



WELCOME TO THE COACHVILLE 100 DAY CHALLENGE!

To really ROCK your CV Challenge use this worksheet to clarify your focus. You'll also be able to specify the ways in which to groom your environment for success and inspiration. Use the 100 Steps checklist to breakdown a project or detail a series of practices you'll be honing over the 100 days – it's flexible for both types of 100 Day challenges.

Hold aside the Support Group times as an important appointment with yourself and your 'Team'. The Support Calls are a daily opportunity to reconnect, reaffirm and rejoice for everyone.

If you have specific questions, suggestions, updates, wild success stories or want to share your ideas on the top 100 Most Amazing, (or Insightful, or World Altering, etc) Challenges, send an e-mail to 100Day@CoachVille.com. Please be sure to let us know if we can share your thoughts, with full attribution of course, with the CV Members and the world at large.

Play full out and Win on YOUR own terms – but foremost - PLAY!

All the Best – **Your CoachVille 100 Day Team**



GETTING READY

WHAT ARE THE 10 THINGS OR TOOLS YOU NEED TO ACQUIRE, CHANGE, RESCHEDULE, INITIATE, ASK FOR, LET GOOF, RESOLVE OR COMPLETE IN ORDER TO PROPERLY POSITION YOURSELF FOR THE COACHVILLE CHALLENGE?

- 1 _____ []
- 2 _____ []
- 3 _____ []
- 4 _____ []
- 5 _____ []
- 6 _____ []
- 7 _____ []
- 8 _____ []
- 9 _____ []
- 10 _____ []

THE 5 MEASURES

WE WANT THE WORLD TO CLEARLY SEE THE "BEFORE AND AFTER" OF YOU AND YOUR PROJECT. IN THE SPACE BELOW, PLEASE IDENTIFY 5 MEASURABLES. THESE CAN BE TANGIBLE, INTANGIBLE, PERSONAL, RELATED DIRECTLY TO YOUR PROJECT, OR NOT.

- | | |
|--------|-------|
| ITEM 1 | _____ |
| BEFORE | _____ |
| AFTER | _____ |
| ITEM 2 | _____ |
| BEFORE | _____ |
| AFTER | _____ |
| ITEM 3 | _____ |
| BEFORE | _____ |
| AFTER | _____ |
| ITEM 4 | _____ |
| BEFORE | _____ |
| AFTER | _____ |
| ITEM 5 | _____ |
| BEFORE | _____ |
| AFTER | _____ |