

FOR STARTERS

guidebook



**MAKE THE
IMPACT
YOU WERE MEANT
TO MAKE**

HJ Kennedy is a certified professional coach and successful business builder who helps clients create optimal impact by implementing basic principles of productivity.

She effectively uses her science of making an impact to lead individuals and teams of all industries to achieve their highest levels of cohesion and performance.



For Starters Guidebook

This workbook is a companion to the book, *For Starters*. If you're not a reader, no worries, it can stand alone! For those who like prescriptions, I recommend taking at least six weeks to go through the booklet, focusing on one section per week. You may find you need a little extra time on one or two. Give yourself that grace. Dial in on one aspect of starting at a time, putting all others on the shelf. They'll come. And they'll come better if you're building the proper foundation, giving each step its due.



INTRO

*This is designed to be a 6-week program. Each week you have **ONE PRINCIPLE** to focus on.*

*During that week you have **THREE TASKS**:*



EMBRACE – pick one action to add to your daily routine that will help you internalize the principle



ELIMINATE – identify something you need to STOP doing to help you internalize the principle



CONSIDER – question or challenge an aspect of your life or mindset that may need adjustment



Accountability

Find someone you can report to every day
KEEP IT SIMPLE ✓

Starters who write down their goals are **42% more likely to achieve them**

Write your thoughts, goals, and progress here!

Monday...

***Log 6 days/week your Daily Goals and Evals**

Now let's get
STARTED!

Watch a short video to give you ideas and inspiration.



WEEK 1

GRATITUDE

On a scale from 1-10, how grateful are you?

Embrace



Your blessings: Just before bed each day, write down three good things that happened to you

Eliminate



Complaints: Set a stopwatch (there's probably one on your phone.) Every time you complain, restart. See how long you can go!

Consider



The mental, social, physical and spiritual benefits of gratitude. Do some research and evaluate your improvement at the end of the week.

Develop an attitude of gratitude



*Practicing gratitude
can increase long-
term happiness by
over 10%.*



**Accountability
check**





WEEK 2

IDENTITY

Understanding who you are to your core is the foundation of your success.

Embrace



Your special traits. Write down three things that are unique to you. Find a way to honor them each day. Find a creative hobby that really resonates.



Eliminate

Labels. We are so much more than a title, relationship, success or mistake.

Comparison. There's no one else like you, so own up. When you find yourself looking at others with jealousy or disdain, refocus on the one person you have control over. You.



Understanding who you are is essential to your success

When fully engaged in creative tasks, Starters enjoy psychological benefits and reduced stress.

Consider



Balance. Much more productive than confidence is self-worth. Build yours by evaluating what aspects of your life could use some more attention.



**Accountability
check**





WEEK 3 TEAM

Do you know who your most
important influencers are?

*They love you as
you are, but see
what you can
become.*



Consider

Your circle of friends and
influencers. Where are you
getting your advice, support and
encouragement?

Embrace



Your true team. Make three lists:
Qualities that are important to
you for a 1. Coach, 2. Teammate,
and 3. Fan. Then add to those
lists names people in your life
who fit those requirements.
Thank them. Lean on them.



Eliminate

The airtime you give to
those who don't
contribute to your goals
and identity.

Who are Your Coaches, Teammates, and Fans?



**Accountability
check**





WEEK 4

ACTION

Many are grateful, sure of themselves and their team. What separates the Starters is Movement.

Eliminate



The three most common impediments to movement:
Discouragement, distraction, and fear.
Get rid of them!



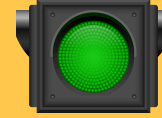
Consider

Your why. Ask yourself the reason for your goals. Then ask yourself the reason for that reason. Continue until you arrive at a core value.

Starters don't react. They act. Here's how.



Embrace



What you can control, and let go of what you can't. Here are three things you can control: your actions, your environments, and your opinions. Start there.

This is the principle that separates the STARTERS

**Accountability
check**





WEEK 5 GIVE

*What's the point of maximizing our potential?
To make a difference in the world around us.*

Embrace



Your own gifts and talents by giving! Selflessly look for opportunities to share with no ulterior motives.

*Gifts are light.
We are not the
Source. We are
the reflection.*



Consider



Your team.
BE a coach, teammate, or fan to someone who needs you to occupy a particular role in their life. You've been given a team. Now be that team for someone else.

Eliminate

Grudges.
Forgiveness is the final step of separating yourself from someone's bad behavior.



**Accountability
check**



How to make Giving a blessing not a burden.



WEEK 6

FINISH

Finish lines are harder to define than starting lines. How do you know when you've finished?

The value of a goal is in the reaching



Consider

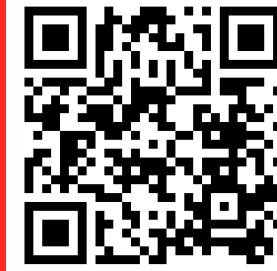
Quitting, but only when it's right-when your actions aren't supporting your potential. Look at it as opening up space for a new journey. A new start.



Eliminate

Pride. Don't finish (or not finish) because of what someone else says or thinks. Your talents and abilities are the means, not the end. It's not about you.

How do you feel about quitting? Is it ever okay?



Embrace



The vision. Finish strong when the goal is right, but be flexible and forgiving with the process.





Congrats!

You're a starter!!

*Use the code to access
your exit assessment,
claim your offerings and
leave a review!*

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