

Dr. Zimmerman's
JOURNEY TO THE EXTRAORDINARY
Day One

Theme: **TAKING CHARGE:** *Motivating Yourself To Achieve More Than Ever*

Overall description: Peak Performers ... in any profession ... at any level ... have invariably mastered the 6 keys to personal and professional transformation. They have mastered the keys of self-esteem, purpose, goals, attitude, risk, and balance.

And Day 1 of the JOURNEY gives each participant the tools he/she needs to be a Peak Performer ... all the time ... no matter what ... on and off the job.

- Topics covered:*
- 7 strategies for unshakeable confidence ... no matter what's happening at home or on the job
 - 10 questions that will help you determine what you really want out of your career and your life
 - A process for figuring out your purpose ... so you live your life *on purpose* rather than *by accident*
 - The #1 biggest block to the use of your full potential and how to eradicate it once and for all
 - A process for setting your goals and an easy, 10-minute exercise that ensures the actual attainment of your goals.
 - A simple way to turn ideas into action – and why the first action step you take significantly shortens the road to success.
 - The danger of living in your comfort zone and how to get out of it. How to know which risks are most likely to pay off.
 - 8 skills that lead to a positive attitude and a never-ending source of energy and motivation
 - 9 strategies that neutralize stress, no matter how busy your life is.
 - How to create true balance in your life – without sacrificing results (even if you don't think you're overworked, overstressed or out of balance!)

