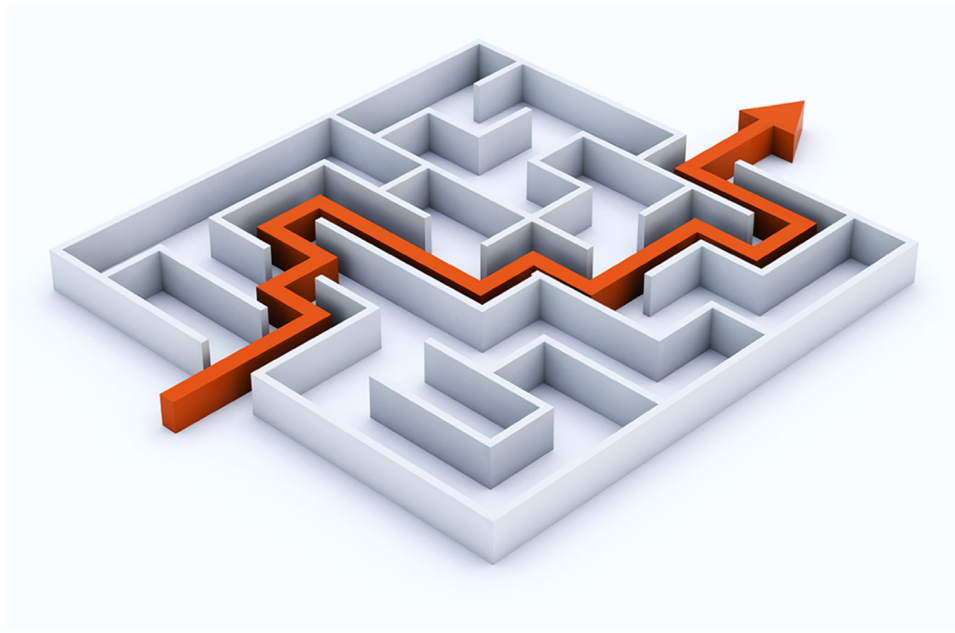


PLAYBOOK

GAME ON!

RELENTLESSLY PURSUE **YOUR DREAMS**

*A PLAYBOOK ON HOW TO SET GOALS AND
OVERCOME CHALLENGES TO WIN BIG IN THE GAME OF LIFE*



NICOLE R. SMITH

GAME ON! CHALLENGE ACTION PLAN

We all want to win in life, but it seems that some people win bigger or more often than others. What does “winning” look like to you? It means different things to different people. It can mean being financially set. It can mean accomplishing a goal no matter how small or large. It can mean fulfilling a lifelong dream. It can even be as simple as laying your head down at the end of the day with a peace of mind.

In my journey as a single mother and a two-time divorcée, I cherish many small wins that keep propelling me forward despite my struggles. I continue to pursue my goals because my daughter’s life depends on it. I want to be an example to her of how to press forward when life throws her curve balls.

Do you feel stuck, frustrated, defeated, unfulfilled or frankly just bored? Do you want to see yourself in a different place a week, month, or year from now? If so, this is my challenge to you.

I want to share six steps with you that I have used to help me overcome challenges and push towards the finish line. In order to get different results, you have to change your habits and routines.

