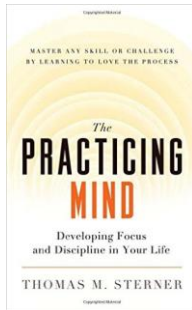


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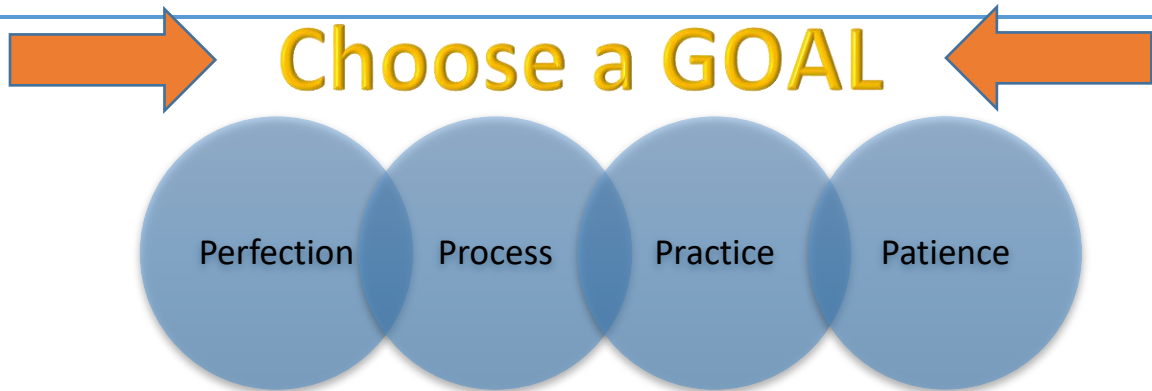
## The Practicing Mind

*Developing Focus and Discipline in Your Life*

*By Tomas M. Sterner*

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*“Progress is the natural result of staying focused on the process of doing anything.” Thomas Sterner*



### NOW Implement the 4 P's

Get out your handy dandy journal, pick a goal, and write through this 4 step process. For perfection, just pick a realistic goal or skill level. Next write out all the steps (process) you will need to take, to accomplish the goal. Make a plan (what time, how long, etc.) to practice your process day in and day out. Even 5 minutes every day is better than nothing! Remain patient, take comfort in knowing every day you are moving closer to your goal.



First accept: “There is no point of excellence that will free you from the feeling that you need to get better”-TS. Understanding that our idea of perfection is always changing will encourage you to enjoy the process.



Focus on the process not the product. “In every moment of your struggle, by looking at the goal and constantly referencing your position to it, you are affirming to yourself that you haven't reached it”-TS. Stay present and attuned with the process. BONUS~ When we are process oriented, it often results in a better product.



Where you are now, is where you should be, based on the effort you have expended. “Practice implies awareness and will, demonstrated by deliberate repetition of the process, with the intention of reaching a goal.”



DON'T GIVE UP! GOOD THINGS TAKE TIME. Be patient with yourself. Success and joy are found in the pursuit of a worthy goal. YOU GOT THIS!!!!