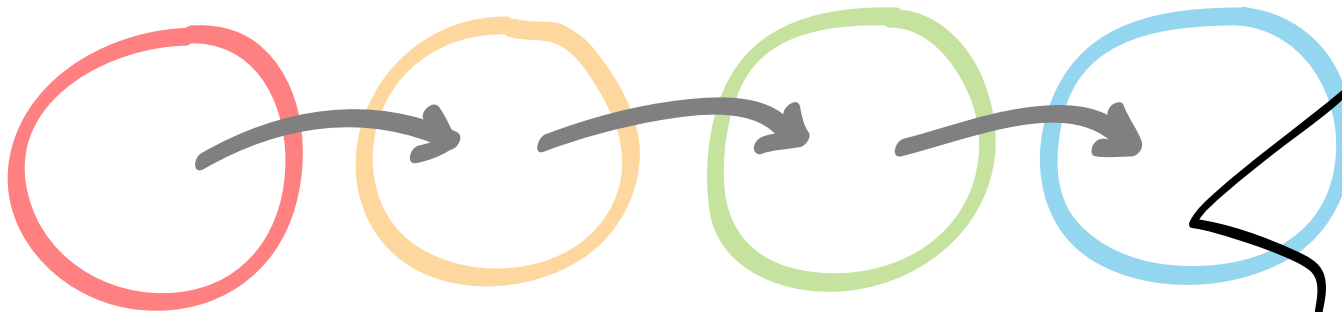


Visual Homework



- VIZ YOUR GOALS™ COACHING**
- VIZ YOUR STRATEGY™ TRAINING**
- VIZ YOUR BIZ™ CONSULTING**
- VIZ YOUR EVENT™ LIVE VISUALS**