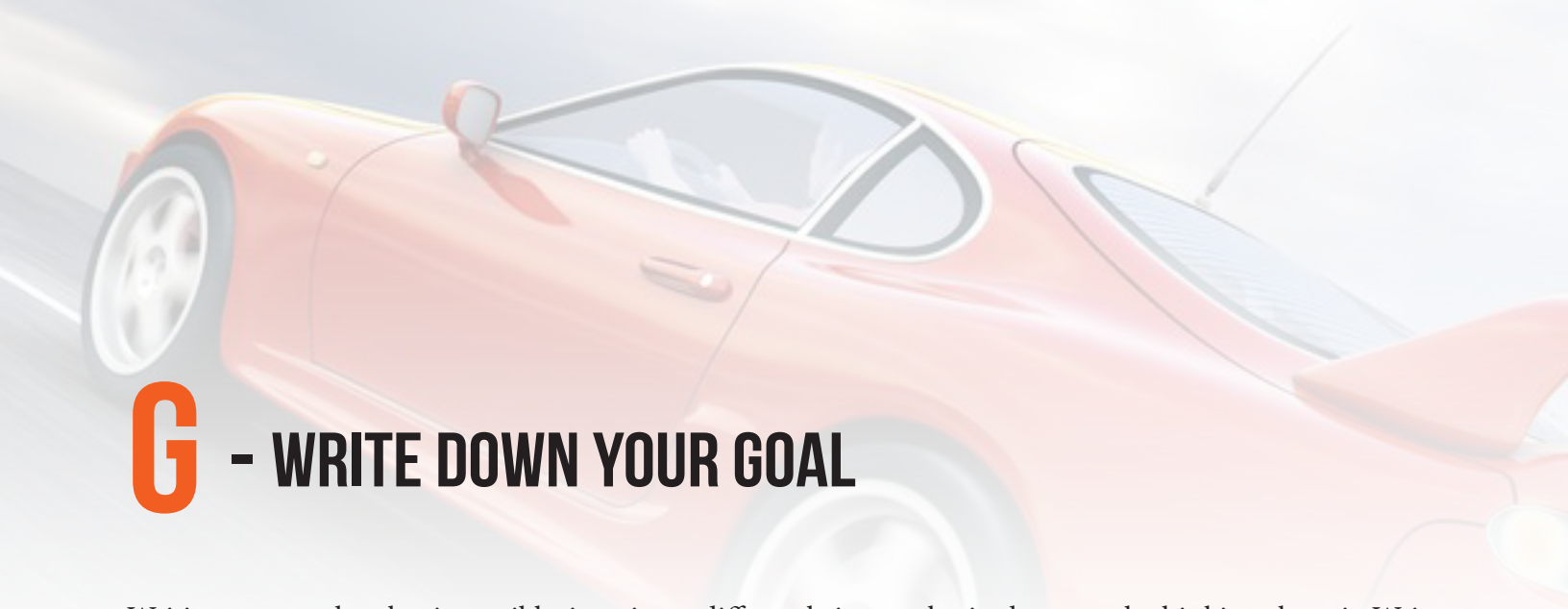
If you follow these steps, I guarantee that your life will be different a year from now.

The most significant difference between those who succeed and those who don’t is *action*. Inaction is the greatest enemy of dreams fulfilled.

It won’t be easy, but it will be worth it.

The gauntlet has been thrown. The challenge has been issued. Are you up to the task?

Game. On.



G - WRITE DOWN YOUR GOAL

Writing your goal makes it tangible; it registers differently in your brain than merely thinking about it. Write down your goals below. Put this page somewhere you can see it in the morning before you leave your home and at night before you go to sleep as a constant reminder. They should be extremely specific, measurable and attainable.

Examples:

My goal is to start a non-profit organization that helps people with their finances.

I want to make my school team (basketball, volleyball, debate, chess, band, orchestra etc.).

I want to start an internship program for my company.

I want to incorporate volunteers into my organization.

I want to walk/run a 5k race.



A — ASSESS/ASK/ACCOUNTABILITY

You have to be honest with yourself about where you are now. Conduct an unbiased assessment or ask someone to give you constructive criticism regarding your starting point.

Then choose someone (or a group of people) who will keep you accountable to your goal. We at Game Day Prep 365 are more than happy to become your accountability partners.

Example:

I know little about starting a non-profit organization.

I need to become more social media savvy.

In both splits, I am about 12 inches from the floor.

I need to lose about 20 pounds.

I need to be more organized.

Write your assessment below. You can even take a picture. You can even put a before picture here (if it applies) to show your starting point.

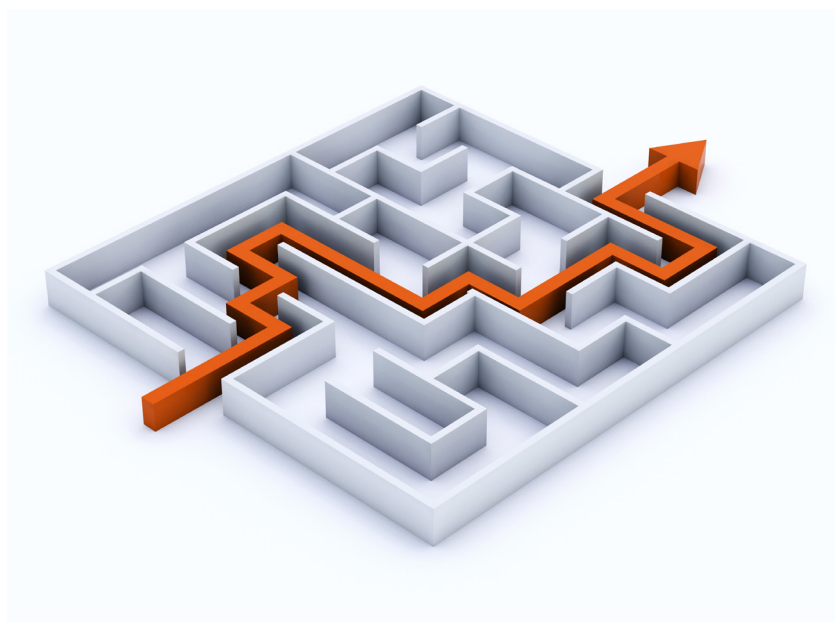
List 3 potential accountability partners. An accountability partner is someone who will encourage you along the way and help you stay on the path towards your goal.

