



SELF-CONFIDENCE

Quick reference & Planning worksheet

Name: _____

Date: _____

PILOT'S PRE-FLIGHT CHECKLIST

1. Start review this document every morning
2. Success Anchors: Note Current Successes
3. Life/Environment Scan: SWOT
 4. Focus clarity: Values list
 5. SMART Goals
6. Actions list: Daily/monthly
7. Visualize
8. Track, Succeed, Expand- REPEAT (make habit)

want this to work for you? review it every morning for 5-10 minutes every day

ORIENTATION

to Today

10 Personal Achievements (success anchors & proof)

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

AIM

Forever

My Core Values

1	2	3	4	5
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free downloadable print-ready Values list available at www.theglorygirl.com/herereferences

SCAN

Life environment

SWOT

STRENGTHS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

OPPORTUNITIES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

free downloadable print-ready Strengths starter list available at www.theglorygirl.com/herereferences



WEAKNESSES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

HURDLES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

SCAN GOALS

	Specific What goal	Measureable By When/How Much?	Accountable who knows? Date?	Realistic what outcome?	ACTIONS		Progress	
					this week or month	start/finish date	date/notes	
1								
2								
3								

Habits

Today

Today's Action Checklist

- What task today to get on goal?
- Visualize values
- Visualize outcome of successful goal achievement, self-positive talk for each one verbally
- Tell friend about goal and send date week before deadline to review your goals with each other

Miscellaneous

Book or class (Udemy.com, etc) name or URL for building strength, reducing weakness, or achieving goal.

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