

Your Absolute Best Life Roadmap



Absolute Best
ACADEMY

WWW.ABSOLUTEBEST.COM.AU

MEET THE TEAM

Absolute Best Academy

Jacquie is our CEO and Head Coach. She has over 30 years of experience managing and owning businesses, and over 15 years' experience coaching others to succeed in their business and personal lives. She is passionate about helping others to achieve their Absolute Best and her goal is to always leave her clients with tangible strategies and tools to achieve sustainable change and long term success.



Samantha is our Mindfulness and Mindset Coach. She has over 6 years' experience helping others to overcome stress, burnout, and mental blocks to become their best selves. She enjoys teaching mindfulness techniques to her clients to help them reset their state of mind, be more present-focused, live a more balanced life.

Thank you



Step 1: Discover Your
Core Purpose

Step 2: Unlock Your
True Potential

Step 3: Define Your
Unique Journey

Step 4: Navigate Roadblocks
to Success

Step 5: Unleash Your
Absolute Best

Step 6: Reflect, Review,
Refine

Absolute Best

ACADEMY

STEP ONE

Discover Your Core Purpose

"Reflection is one of the most underused yet powerful tools for success."

- Richard Carlson



Life is a journey, and you must first explore where you've been, to know where you need to go next.

These self-reflection exercises will help you gain better insight into yourself and the areas you need to focus the most attention on.

Absolute Best

ACADEMY

Discover Your Core Purpose

Self Reflection

Take a few minutes to take some deep breaths and think about your journey so far....

These are some great prompts to use:

What have you learnt along the way?

What have been your biggest wins?

What have been your biggest challenges?

What is truly important you?

What motivates you?

Who are you as a person?

Who do you want to be?