Visual Homework Guide

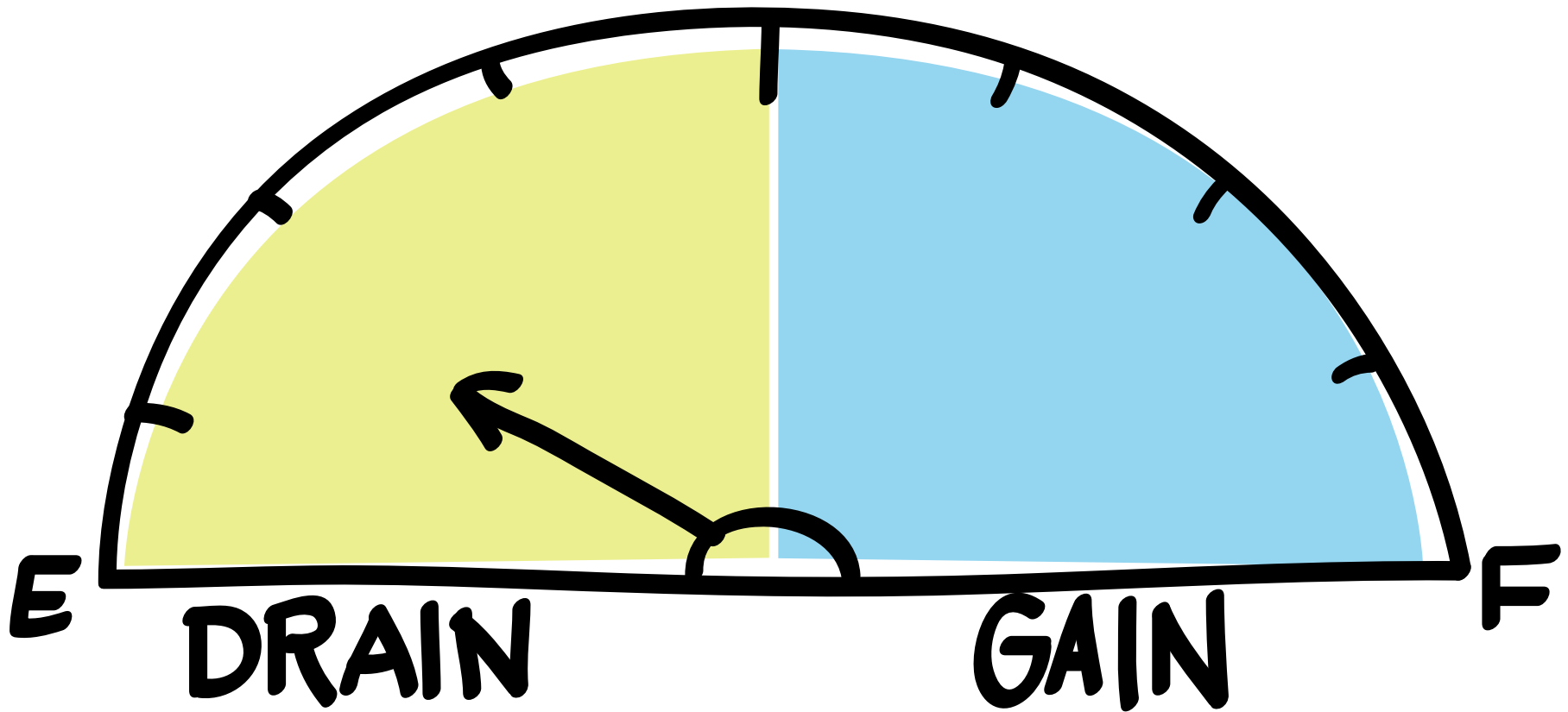
VIZ YOUR GOALS™ - FILL YOUR TANK

THE WHAT & WHY

- By making it visual, strengthen your commitment to increase activities that bring you gain (fill your tank), and cease the activities that cause drain (empty your tank).

THE HOW

1. Find a place you enjoy, without distractions or interruptions. It should be a place that encourages creative thinking in you. A coffee shop, library, porch swing, or a blanket in the park. You choose!
2. Start with the FILL YOUR TANK VISUAL HOMEWORK handout on the next page.
3. Describe some tasks or activities that drain you, both in the short and long-term. You may use sticky notes or write your thoughts inside the lemon-lime colored "drain" section of the visual handout.
4. What are the tasks or activities you do (or could do) that bring long-term gain? Where do your abilities and passions bring the greatest value to you and to others? Indicate them in the blue colored "gain" section of the visual homework handout.
5. Now think about which items in the "drain" section you can immediately discontinue. Put an "X" next to them or over them. For most people, this one is difficult. It can be hard to choose.
6. In the "gain" section, what tasks or actions would you like to do more of, in order to fill that tank for long-term gain? Circle them!



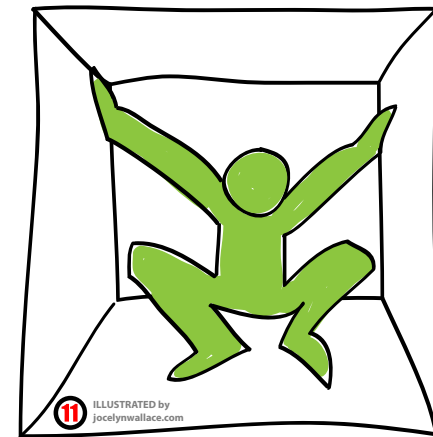
Visual Homework Extra Challenge

VIZ YOUR GOALS™ - FILL YOUR TANK

CHALLENGE QUESTIONS

1. Was it difficult to identify what you do (or could do) that brings long-term gain?
2. Were there any surprises that popped up? What were they?
3. Of the items you circled as bringing long-term gain, what challenges or barriers do you anticipate as you commit to doing more of those activities?
4. After doing this visual homework, do you feel better equipped to do more of what brings you gain, and less of what results in drain? Why or why not?

If you completed the visual homework, PAT YOURSELF ON THE BACK! Give yourself a FIST BUMP!
You just took some basic, but BIG steps toward doing more of the right things!



ASK ME ABOUT COACHING

Visual homework is just one of the tools we use to help you breakthrough and achieve more. If you found this exercise helpful or know of someone who would, ask me about the introductory package. Experience three, one-hour sessions over the phone and decide if coaching, along with the use of visual strategies, is a good fit for you.

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