



WARRIOR
BUSINESSLABS
THE SCIENCE OF SUCCESS

**WARRIOR BLACK BELT
PERSONAL GROWTH PROGRAM**

ATTITUDE PERSONAL ACTION PLAN



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PRINT OUT THIS ACTION PLAN AND ADD TO THE BACK OF YOUR BLACK BELT PERSONAL GROWTH MANUAL FOR EASY ACCESS.

1. How do you add nutritious food to your brain?

A. _____

B. _____

C. _____

2. How could you create a positive morning routine that would set up right for the day ahead?

A. _____



ATTITUDE

B. _____

C. _____

3. Are there some people in your life that you need to get rid of because of negativity?

A. _____

B. _____

C. _____

4. How can you change your habits to minimize your exposure to negative news, social media gossip or scandal sheets?

A. _____



ATTITUDE

B.

C.

5. How can you improve your body language to increase energy and radiate confidence and friendliness?

A.

B.

C.



ATTITUDE

6. What can you do to increase your fitness?

A. _____

B. _____

C. _____

7. Are you working daily on your top three goals?

A. _____

B. _____

C. _____



ATTITUDE

8. What positive words can you use to describe your life?

A. _____

B. _____

C. _____

9. What three challenges do you face right now you could reframe from problems to potential opportunities for learning or growth?

A. _____

B. _____

C. _____



ATTITUDE

10. What are you three favorite funny movies, shows and personalities?

A. _____

B. _____

C. _____

When your attitude is not right always turn to your favorite humor to spruce it up!

11. What three songs really rock you and make you feel motivated?

A. _____

B. _____

C. _____

12. What three small pleasures have made you smile this week?

A. _____

B. _____

C. _____

Make sure you take some time to enjoys them EVERY day!



ATTITUDE

13. Think of the last three things you complained about then write a solution for each. Be a problem solver not just a problem maker!

A. _____

B. _____

C. _____

14. Are you making time for yourself? Go ahead and schedule some time for YOU on your schedule now!



ATTITUDE

15. Be curious, list three new things you will try or do this week like: Eat sushi or Indian, take a new and different route to the barn. try the golf driving range with a friend, anything you have never done before.

A. _____

B. _____

C. _____

16. What are three POSITIVE lessons you learned from failure?

A. _____

B. _____

C. _____



ATTITUDE

17. What are you still angry about that you need to let go?

A. _____

B. _____

C. _____

... Let them go!

18. Review the positive daily, what three good things happened today, come on only three, waking up is one ... But you can do better than that!

A. _____

B. _____

C. _____



ATTITUDE

19. Helping others is a sure way to feel better, name three organizations or people you could help in the coming month?

A. _____

B. _____

C. _____

20. Monitor your attitude and see how you are doing

We suggest you review your original attitude self-assessment sheets in about three months and use a different color pen to update your numbers and celebrate your progress!