Absolute Best

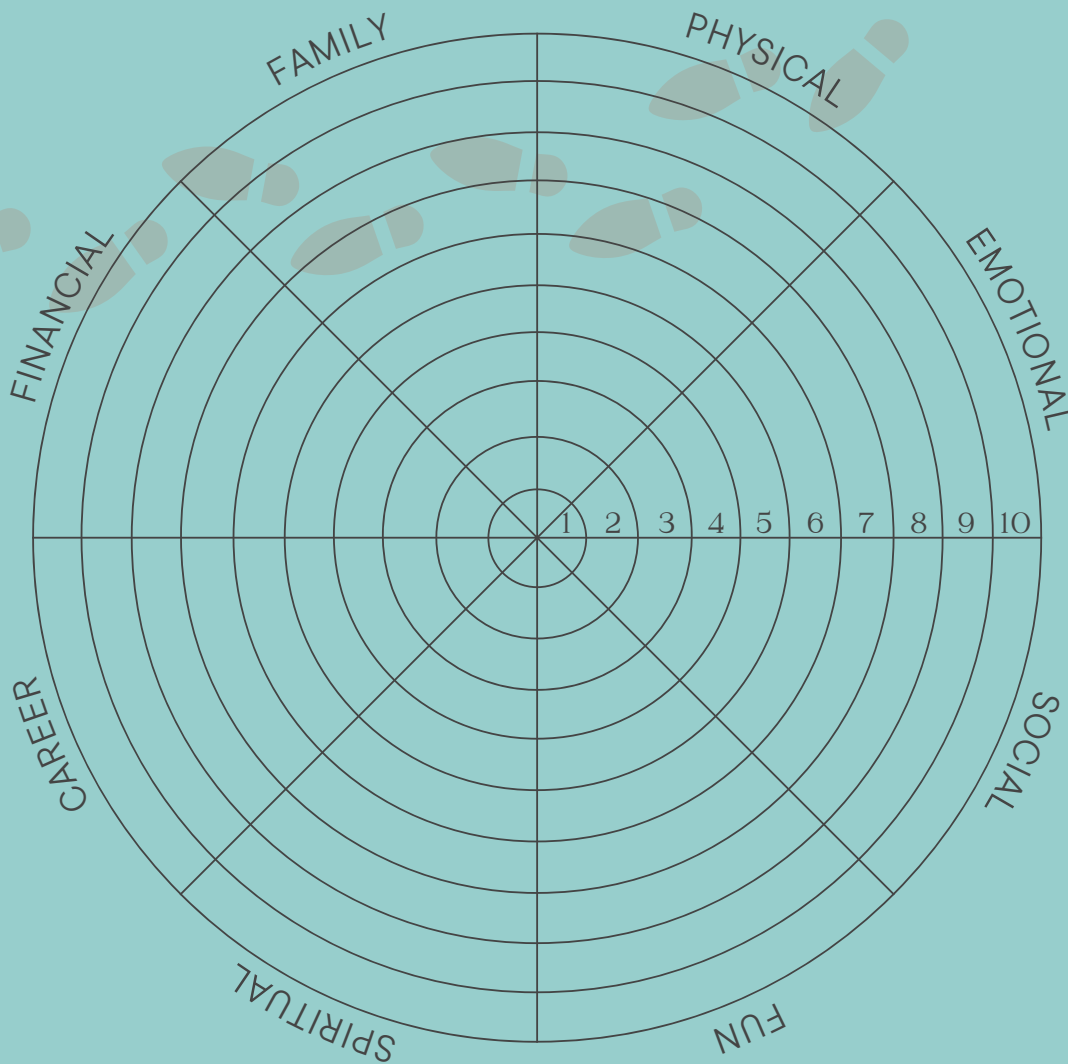
ACADEMY

Discover Your Core Purpose

Wheel of Life

How balanced are you in the most important areas of your life? For each area on the wheel, give yourself a score of 1 - 10. Is your wheel nice and big and round? Or are there some missing chunks?

This exercise is designed to highlight the areas of your life that need the most focus.



STEP TWO

Unlock Your True Potential

"The great danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark." – Michelangelo



Now that we've explored where you've been, we can start to think about where you want to go next. In this section we will learn some goal setting models to set success.

It is important to understand the type of goal you are setting and to understand that while some goals are 100% within your control, others can be more difficult to control.

Process goals are specific actions or ‘processes’ of performing.

For example, aiming to exercise for 30 minutes every day. Process goals are **100% controllable** by the individual.

Performance goals are based on personal standard.

For example, aiming to run 5km in under 30 minutes. Personal goals are **mostly controllable**.

Outcome goals are based on results.

For example, winning your age group in a running competition.

Outcome goals are **more difficult** to control because of other outside influences.

Unlock Your True
Potential

Smarter Goals

By using the SMARTER goal setting model you will increase your chance of success dramatically.

Specific – Goals should be clear and concise.

Measurable – What does success look like?

How is it measured?

Achievable – The goal or task must be challenging but possible. Gently pushing the limits encourages improvement and growth.

Relevant – Does the goal fit with your overall life goals and core values?

Time-bound – When will you finish?

Exciting – What excites you? The benefits should be worthwhile to maintain commitment.

Reviewable – Circumstances change. Revisit the goals and revise them if needed.

STEP THREE

Define Your Unique Journey

"Efforts and courage are not enough without purpose and direction."

- John F. Kennedy



Now let's explore your personal, behavioural and professional goals from a holistic perspective.

STEP THREE

Define Your Unique Journey

Fast forward your thinking to this time next year - what does success look like for you?

Write down your top 2 - 3 goals for each area.

Remember to use the SMARTER goal checklist!

Personal Goals: What do you want to achieve? What will your wins look like? How is your wellbeing? How are your personal relationships? What can you do to reduce stress?

Behavioural Goals: How would you like others to describe you? Who do you want to be? What can you do more of or less of to be the person you aspire to be?

Professional Goals: What improvements do you want to make related to your career? What do you want to learn more about? What will help take your career to the next level?

STEP FOUR

Navigate Roadblocks to Success

"Determination gives you the resolve to keep going in spite of the roadblocks that lay before you."
- Denis Waitley



More than 90% of people who set goals don't achieve them. Use our 10 Point checklist to make sure you're in the top 10%!

1. Are your goals too ambitious?

At Absolute Best we love a good chunky goal, but one of the main reasons goal setting fails is because the goals are just not realistic.

2. Do you set too many goals?

Less can be more when it comes to setting goals! Setting too many goals can leave you less focused as you have too many things fighting for your attention.

3. Are your goals in writing?

One of the biggest mistakes people make when goal setting is not committing their goals to paper.

4. Do you struggle to stay disciplined?

Like so many things in life, successfully achieving your goals is unlikely to happen without hard work and discipline.

5. Are your goals someone else's?

Be wary of setting goals to please someone else or because they think it would be good for you.

6. Do you review your progress?

Another common mistake people make is they don't review their progress towards achieving goals regularly enough.