1. *Game Day Prep 365*

2. _____

3. _____

After you have identified potential accountability partners, reach out to them to see if they will join you on the journey. Be careful how you choose. Not everyone will always be supportive. Make sure they believe in what you are trying to accomplish. If you need help with this, e-mail us at info@gamedayprep365.com.





M — MAKE A PLAN

It's time to make a road map. You have your destination in mind (your goal). Your plan is the map showing how to get there. The great thing is that there are many ways to arrive at a destination. For now, all you have to do is write out a plan and see where it takes you. As you travel toward your journey's end, you can adjust along the way. Be extremely specific about what you want and by when you want to accomplish it.

Here are some critical questions to ask yourself:

When do I want to accomplish my goal?

What is the short-term goal?

What is the long-term goal?

Example:

I want to start my non-profit organization within one (1) year.

I want to register my business name with the state in three (3) months.

I want to be able to sit in my splits in three (3) months.

I want to be a starter on my school team my freshman year.

I want to be first chair in my band / orchestra by the end of the school year.

Break a goal down by weeks. The example below is for a goal set to be accomplished in three months. Adjust as needed to fit your goals. Fill in the blanks specific to your goal.

Week 1 – I will research about the goal I would like to attain.

Week 2 – I will _____

Week 3 – I will _____

Week 4 – I will _____

Week 5 – I will _____

Week 6 – I will _____

Week 7 – I will _____

Week 8 – I will _____

Week 9 – I will _____

Week 10 – I will _____

Week 11 – I will _____

Week 12 – I will _____



E — ENVISION THE PLAN COMING TO PASS

Create a vision board of your goal as it will look fully realized. Put it somewhere you can see it every day. Every morning before you leave your home and at night before going to bed, repeat the goal out loud as though it has already come to pass.

Example:

I am a successful lawyer (a picture of you in a law firm).

I am the author of a best-selling book (a picture of you as an author on the back of a book).

I am a motivational speaker traveling the world to encourage people (a picture of you standing before a large crowd).

I am a doctor with my own practice (a picture of you in scrubs sitting behind your desk in your office).

Send me a picture of your vision board!

I would LOVE to see it!

info@gamedayprep365.com



O

— OVERCOME CHALLENGES AND SELF-DOUBT

Write down all the concerns you have and every reason why your dream may not come to pass. Identify them as valid concerns disguised as excuses. Counteract each concern with a solution to overcome each challenge.

Example:

Concern: I don't have enough money.

Solutions: Get a second job; exchange services; apply for grants or scholarships; start a Gofundme campaign.

Concern: I don't have enough time.

Solution: Perform a time audit of your day to see where you can make time. Ex. How much time do you spend binge watching your favorite shows or on social media each day?

Concern: I don't have enough resources.

Solution: See how you can barter or network with others.

