

RESET WEEK™

SET YOURSELF UP FOR YOU BEST YEAR YET!

WHAT:

WHY:

The G.E.T. Method™

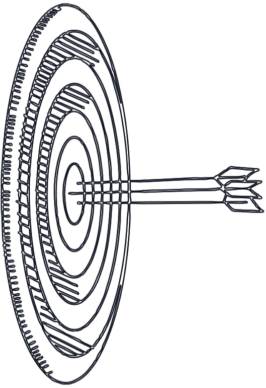
G _____
E _____
T _____

Gratitude:

_____ RESILIENCE:

What could you be grateful for... _____?

Experiences:



GOALS:

EXPERIENCES:

What might you want to _____ more this year?

Tactics:

What are some
 but
significant steps
you could take?

Tactics: DRILLS

STEP 1: Choose an Experience

STEP 2: Think of some possible steps

Tactics: DRILLS

STEP 1: Choose an Experience

STEP 2: Think of some possible steps

PROGRESS

PRO TIP: Pick one “experience” a month.

SPECIFIC STEPS:

ASK YOURSELF: Which “Experience” do I want to start with?

[Remember: Don't wait for perfect! Just start!]

YOUR 15's:

ASK YOURSELF:

What are some small but significant steps you could take this month?

Mitch Matthews is a keynote speaker, success coach and best-selling author. He works with organizations like NASA, Disney, Purdue University and United Airlines. He helps them to innovate, engage and deliver at new levels.

Mitch has also helped countless Life Coaches around the world to build successful and profitable coaching practices they love. If you've ever thought about becoming a Life Coach but you've wondered if you have what it takes to be successful, download our Coaching Predictability of Success Assessment to help you to know. [Click here](#) for free access!



Mitch's “**DREAM THINK DO**” Podcast is ranked in the top 0.5% of podcasts in the world. You can find out more and download a number of free resources at MitchMatthews.com.