7. Do you sometimes give up too soon?

We hate seeing people give up on a goal without realising how close they were to achieving success.

8. Is your “why” strong enough?

Too often people fail at their goal setting because the reason was not strong enough.

9. Do you set negative goals?

Ever wondered why most traditional diets don't work. It's because they're all about denial – for example, what you can't eat and what you can't have.

10. Do you have an action plan?

Remember a goal without a plan is just a wish!

STEP FIVE

Unleash Your Absolute Best

"Action is the foundational key to all success."
– Pablo Picasso

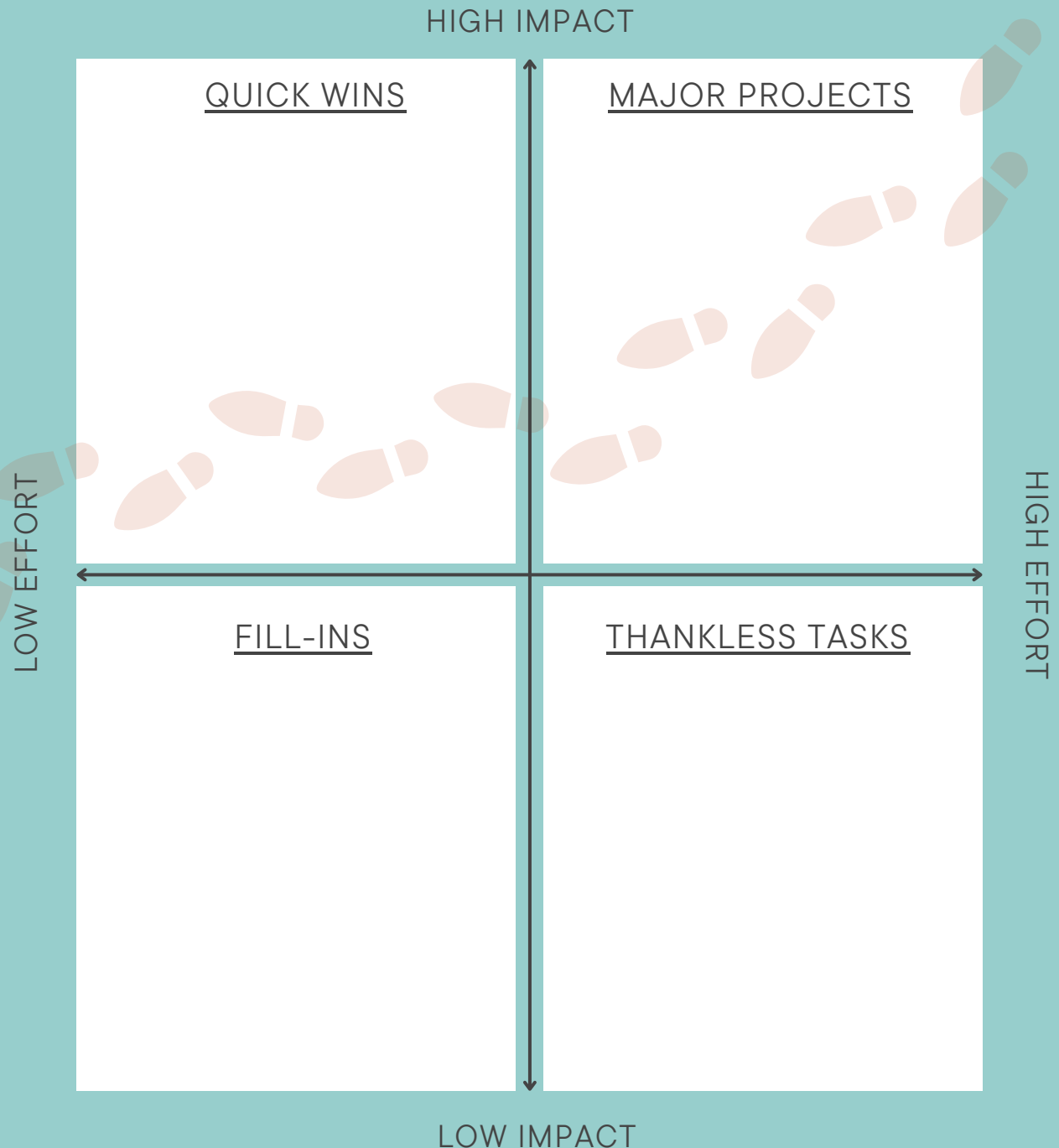


You should now have a bigger picture idea of what success looks like for you. This section will help you determine what is most important and what will have the biggest impact.