Concern: _____

Solution: _____

Concern: _____

Solution: _____

Concern: _____

Solution: _____

Concern: _____

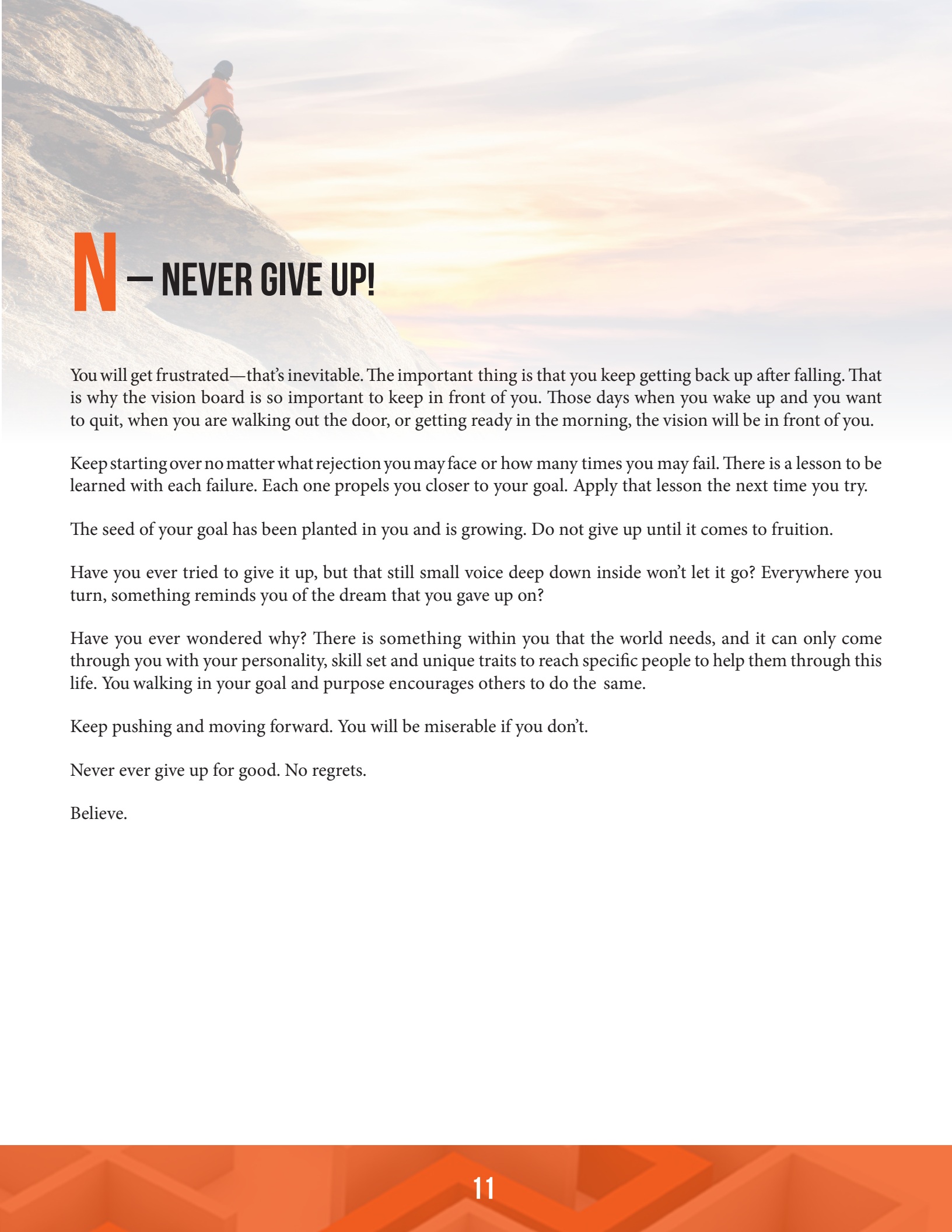
Solution: _____

Concern: _____

Solution: _____

Concern: _____

Solution: _____



N — NEVER GIVE UP!

You will get frustrated—that's inevitable. The important thing is that you keep getting back up after falling. That is why the vision board is so important to keep in front of you. Those days when you wake up and you want to quit, when you are walking out the door, or getting ready in the morning, the vision will be in front of you.

Keep starting over no matter what rejection you may face or how many times you may fail. There is a lesson to be learned with each failure. Each one propels you closer to your goal. Apply that lesson the next time you try.

The seed of your goal has been planted in you and is growing. Do not give up until it comes to fruition.

Have you ever tried to give it up, but that still small voice deep down inside won't let it go? Everywhere you turn, something reminds you of the dream that you gave up on?

Have you ever wondered why? There is something within you that the world needs, and it can only come through you with your personality, skill set and unique traits to reach specific people to help them through this life. You walking in your goal and purpose encourages others to do the same.

Keep pushing and moving forward. You will be miserable if you don't.

Never ever give up for good. No regrets.

Believe.

GAME. ON.

Game Day Prep 365 is here for you while you journey down the path to attaining your goals. We can be your accountability partners or cheerleaders to encourage you along the way when the journey gets rough. For more information on how we can help, please contact us at info@gamedayprep365.com.



Thinking of writing a book?

Author Academy Elite: <https://bit.ly/2NwOKZE>

My book blueprint: <https://bit.ly/2wAXnuK>