Train Tough Challenge

Define your quest. What were you put here on planet Earth to master?

How bad do you want it?

Jot down the next three steps of your QUEST.

1. 

2. 

3. 

Take the first step!
Train Tough Challenge

List three areas where you need more discipline.

1. ______________________________________________________

2. ______________________________________________________

3. ______________________________________________________

What are you going to do about it?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
Build a case for yourself. List three reasons you can persevere in any situation:

1. ______________________________________
2. ______________________________________
3. ______________________________________
SACRIFICE

Sorry, You Really Can’t Have It All

Train Tough Challenge

List two areas where you’re willing to sacrifice.

1. ______________________________________________________

2. ______________________________________________________
Train Tough Challenge

Conduct a mission analysis of your next major undertaking. Consider specified and implied tasks, limitations, facts and assumptions, and your available assets. Reverse-plan your tasks, and allocate time accordingly.
LEARNING

No Such Thing as Graduation

Train Tough Challenge

Start a self-development program.

★ Go to the library. Get a library card. Check out some books.

★ Reduce the books to a 3 by 5 card. That is, find the important thoughts in a book and keep them on your cards.

Commit to lifelong learning. You never know what you don’t know!
PROBLEM SOLVING

We’re Here to Fix Things!

Train Tough Challenge

1. Use the CAS3 Problem-Solving Process on your next complex problem.

2. Next time you’re stumped on a problem, ask yourself, “What would Swede Momsen do in a situation like this?”
Watch out for your next ethical dilemma. Break it down; analyze it. Then take the high road to a solution. Do it again on your next dilemma. It takes practice.
Train Tough Challenge

Think big. In the following space, organize how you’re going to organize. Think through how you’re going to stay organized.
Train Tough Challenge

List three projects where you’ve procrastinated, and state why.

1. ___________________________________________________________
2. ___________________________________________________________
3. ___________________________________________________________

Pick one of the three and commit to accomplishing it. Finish strong!
TEAMWORK
With the Emphasis on Work

Train Tough Challenge

Make a list of the teams you’re on. Don’t forget family.

________________________________________________________________________

________________________________________________________________________

Briefly critique each team’s effectiveness.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What one thing can you do to improve each team?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Train Tough Challenge

As you look back over this chapter, what do you see as your biggest strength as a leader? Biggest weakness?

Strength


Weakness


Think about how you can maximize your biggest strength as a leader, and identify ways to shore up your biggest weakness.


Train Tough Challenge

List the life skill tactics that have occurred to you while reading this chapter.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What are some of the moral and ethical considerations involved in employing these tactics?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Train Tough Challenge

Here’s space for writing down your ideas for a healthier lifestyle. Jot them down as they come to you. Stay focused!

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Train Tough Challenge

List three immediate actions you will take to impact your financial situation:

1. __________________________________________
2. __________________________________________
3. __________________________________________

What will you give back?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
RELATIONSHIPS

The Toughest Game in Town

Train Tough Challenge

List three close relationships.

1. ________________________________
2. ________________________________
3. ________________________________

What single action can you take in each relationship to nudge it in the right direction?

1. ________________________________
2. ________________________________
3. ________________________________