

do^{ing} it scared

G.R.O.W.T.H PATH CHEAT SHEET



do^{ing} it scared

G.R.O.W.T.H PATH

LEVEL 1: GET CLEAR ON YOUR GOALS



DESCRIPTION: Not only do you know what you want out of your life, you have clearly defined your goals into something that you can track and break down into manageable, actionable steps.

YOU'VE MASTERED THIS LEVEL IF: You have made your Life List of big goals that are so big they scare you a little bit. Your big goals list is made up of huge goals that you will be able to break down.

DATE LEVEL COMPLETED: _____

☐ **SHARE TO THE GROUP:** Once you've mastered this level share a tip on what helped you.

LEVEL 2: RECLAIM YOUR IDENTITY



DESCRIPTION: Discover what your personal Fear Archetype is, understand how it affects you achieving your big goals and have the know-how to beat your fear.

YOU'VE MASTERED THIS LEVEL IF: You have taken the Fear Archetype Assessment, thoroughly read and understand your results and how your fears are standing in your way. You have an action plan on how to stop that fear in its tracks to not let it get in the way of achieving your goals anymore!

DATE LEVEL COMPLETED: _____

☐ **SHARE TO THE GROUP:** Once you've mastered this level share a tip on what helped you.

LEVEL 3: ORGANIZE YOUR PLAN



DESCRIPTION: Break your big goals in to manageable steps that you can accomplish on a monthly, weekly, and daily level.

YOU'VE MASTERED THIS LEVEL IF: You have identified no more than 3 big goals for the year. You have identified how you can work towards those goals this month, taken that a step further by identifying what you can do this week. Finally, you take action on the most micro level by accounting for your A tasks in your daily planning.

DATE LEVEL COMPLETED: _____

☐ **SHARE TO THE GROUP:** Once you've mastered this level share a tip on what helped you.

LEVEL 4: WELCOME ACCOUNTABILITY



DESCRIPTION: Find an accountability partner to keep yourself accountable and to build that trust, knowing that you're not in this alone!

YOU'VE MASTERED THIS LEVEL IF: You have found an accountability partner that you check in with consistently. You hold yourself accountable to them and return the favor by holding them accountable too. You appreciate constructive feedback and you give the same back when necessary with kindness.

DATE LEVEL COMPLETED: _____

☐ **SHARE TO THE GROUP:** Once you've mastered this level share a tip on what helped you.

LEVEL 5: TRIM THE EXCESS



DESCRIPTION: Stop being busy all the time! Being busier does not necessarily get you closer to your goals. Identifying the most important things (your A tasks) and focusing on those above all the other busyness and distractions in your life is what true productivity looks like. This is what is going to make a difference in your life.

YOU'VE MASTERED THIS LEVEL IF: You don't just perfectly plan out how to work towards achieving your big goals every week, you stick to those commitments that you've made to yourself and don't let anything get in the way. You focus on the necessary and most important tasks and don't overexert yourself with unimportant things that pull you elsewhere. Oh, and you also know the importance of rest and don't let busyness get in the way of that either!

DATE LEVEL COMPLETED: _____

☐ **SHARE TO THE GROUP:** Once you've mastered this level share a tip on what helped you.

LEVEL 6: HOORAY! CELEBRATE YOUR WIN!



DESCRIPTION: You've overcome fear, let go of any limiting beliefs and achieved at least one of your big yearly goals!!

YOU'VE MASTERED THIS LEVEL IF: You didn't let fear or distraction come between you and accomplishing your big goals so you can live the life you truly love! You know that you truly can do anything you want to, so long as you don't let fear or distractions get in your way. You are amazing and should be SO PROUD!!

DATE LEVEL COMPLETED: _____

☐ **SHARE TO THE GROUP:** Once you've mastered this level share a tip on what helped you.