Set Up a Winning Plan!

Winning in life is not a one-time thing, it's a lifetime thing. Our goal is to learn to win on a daily basis for the rest of our lives. There are areas where we can guarantee ourselves wins, so our desire is to focus on what we can control and create daily wins to propel ourselves to success.

Below is a list of questions, and at the end of this questionnaire is a commitment document where you can write out your own plan to win every day.

1) Do you want to win? Yes No Why?

2) Are there things you currently do on a daily basis that you consider a win? If yes, list them.

3) Do you struggle with depression? Yes No

4) Do you have low Natural Growth Hormone? Yes No

(If you don't know, Google the Symptoms from more than one good source)

5) Do you have low testosterone? Yes No

If the answer is, "I don't know," answer these questions.

- Is your body creating body fat at a higher rate now than during the last 5 years?
- Are you eating large amounts of processed foods out of boxes?
- Are you eating large amounts of sugar?
- Are you drinking tap water?
- Are you eating soy-based products?
- Are you ingesting MSG or MSG derivatives?
- Are you lacking a process of winning on a daily basis?

(If you answer "yes" to two or more of these questions, you have likely increased your estrogen level which suppresses testosterone.)

6) Below are examples of positive activities that when completed daily, can be considered personal wins -

Making Your Bed First Thing in the Morning – with the thought process of, “This determines that my sleep is finished for the day. Sleep is for those who dream, Vision is for those who are actively moving toward bringing their dreams to pass. When I make my bed on a daily basis, it’s a reminder that I am prepared for my next quest in developing and bringing to pass my future dreams.”

Journaling – As you journal on a consistent basis, you are capable of monitoring how you feel along with the changes that are taking place from week to week and month to month.

Exercising – It’s important to set an appointment with yourself to workout daily. Each workout completed is a win. Within your workout you also have the ability to set goals – strength, endurance, flexibility, and time.

Nutrition – Below are several examples of nutrition wins.

- Eating properly
- Meal preparation
- Drinking a minimum of 64 oz. of water daily
- Consistently fueling your body with healthy high-quality supplements

Praying – Prayer is having a conversation with God who loves you and wants you to consistently win. As you communicate with Him concerning your desire to win, expect him to respond by giving you what you are requesting.

Meditation – Meditation is coming into a state of mind where you are focusing on words, thoughts and activities that have everything to do with winning. As you meditate, you should be able to see, feel, hear, embrace, and taste the win.

Commit to Learning One Thing Daily – Committing to learn one new thing per day increases your view, increases your vocabulary, and broadens who you are and your ability to see things more deeply. This helps you to better relate to people and the world around you and it enhances your understanding and your thought process concerning your own personal ability to win.

Sleeping 6-8 Hours Each Night – Sleep deprivation is a huge factor when it comes to decreasing your health, decreasing cognitive ability, decreasing your testosterone, speeding up the aging process, increasing your body's release of the fat storing hormone called Cortisol, and increasing depression. So, 6-8 hours of sleep per day is a definite win.

Now, I want YOU to put together a Personal Winning Plan. Start by writing 6-8 positive activities that you feel could be done by you on a daily basis that you would consider "wins". As you are making your list, here are some ideas to help you broaden your thoughts:

- What positive things are you already doing in your daily routine?
- What could you do daily?
- What would you like to do daily that you could be more consistent at and would consider to be a win?

Out of the complete list of positive activities – yours and mine – make the decision to complete at least 2 to 3 things that you consider to be wins and commit to doing them consistently for at least 30 - 60 days. Write your personal list in the commitment agreement provided below.

Then set a plan and follow through – Daily!

My Personal Winning Commitments for the next 30 to 60 Days:

1. _____

2. _____

3. _____

I commit to myself to be consistent in performing the above listed daily activities from

_____ to _____

(Date) (Date)

_____ _____

(Signature) (Date)

Following a process of winning consistently will help you win. On the other hand, following the same process persistently will KEEP you winning.

God bless you,
Coach Ron