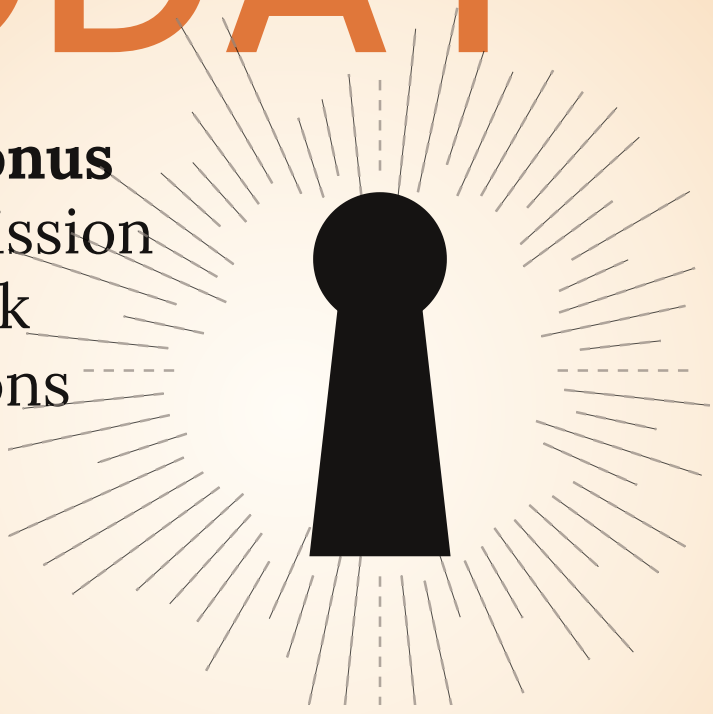
READER BONUS WORKBOOK

GET YOUR Life TODAY

Reader Bonus
Personal Mission
+ 7 Hack
Reflections



Desiree Cocroft

WELCOME, READER

This is where you stop reading and start *doing.*

Hey friend,

If you're holding this workbook, you've made it to the Bonus Activity in *Get Your Life Today*, and I'm so proud of you for taking the next step.

In the book I told you: this is not a "one and done." It's about continuously revisiting what is important to you so that you can get what YOU SAY you want. This workbook is where you do that. Use it to write your personal mission, define what success looks like for you, and reflect on every Success Hack as you read.

Print it, write all over it, and come back to it. Then keep it, refine it, post it, and use it. That means say it out loud!

Des

HOW TO USE THIS WORKBOOK

1. **Part One:** Build your Personal Mission Statement before you start Success Hack #1.
2. **Part Two:** After each chapter, turn to that hack's reflection page.
3. Every week, choose **one** #Success Hack (life, leadership, or business) and take a big baby step on it.
4. Revisit your mission when you finish the book. Refine and define!

PART ONE

01

Your Personal *Mission* Statement

> *"A mission without definition is a life without clarity."*
>
> SUCCESS HACK #2 · DEFINE YOUR SUCCESS

Your mission is the overall perspective about what you want to see and how you want your life to look. It is the foundation of catching a vision of the biggest version of yourself. Over the next few pages, you'll get it out of your head and onto paper.

1 STEP ONE

See the biggest version of you

There is a bigger version of you that you can become starting today. Don't dumb it down.

1 What is the biggest version of yourself?

2 What have you wanted to explore, but were too afraid to pursue?

3 Which disruptions in your life could catapult you instead of hinder you?

2 STEP TWO

Name who's waiting on you

Someone is waiting to be influenced by your leadership. They are waiting earnestly for permission to be great, but they haven't met you yet.

1 What people do you believe are "waiting" for you to serve them? What do they look like?

2 What do you want to change for them? What impact do you want to have on their lives?

3 What impact do you want to have on your own life, family, and relationships first?

3 STEP THREE

Own your gifts *(Girl, you did that!)*

We get to operate out of what we do have rather than what we do not have. Speak from your strengths.

1 What are your strengths, gifts, and talents?

2 List your "You Did That!" moments: accomplishments big and small, from way back until now.

3 How do you naturally show up for people? What do they come to you for?

4 STEP FOUR

Draft your mission

Pull from Steps 1–3. Here's mine as an example:

DES'S MISSION

"*My mission is helping female entrepreneurs, leaders, and creators be women that show up to the table of their own lives through creating spaces of creative thought and accountability.*"

My mission is helping _____
WHO IS WAITING ON YOU (STEP 2)

_____
WHAT YOU WANT THEM TO BE, DO, OR EXPERIENCE

through _____.
YOUR GIFTS & HOW YOU SERVE (STEP 3)

NOW WRITE IT IN YOUR OWN WORDS

5 STEP FIVE

Define your success

If you don't define your success, you will default to someone else's definition for you. How will you know you are experiencing success in each area of your life?

