



Red Hot!

Your Daily Success Guide

Date _____

Morning (5 – 15 minutes)

What:

- My **Red Hot** Goals are:

- Visualize them.
- Feel them.
- Impassion & Empower them!

Why: What is your Motivator, your Why?

How: What daily **Action Steps** are you taking today?

1. _____
2. _____
3. _____

Evening
Savor the Red Hot moments!

Celebrate Your **Gratitudes!**

1. _____
2. _____
3. _____
4. _____
5. _____

Acknowledge Your **Successes!**

1. _____
2. _____
3. _____
4. _____
5. _____

Ask what makes you come alive and do that. Because what the world needs are people who have come alive.

Howard Thurman



Top 10 Ways to Jump Start Your Life!

A Red Hot Mama™ Coaching Tip

1. Be clear about what you want. Does it inspire you? Is it what YOU want? Does it feel TRUE for you?
2. Know WHY you want it. What are your reasons? Go 2 or 3 layers deep until you get an answer that makes you smile and feels light and happy.
3. DESIRE it. Ignite it if necessary.
4. Put the details into this – it becomes your VISION. Spend time with it every day. See it, hear, smell, feel it.
5. Maintain high expectations. If you catch yourself having lukewarm expectations, stop and figure out what is getting in the way. Expect the BEST!
6. Set SMART goals and read them every day. Sit down with them every 2 or 3 months and measure where you are with them.

The Red Hot Mama's Guide™ to
setting **SMART** Goals:

S= Specific + STRETCHING

M= Measurable + MOTIVATING

A=Achievable + ACTION oriented

R= **RED HOT!!!**

T= Time specific + TINGLEY!

Never have boring goals again!

7. Take Daily ACTION toward your Vision & Goals.
8. Write and/or say your GRATITUDES every day.
9. Write your daily SUCCESSES every night. Can you list 5 or more?
10. Celebrate! Celebrate successes along the way. Celebrate BIG when you reach major benchmarks.



The **Red Hot Mama's™** Guide to Setting **SMART** Goals *Never have boring goals again!*

*Claim your **Red Hot** Magnificence!
Use these simple guidelines for setting goals that
inspire and delight you.*

Specific – Can you identify the details?

STRETCHING – Does it stretch you enough to be exciting?

Measurable – Can you measure the beginning, middle & end?

MOTIVATING – Does it motivate and inspire you?

Achievable- Can you reach this goal (with a little stretching)?

ACTION oriented – Does it require you to take some action?

R**ED HOT!!!** – Are you passionate about it!

Time specific – Do you have a clear finish date?

TINGLEY! – Does it make you tingle all over with enthusiasm?



**“I have the AUDACITY to be a winner and to live life
on my terms!”**



101 Bold Outrageous Goals for Red Hot Living! from The Red Hot Mama™

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My Top 10 Red Hot BOLD Outrageous Goals!

- 1. _____
- 2. _____
- 3. _____
- 4. _____
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