

SIMPLE  
ONE  
STEP  
SUCCESS

YOUR VALUE EXPANDS YOUR PERSONAL BRAND

FORECAST GUIDE

EMPOWERING.  
EXERCISE.  
RITUAL.  
WRITING.  
SUCCESS

By \_\_\_\_\_

Date \_\_\_\_\_

# #SOSS BIG ROCK FORECAST GUIDE

EMPOWERING. EXERCISE. RITUAL. WRITING. SUCCESS

## PRACTICE STRATEGY JOURNEY

EST.

Steps to creating the path to success in action

TIME

## DOWNLOAD GUIDE

5MIN

- 1.If you do not own a printer visit the library, ask a friend, use a print shop. Or, copy to a notebook

## STORAGE AND SUPPLIES

30MIN

- 1.Binder with sleeves or hole punch or notebook longhand
- 2.Pencil (recommend 0.9 lead pencil), Erasers

## PRACTICE

DAILY

- 1.Use a pencil
- 2.Fill in spaces, scrap paper, and an eraser is recommended
- 3.At first, this takes extra time. With practice becomes easier

## MIX AND MATCH

10MIN

- 1.Move pages around in a way that works for you
- 2.Move pages around when what works shifts

## CREATE YOUR OWN JOURNAL GUIDELINES

DAILY

- 1.Make a guide that works with your practice or daily strategy
- 2.Do the best you can until you know better. Then when you know better, do better, Maya Angelou

## SELF CARE TO SUCCESS

DAILY

Ritual writing is a core community of habits for self-care success in trust-building for self and others. Your value expands your personal brand with practice. Success is always all ways daily within choices through practice. May this guide help create yours.

# #SOSS MAP FORECAST

EMPOWERING HAPPINESS THROUGH LITERACY

KNOWLEDGE to UNDERSTAND for WISDOM to INSIGHT

## DRAW YOUR VISION

No one is watching. Use a pencil.  
Connect the forecast on a mindmap

## REFLECT

Design using notes

## ADD DETAILS

When a new idea arises for pursuit add this to the forecast sheets. Adjust Big Rock VS Gravel projections. Create space for success

# #SOSS PROJECT FORECAST

BEGIN WITH THE END IN MIND

Big Rocks VS Gravel. Do & Don't Days. Do & Don't Decisions

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BIG ROCKS

M T W T F S S

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BIG ROCK SUCCESS

GRAVEL ELIMINATION

ONE STEP TO MORE PROGRESS

# #SOSS BIG ROCKS FORECAST

## I2-MONTH VISION FOR THE MISSION BOARD

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



# #SOSS DAILY REFLECTION

## BIG ROCKS VS GRAVEL

"HOW YOU TREAT THE ONE REVEALS HOW YOU REGARD THE MANY,  
BECAUSE EVERYONE IS ULTIMATELY A ONE" STEPHEN COVEY

#SOSS DAILY SELF-CARE. BEGIN WITH THE END IN MIND

Upon reflection, which choices help step closer to goals and dreams?

In the CHOICE space list which win-win decision will be repeated

DAY	BIG ROCKS	GRAVEL	CHOICE
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# #SOSS JOURNEY GUIDE

## REFLECTIONS FOR USER BASED ON RITUAL HABIT FORMATION

### I. Be Proactive -

a. Use this guide to create simple steps for self-care of goals to dreams

### 2. Begin with the end in mind -

a. Shoot for goals as high as you can dream

b. Create an inner circle of influence to help expand the ability to dream

c. Falling short of impossible dreams are the steps to the impossible, Patience Phillips #AskMissPatience

### 3. Put first things first -

a. How you treat the one reveals how you regard the many because everyone is ultimately a one, Stephen Covey

### 4. Think win/win -

a. The key is not to prioritize what's on your schedule but to schedule your priorities, Stephen Covey

### 5. Seek to understand first, before making yourself understood

a. To create safe and brave spaces of belonging,

i. We need to commit to doing our work before we do the work and to working within our scope and skill, Brene' Brown

### 6. Learn to synergize -

a. When we deny our stories, they define us. When we own our stories, we get to write the ending, Brene' Brown

### 7. Sharpen the saw -

a. Practice what works daily. Eliminate what does not serve self-care daily, Patience Phillips #AskMissPatience

This guide pays honor to my first influential inner circle teacher of principles, Stephen Covey. Many people influence us daily. This guide helps with personal influence. Use an inner circle chosen or what choices feed ideas to guide development. Assist in personalizing the journal journey.

Simple One-Step Success: Your Value Expands Your Personal Brand development and leveling up the journey requires an understanding of Big Rocks VS Gravel.

This download is an idea generator or can be used exactly as described. If there are any questions, comments, discoveries, and struggles let me know how I might be of service from goals to dreams.



# #SOSS MAP FORECAST Part 2

EMPOWERING HAPPINESS THROUGH LITERACY

KNOWLEDGE to UNDERSTAND for WISDOM of INSIGHT in choices

## DRAW YOUR VISION NOW

No one is watching. Use a pencil.

Connect the forecast on a mindmap

## REFLECT

Design using notes

## ADD DETAILS

If a new idea arises for pursuit add this to the forecast sheets. Adjust Big Rock VS Gravel projections. Create space for success



For references of books and tools to this and any of the Simple One Step Success blog series please visit <https://www.askmisspatience.com/blog-references>

Keep in mind that beginning at the start always costs a little extra effort up front for crafting and practice to take hold before things ease.

Be patient with your discovery effort.

For anyone complaining about the spaces being too small.

There are two choices:

I- less is best or 2- design your strategy.

The small spaces are intentional. Big rocks are few.

This is all about you and your dreams. Thank you for allowing me the privilege of being of service to assist with seeds for the orchards and forests of dreams yet to grow.

Kind regards,

Patience K Phillips

[askmisspatience@mail.com](mailto:askmisspatience@mail.com)

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