SUCCESS LOOKS LIKE…

RELATIONSHIPS

PHYSICAL HEALTH

SPIRITUAL

FINANCIAL

CAREER

MENTAL HEALTH

KEEP IT · REFINE IT · POST IT · USE IT

My *Mission*

WRITTEN _____ REFINED _____ REFINED _____

Now say it out loud!

PART TWO

02

The 7 Success Hack *Reflections*

After you finish each chapter, come back here. Remember what matters, answer the reflection questions honestly, and choose one #Success Hack to act on this week.

> *"I want you to take action as you read so that you can experience a complete transformation in your life, leadership, and business without delay."*
>
> PREFACE

01 Confidence Comes When You Decide

SUCCESS HACK #1 · REFLECT

REMEMBER THIS

- Confidence doesn't come in idleness. It comes when you make a decision AND take action on it.
- Even if you fail, you can learn more from doing. Decide to DO, and then make adjustments as necessary.
- We tend to be so critical of ourselves that we speak out of our deficiencies. Choose to speak out of your strengths.

REFLECTION QUESTIONS

1 What are some of your personal strengths?

2 How often do you communicate your strengths to others?

3 Think of something that you want to accomplish; how can you speak from your strengths?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

02 Define Your Success

SUCCESS HACK #2 · REFLECT

REMEMBER THIS

- Refine and define. As you refine your mission over time, define your success.
- Other people's success does not have to be your measure of success. You decide what you want your path to look like.
- If you don't define your success, you will default to someone else's definition for you. Get grounded on what you believe you are called to do and be open to how it can look.

REFLECTION QUESTIONS

1 What does success look like in line with your mission statement?

2 If you could describe the "how" of fulfilling your mission, what would it be?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

03 You Have Everything You Need

SUCCESS HACK #3 · REFLECT

REMEMBER THIS

- You have everything you need internally, and your results are the proof!
- You have everything you need externally, between the people you know, the ones you haven't met, and your mama, Google.

REFLECTION QUESTIONS

1 What are the accomplishments that you have in your life that you have overlooked?

2 Who do you know that has access to or can refer you to the resources you need?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

04 Take Big Baby Steps

SUCCESS HACK #4 · REFLECT

REMEMBER THIS

- Be like Speedy: take a chance, stretch yourself, and be OK with falling. Just take a quick cry and get back up!
- Choose the biggest bang for your buck to focus on and then choose big baby steps to achieve it.
- Your big baby step is not everyone else's step. Do what will stretch, excite, and resonate with you.
- Stay consistent with your steps and have a measure of success.

REFLECTION QUESTIONS

1 What is the focus area that would be the biggest bang for your buck?

2 What big baby step is the one that stretches and excites you most?

3 What is your measure of success (choose a number: date, money, weight, hours, days off, etc.)?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

05 Get Your Mind Right and Your Game Tight

SUCCESS HACK #5 · REFLECT

REMEMBER THIS

- Your mind has to shift if you want to have different outcomes.
- Use the lies, the truth, and the proof to shift your thinking.
- Keep the party going by feeding your mind daily bread to maintain your new identity.
- Keep your positive emotions high so you can stay balanced. Negative emotions aren't always bad. They are sticky, and we need more positive emotions to stay balanced.

REFLECTION QUESTIONS

1 What new identity do you need to adopt to move into better results in your life?

2 Who will you empower to help stay accountable for your shift?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

06

SUCCESS HACK #6 · REFLECT

Build Your A-Team

REMEMBER THIS

- Your A-Team is to help you have a circle of people around that support the growth in your life both personally and professionally.
- Re-evaluate your team. Change expectations. Remove people and add people to the proper areas of your life.
- Get a mentor or an additional mentor!
- Be the person you want to attract.

REFLECTION QUESTIONS

1 How will new relationships benefit you right now?

2 How can you have more authentic experiences with people in your circle?

3 How can you set clear expectations and boundaries with people in your life?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

07 Loving the Journey is the Destination

SUCCESS HACK #7 · REFLECT

REMEMBER THIS

- Your life is a good movie. Enjoy every part of it without rushing through it.
- Use gratitude each day to love your journey no matter what you may be experiencing in life.
- Savor the moments you love like a good meal.
- Be decisive so that you enjoy more of the outcomes of your decisions without delay.

REFLECTION QUESTIONS

1 What part of your journey do you need to appreciate more?

2 What type of decision-making changes do you need to adopt to be a satisficer?

MY #SUCCESS HACK THIS WEEK

☐ Life ☐ Leadership ☐ Business

My big baby step: _____

Done by: _____ Done? ☐

YOU DID THAT

Get your life today so they can get their life *tomorrow.*

Someone is on the other end of you saying “yes” to who you know you are to become. Keep revisiting your mission. Keep taking big baby steps. And if you want support on the journey, I’d love to hear from you.

Work with Des · **desireecocroft.com**

Say hello · **hello@desireecocroft.com**

Reader bonus for *Get Your Life Today: 7 Success Hacks for Life, Leadership, and Business.* Copyright © Desiree Cocroft. For personal use by readers. Please don’t resell or redistribute.