

# JANUARY

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NOTES

## INVESTMENTS

**ARE THE LITTLE ACTIONS  
THAT SUCCESSFUL PEOPLE  
DO EVERY DAY.**

**HOW ARE YOU GOING TO  
INVEST IN YOURSELF  
TODAY?**

- MATT KHODADAD -

@COACHINGWITHMATT



# FEBRUARY

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NOTES

**WHY NOT**

**STOP & STRETCH**  
**RIGHT NOW**

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NOTES

## STEPS TO ACHIEVE **PERSONAL** TRANSFORMATION:

1. HAVE THE DESTINATION IN MIND
2. BE BRAVE
3. GET A COACH: USE THEM TO HELP YOU WITH STEPS 4-6
4. CREATE A PLAN OF BABY STEPS
5. DO SOMETHING SOMETHING SMALL EVERY DAY
6. CELEBRATE YOUR SUCCESSES

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NOTES

# **LIMITATION**

## **IS SELF CREATED. OPEN YOUR BORDERS**

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NOTES

# WHY NOT

**TELL SOMEONE  
IMPORTANT  
IN YOUR LIFE THAT  
YOU LOVE THEM?**

## RIGHT NOW

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# JUNE

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NOTES

## HOW TO BE THE INITIATOR OF CHANGE IN YOUR LIFE:

1. ACKNOWLEDGE YOUR FEELINGS.
2. ACCEPT YOURSELF AS YOU ARE
3. PICK A NEW SKILL AND LEARN IT
4. BE 'READY' FOR YOUR CHANGE
5. TAKE ACTION DAILY, BIG OR SMALL
6. CALL YOUR COACH

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# JULY

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NOTES

# DREAMS

**ARE ONLY AS GOOD  
AS YOUR ACTIONS  
TO ACHIEVE THEM**

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NOTES

# WHY NOT

# CELEBRATE A SUCCESS, NO MATTER HOW SMALL?

## RIGHT NOW?

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# SEPTEMBER

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NOTES

## HOW TO BE THE MOST INTERESTING PERSON IN THE ROOM?

1. BE INTERSTED IN OTHERS.
2. ASK QUESTIONS
3. LISTEN INTENTLY
4. BE INCLUSIVE

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# OCTOBER

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NOTES

# LATER

**DON'T LET THAT  
BECOME**

# NEVER

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# NOVEMBER

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NOTES

**WHY NOT**

**BREAK FROM ROUTINE  
AND DO SOMETHING  
DIFFERENT?**

**RIGHT NOW**

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# DECEMBER

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NOTES

## HOW TO BE A POWERFUL LEADER IN A SEA OF CHANGE?

1. DEFINE YOUR VISION: THE WHY, THE HOW, AND THE WHAT
2. CLEARLY AND OFTEN: OVER COMMUNICATE #1
3. CREATE A SUSTAINABLE SENSE OF URGENCY
4. ENABLE YOUR TEAM
5. CELEBRATE YOUR SUCCESSES
6. HAVE A COACH TO ENSURE YOU STAY ON TRACK

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