

CHAPTER 1: THE GET IT DONE ATTITUDE

Your "Go-Map" Strategy

MAKE THE DECISIONS THAT COULD
CHANGE YOUR LIFE FOREVER.



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BE FORWARD-THINKING TO MOVE FROM REACTIVE TO PROACTIVE.

Start from your present state. Look at the good and bad of where you are right now. Then, determine where you want to be. Create your vision without limits. What is your big dream? Your best life?

WHERE ARE YOU NOW?



WHERE DO YOU WANT TO BE? WHAT IS YOUR BIG DREAM?

BE STRATEGIC TO IDENTIFY NEXT STEPS.

What are the steps or actions you need for that life to happen? Be as specific as you can.

TAKE ACTION

Once you know your action steps, identify any excuses that could prevent this dream or goal from happening. Be thorough. If you do not identify every potential excuse, they can come up later, and keep you from achieving what you set out to. Identify ways to overcome each excuse. Be specific. Doing this will shift your mindset.

As you work on this, remember, there is a cost to remaining in your excuses!

EXCUSE

1
2
3

EXCUSE

1
2
3

EXCUSE

1
2
3

EXCUSE

1
2
3

CELEBRATE SUCCESS

Celebrate when you overcome any excuse. This is the most important part of the process. If we only work towards our goals and never celebrate wins, we will become weary and disillusioned. By nature, humans need a reason to change, and rewarding yourself is a great way to remain encouraged.

