

# The #1 MUST KNOW Tip to Reach Your Goals!

by: Valerie Stuu, MBA CIC Editor

To begin, YES!!!! you can achieve anything ( yep, I said ANYTHING!!! ). The question is not whether it is possible, but WILL YOU make it happen. Let me say that again, **WILL YOU make it happen?**

If you look around, there are so many women doing AMAZING things - women of all ages! So why not you?

Referencing the cheerleading industry, what is the difference between a team that is in the top 10 national rankings every year ( even with new members ) and those who are not? Is it skills, facility or training - yes and no. What these team members have, including the new ones, is an EXPECTATION that they will be in the top 10 again. With this expectation, they have already DECIDED to be there again and will work with this belief to make it happen until it is realized.

Accordingly, the primary difference between people who are living their dreams and those who are not, is that they first have DECIDED to make it happen. Then, they followed their decision up with an unwavering commitment, massive action, clarity of focus and expectation, and did not stop until it was realized!

So how can you do it too? Just follow the CIC Success Formula:

## CIC Success Formula

1. DECIDE and COMMIT to what your Really Want!
2. Define WHY your want your goal.
3. Get clear on your outcome and put together Action Steps to take.
4. Daily Focus and EXPECT your success!
5. Don't Stop until it is realized.
6. Enjoy your success!

My goal is to help you not only achieve your current goals, but to realize ones you thought were impossible. With the above simple formula, everything is possible!

*“It's not a question of IF it can happen - it is a whether YOU will make it happen!”*

Are you ready to live your dreams? NOW is it the time to get started as your future self will thank you for starting today!

Enjoy Your Success!

Valerie



# How to Use the CIC Success Formula

The following CIC Success Formula worksheet is an easy tool to help you get clear on your goals, define the actions you need and how to stay focused.

*Remember: “Wanting” something is not enough to achieve your goals. You must DECIDE and COMMIT to go for it, work your butt off and don’t stop until you have realized it.*

Here are some tips to using the CIC Success Formula Worksheet with your entire team or on your own:

1. Print out the worksheet for each individual goal you have. Try not to focus on more than 3 goals at a time.
2. Review each of the steps and DECIDE on agreed steps of action, timelines and rewards.
3. Have each team member SIGN the signature page and fully commit to the goal.
4. To help stay focused, make a copy for each team member to place somewhere they can see it everyday. By their bed or on the bathroom mirror are great places as they will get daily reminders to focus on their goal(s). Another easy way to stay focused is for each team member to take a picture of the worksheet and use it as wallpaper on their cell phone, this way they will see it several times a day ( hundreds of times a day - lol ).
5. Review it before each practice and go over the action steps for the day.
6. At each date, review your progress and enjoy the reward.
7. Set up accountability partners by pairing your teammates up to help push each other with their individual action steps.

On the note of rewards, it is SO IMPORTANT to have some type of reward for your accomplishment. Remember, some of the most meaningful rewards do not cost a thing! Some examples include: paper awards, lolly pop or candy item with congrats note, shout outs by putting names on a bulletin board or facebook group page or team friendship bracelet or charm.

Are you ready to live your dream now? Let’s get started!



# CIC Success Formula Worksheet - Example

**Goal:** To Have 5 Star Jumps!

**WHY** do you want this goal? (When describing your WHY, try to add as much feeling as possible. How will it make you feel as well as what you will get out of it.) Example: By having 5 Star Jumps, our team will improve our routines, increase our difficulty level, we will inspire other cheerleaders in our community, we will be SO PROUD of ourselves. And of course, we will look AWESOME!! :-)

**Decision:** (When deciding, describe your Goal in as much detail as possible.) Example: My / Our 5 Star Jumps will include perfect toe touches as well as a jump sequence that will include a toe touch, a front hurdler and a back handspring.

**Actions:** These Action Steps are small steps that you can add to every practice or things your team members can do on their own. For example, adding specific exercises or activities to your practice schedule.

**Mini Goal:** These are goals to reach along the way as you work toward your main goal.

	Start Date	Action Steps and Rewards	Complete Date
1.		Action:	
2.		Action:	
3.		Action:	
		Mini Goal: Reward:	
4.		Action:	
5.		Action:	
6.		Action:	
		Mini Goal: Reward:	
7.		Action:	
8.		Action:	
		Mail Goal: Reward:	



# CIC Success Formula Worksheet

**Goal:** \_\_\_\_\_

**WHY** do you want this goal? \_\_\_\_\_

**Decision:** \_\_\_\_\_

	Start Date	Action Steps and Rewards	Complete Date
1.		Action:	
2.		Action:	
3.		Action:	
		Mini Goal:	
		Reward:	
4.		Action:	
5.		Action:	
6.		Action:	
		Mini Goal:	
		Reward:	
7.		Action:	
8.		Action:	
		Mail Goal:	
		Reward:	



Goal: \_\_\_\_\_

I have DECIDED and I am Committed to this Goal! I am EXCITED to enjoy the Success that I have earned!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

