



NOTICE WORKSHEET

PURPOSE: *This worksheet guides you through the Notice step in the DISCIPLINE STRATEGY® and helps you to stop, celebrate, realign, notice what you have accomplished, lock it in and level up.*

INSTRUCTIONS: *Walk through Chapter 9 in the DISCIPLINE STRATEGY® and use this worksheet to make sure you stop and notice all that you have accomplished. Respond as needed to each section below.*

CELEBRATE

What type of celebration(s) will you plan for this accomplishment? Will it be a traditional celebration (like a graduation ceremony) or will you plan your own?

Who will you invite to celebrate with you?

INTERNAL ALIGNMENT

To what degree do you feel like this accomplishment is aligned with who you really are?

If you do not have perfect alignment, can you identify what is missing or why there is a gap? In other words, what can you learn from this?

How would you shift your next goal in order to move to closer alignment with your core values, wants, desires, aspirations, goals?

SUCCESS BEGETS SUCCESS UNLESS

Where do you need to focus your energies in order to expand capabilities, skills, education?

Where did you feel weak or lacking through the goal accomplishment process?

What strengths surprised you that you can leverage better going forward?

Who turned out to be a key resource that you had not expected?



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LOCK IT IN

You need to notice the growth and improvements made during the accomplishment of this goal. Identify personal characteristics of the “old me” and how they have improved in the “new me.” Indicate in the checkbox those strengths you want to build on for your next goal.

	→	
		<input type="checkbox"/>
		<i>Indicates strength to leverage going forward.</i> <input checked="" type="checkbox"/>
	→	
		<input type="checkbox"/>
	→	
		<input type="checkbox"/>
	→	
		<input type="checkbox"/>

LEVEL UP

With all the exercises from the Notice step fresh in your mind, take these insights and brainstorm three potential next big goals. Reflect on what you have accomplished, the new skills and confidence you have, and then put yourself into a very positive mental state. As discussed in **Chapter 9**, choose three goals: Next Step Goal, Stretch Goal, If I Had No Fear or Hesitation Goal.

Next Step Goal:

Stretch Goal:

No Fear No Hesitation Goal: