!

Hi, I'm Lisa G. Welcome to module one.

*Crystal Clear Clarity* is the secret to high performance.

You need to have clarity on your goals, in your life, and your business to take the right steps to achieve those goals.

Let's jump in with my ***Seven Steps to Being Unstoppable with Crystal Clear Clarity***.

You want clarity in every area of your life, not just business. ***Crystal Clear Clarity*** is when you have clarity about who you are, what matters to you. You'll make better decisions to support those goals with ***Clarity***. And when you have clarity on how you want to treat others, you have better ***relationships***.

Here's why you need ***Crystal Clear Clarity*** in every area of your life.

Maybe you're starting a new venture....

Like one of my clients, Luc. We worked on these exact steps to get him to exponentially grow that plan.

Or maybe you're considering your next best career move like my client, Marty.

Or maybe you had some unplanned changes in your life like the rest of us have and you're trying to figure out what's next.

Here are my simple seven steps to achieve clarity and exponential growth.

### **Step number one - get clarity on your vision for tomorrow.**

This is important, so you can go build that vision today. Clarity is not just knowing what you want to achieve, it's understanding why you want to achieve it, and how you're going to go about achieving it.

The blueprint to form a better life starts with understanding what that better life is.

I helped Luc break his vision down with a vision statement, and now he's attacking that vision.

You'll need a vision that's **large**, and a plan that's **achievable**.

### **Step number two is bulletproof goals.**

You need to know what you want.

Let's get clear on your long-term and short-term goals. Break them down into your one-month, 90-day, and one-year goal in health, career, relationships, and more.

Most important is, what are you willing to give up to achieve that goal?

Greatness requires **sacrifice** and **commitment**.

All successful leaders like you know this and athletes do too. You gain confidence from sticking to the **commitments** you make because you're taking action on your goals.

It's important to set a realistic goal. However, I believe there are very few unrealistic goals... just unrealistic timelines.

What would you like to accomplish? Setting deadlines is crucial to goal setting.

Write down one, two, three months, or a year next to each goal to indicate how long it'll take to achieve them.

Tony Robbins says goals are like magnets. They'll attract the things that make them come true.

### **Step number three is to track your progress.**

Have a set schedule to review both your short and long-term goals. This helps you track progress as well as determine what activities are **helping you** and which **are not**. It's important to know when you need to course-correct.

### **Step number four is to create an action plan to get to your goal.**

Once you know what you want, action is required. You need to follow up on each goal with an action plan to achieve that goal.

For example, if your goal is weight loss, start thinking about what food you need to eat to accomplish that goal. And more importantly, what are you eating now that is sabotaging that goal?

You also need to have fun along the way. If your journey to your goal is no fun, it'll be harder for you to succeed.

I challenge you to commit and take action now. A plan is about what action you can take daily, weekly, monthly, and quarterly. We then break these further down into **deadlines** and **deliverables**.

**What** are you going to **deliver** and by when? By doing this, you then have a plan and a way forward. And you know the road that you need to take in order to reach your goals.

## **Step five is you need to reflect and check in with yourself daily.**

If you really want to achieve a higher level of clarity, begin with a daily reflection of how you did. Track it in your journal.

## **Step number six is unbreakable accountability.**

This is very different from the common method you're familiar with because it significantly increases the probability that you'll follow through on your commitments.

I helped my clients with unbreakable levels of accountability. With this high level of support, the results are almost immediate.

Your next job is to find that person to hold you to that high level of accountability.

## **Step seven is your communication with others.**

You need to understand how you want to communicate with others. Gaining clarity on this is an important leadership step.

You can't build **collaborations**, friends, network, work well in **teams** and express your point of view to others without **Crystal Clear Clarity** and how you want to treat others.

This topic of clarity is a big one.

I know you have lots of places you can be. I appreciate you being here. Go out and choose **greatness**.

I'm Lisa G, thanks for coming and I'll see you in the next module.

**Go be unstoppable with clarity!**