

Successboarding®

Accolades and Accomplishments build your Self-Confidence

“Nothing gets you out of stuck faster than studying your own success.” - Marlo Higgins



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The Successboarding® Guide

Before You Start	30 Days	60 Days
<ul style="list-style-type: none"> Schedule a consistent day and time each week to focus on Successboarding and then give it a name. (i.e. Follow-up Fridays) Give yourself a deadline each week and jot down the 3-5 things that went right/felt good during that time. 	<ul style="list-style-type: none"> Speak your success nothing less. Select three different 'stars'(accolades/accomplishments) and start to speak them to everyone on a consistent basis. This has a way of making you more confident. You will start to attract others to your Personal Success by sharing what's going right/feeling good. This is called strengthening your 'positive, infectious optimism muscle'. 	<ul style="list-style-type: none"> Feeling stuck? You can get yourself 'out of stuck' by choosing a single action, writing it down, and making it happen. Repeat this process to begin building your own Personal Success Formula, defining the actions that work personally best for you.
<p>Ask yourself these questions:</p> <ul style="list-style-type: none"> What does CONSISTENCY mean to you? WHY do you want to continue Successboarding consistently? What is the VALUE of Successboarding consistently? 	<p>Ask yourself these questions:</p> <ul style="list-style-type: none"> HOW have you consistently kept Successboarding? WHY are you motivated to consistently continue Successboarding? What is the VALUE for you when you start to see what's going right/well? What have you LEARNED so far about yourself? 	<p>Ask yourself these questions:</p> <ul style="list-style-type: none"> HOW have you done? WHY are you motivated to consistently continue Successboarding? What does your Successboarding 'pattern' REVEAL about you? What have your LEARNED about yourself?

Speak Your Success, Nothing Less!

Let others know *what you're doing right* or *what's feeling good*. – Marlo Higgins