



## Dynamic You + Dynamic Year = DY2

### **Module Three: Guidelines: We'll look at the 1st and 2nd steps, create clear guidelines to set up success in 2015.**

Now that you have the Wisdom let's apply that to create some guidelines. Guidelines are like advice from you to you and we all know we prefer to take our own advice. The guidelines will help you to change your behaviour by applying the wisdom you learnt.

### **Step 1: Pick 6 bits of wisdom from last year**

Some questions to help you choose the most powerful bits of wisdom:

*Which bits of wisdom showed up a lot or are easily transferrable?*

*Which ones did I learn the most from?*

*Which pieces of wisdom am I most proud of?*

*Which ones do I want to easily remember and implement?*




## Step 2: Create Your Guidelines

**Now that you have 6 favourite bits of wisdom pick 3 of them.**

Here are some questions to help you choose:

*Which of the lessons impacted my life the most?*  
*Which three will have the biggest impact on the next 12 months?*  
*Which ones are new for me?*

### Tips on how to write great guidelines:

- 1. Positive and Empowering**
- 2. Clear and Concise**
- 3. Memorable**
- 4. Use Dynamic Verbs**

*For example:*

<i>My Accomplishment:</i> <i>I started a group called Dynamic Women in Action and it has been a huge success.</i>	
<i>Wisdom:</i> <ul style="list-style-type: none"> <li>• <i>Things aren't as scary as they seem.</i></li> <li>• <i>I can lead groups when I'm true to my vision.</i></li> <li>• <i>Fostered relationships do well.</i></li> </ul>	<i>Guidelines:</i> <ul style="list-style-type: none"> <li>• Focus past fear</li> <li>• Stick to my vision</li> <li>• Foster relationships</li> </ul>
<i>Disappointment:</i> <i>Working too much and not enough time with family and friends.</i>	
<i>Wisdom:</i> <ul style="list-style-type: none"> <li>• <i>I can spend time with family and friends when I schedule it in advance.</i></li> </ul>	<i>Guidelines:</i> <ul style="list-style-type: none"> <li>• Schedule Quality Time 1<sup>st</sup></li> </ul>



**Yeah here's the gold from last year!**

## Guidelines

- 1
- 2
- 3

Now that you have your guidelines you might be wondering what now? Well make sure they are in a prominent place. You can even print this paper out. Cut off the bottom and put it in your wallet, on your bathroom mirror, save it as a screen saver, post it on your fridge – you get the idea. Make it a part of your life so you don't lose the golden nuggets.

**Go Deeper: Journal or even record yourself speaking about what your guidelines are. Explain the path to creating them and what you hope they will do for you moving through this year.** Oh and share them with me: email me at [diane@dianerolston.com](mailto:diane@dianerolston.com) or jump on Facebook and let me know the guidelines you came up with.

Have all three modules completed, printed and bring them with you to the LIVE Event on November 15<sup>th</sup> because we'll go even deeper with them and you'll get feedback from me.

If you're not able to join us then email me the completed modules for feedback.