Unleash Your
Absolute Best

Find your
Quick Wins

The Action Priority Matrix is a great way to visualise what tasks take priority over others, and how to best allocate your time towards them. Look first for things that fit into the quick wins quadrant.



For larger goals it is important to break them down into smaller steps. Use this action plan template to set some key milestones and to set some key deadlines.

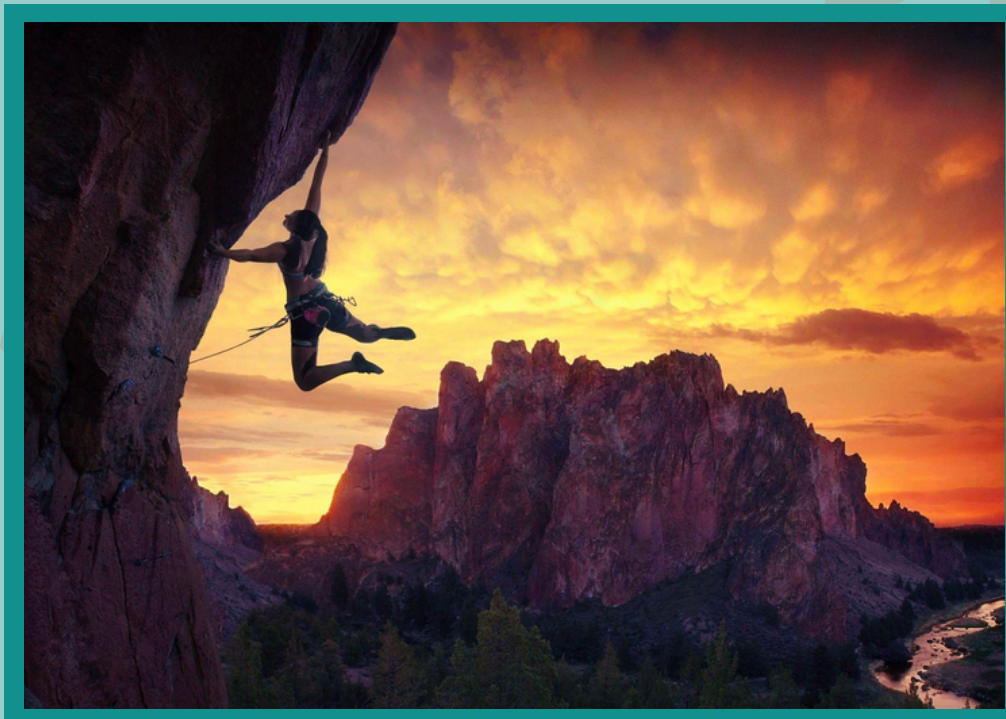
AREA	GOAL	WHY

ACTION STEPS	DATE	MILESTONES
-----	----- <input type="checkbox"/>	
-----	----- <input type="checkbox"/>	
-----	----- <input type="checkbox"/>	
-----	----- <input type="checkbox"/>	
-----	----- <input type="checkbox"/>	
-----	----- <input type="checkbox"/>	

STEP SIX

Reflect, Review, Refine

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."
– Confucius



One of our favourite sayings at Absolute Best is that
"Hope is not a Strategy."
For the greatest chance of success you need a regular
review plan.

STEP SIX

Reflect, Review, Refine

Wrapping up, we want to see if there are any gaps in your goals. Is there anything else you can add or change? Looking back at your goals, is there anything you could add to make it more specific or clear on how you can achieve them? Don't be afraid to make changes if you find something isn't working.

How often will you review your progress?

We suggest checking in at least once a month and refining as needed.

Who will you share your goals with?

Just sharing your goals will vastly increase your chance of achieving them.

Who can help you?

Think about any resources you might need to increase your chance of success. There may be an opportunity to up-skill, join a group or learn from someone who you admire.

Who will keep you accountable?

There is good reason why the most successful people have coaches and mentors.

Need More Insight and Support?

Now that you've had an introduction to our Roadmap for your Absolute Best Life, explore how you can unlock your true potential!

Enrol in the full hybrid course. For a limited time, only \$99 per month!

Book a free consultation call with one of our coaches.

For a full range of our services visit us at our website.

Have a question? Email us at coaching@absolutebest.com.au