

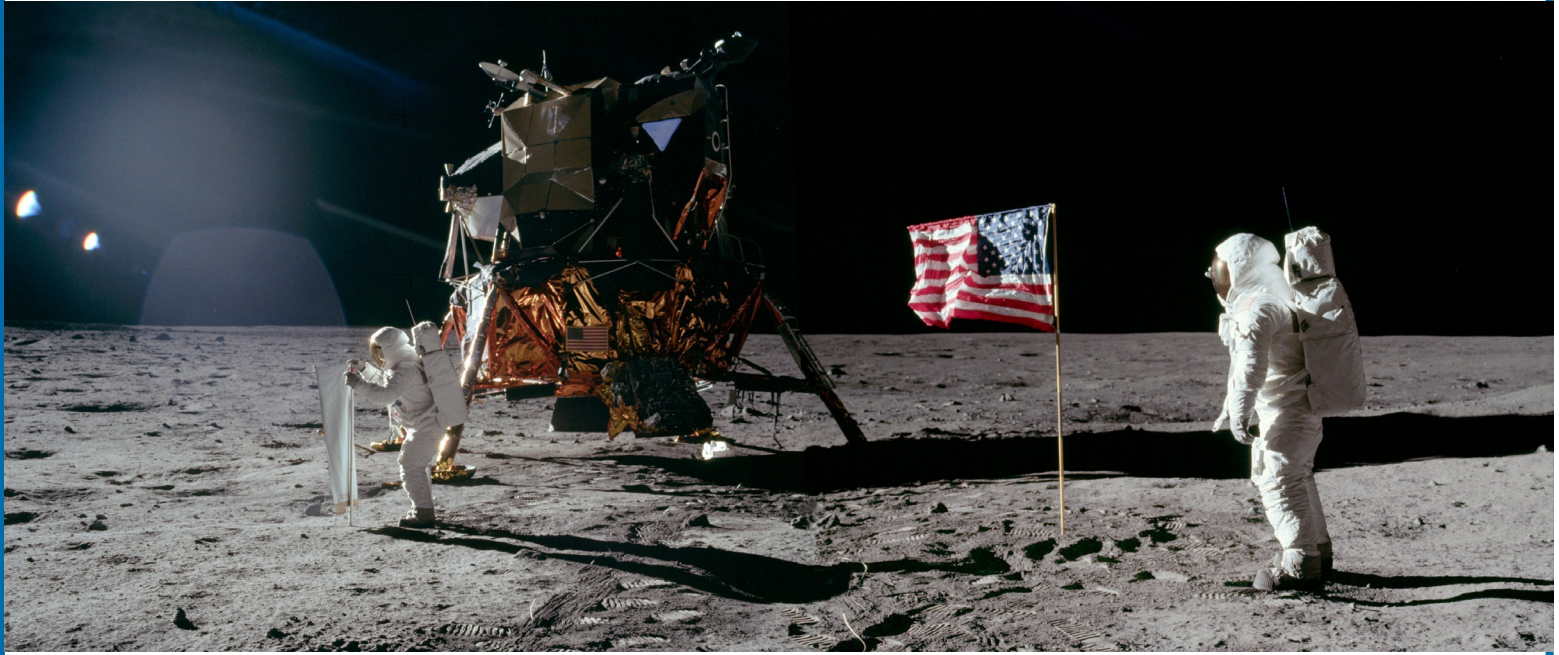


THE PLAN IT. WORK IT. LIVE IT. GAME PLAN

*9 STEPS TO UNLEASHING THE CHAMPION
WITHIN YOU*



The Impossible just hasn't been done yet.



I was born the son of a major league baseball player. I was not born a major leaguer, that part was up to me. Growing up in Yankee Stadium where my father Mel Stottlemire was a 3x 20 game winner and a 5x All Star for the New York Yankees inspired me to dream big. I wanted to follow in my Father's footsteps and play major league baseball. My dream became an obsession, a goal. I believed 100% that I was going to live out my dream.

“I was born the son of a major league baseball player. I was not born a major leaguer, that part was up to me”

Can you remember those huge childlike dreams where everything seemed possible? I'm here to remind you that it's time to be childlike again and wake up the desires of your heart. It's time to take off the hand cuffs of "I Can't" and break loose to the world where everything is possible. The impossible just hasn't been done yet. As I said earlier, I believed in my dream and I could see myself playing in Yankee Stadium. My vision was so clear that even during the tough times I could smell the hot dogs in the ballpark. I didn't care what others thought of my dream; all that mattered was that I believed it was possible. In 1985 my goal became a reality when I was drafted by the Toronto Blue Jays in the first round!

People who make big goals live big lives. You have one life to live, let's live it BIG!!!! I am here to help you unleash the champion that is in you! Let's start #LivingWorldClass!!!

1 Setting Goals

“The ride to the end will make you a champion.”

I have always been a fan of making big goals and writing them down. ***A goal that is not written down with an action plan is nothing more than a fantasy.*** Most people give up on their goals before they even get started. You are not one of these people. There is a champion inside of you that is just waiting to be unleashed! Take a look at the 8 sections of your life: *Spiritual, Family, Relationships, Health-Fitness, Financial, Business-Job, Lifestyle, and Personal Development*. What are some goals that you have in each of those categories? Take action now and write out all of your goals below.

Spiritual, Family, Relationships, Health-fitness

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Financial, Business-job, Lifestyle, Personal Development

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Looking at all of your goals what are the 3 goals that when achieved would have the biggest impact towards #LivingWorldClass?

Let's get focused! Narrow it down and pick your top 3 goals that you are going to attack with Laser Focus.

- 1.
- 2.
- 3.

2 New Behaviors

Successful people have great habits and they have less bad habits than most people. Developing new behaviors, consistently done over time will create massive results. I think back to the endless hours spent on the baseball field practicing the fundamentals and developing my skill. Success doesn't happen overnight. It's consistently doing the ordinary things over and over until you become extraordinary. Habits that are good and bad are developed by consistently doing certain behaviors over time. You need to develop new behaviors that will help you reach your goals that you will consistently do over time. New behaviors that become habits create new skills. In order to change

*“New behaviors
that become habits
create new skills”*

your life and hit your goals you need to change what you do on a daily basis. Think back to when you were a child and your parents asked you everyday if you brushed your teeth. Now fast-forward to today, you brush your teeth everyday in the same routine without

any thought. It has become a habit and a good one at that. Lets face it, signing up for a gym membership and never attending the gym won't get you in great shape. Take action now and pick 1-3 behaviors for each of your

top 3 goals that you will apply consistently over time that will help you hit your goal. It's also a great time to delete any behaviors that might be holding you back from hitting your goals.

Goal 1 _____

3 New Behaviors I will develop to hit my goal

- 1.
- 2.
- 3.

Goal 2 _____

3 New Behaviors I will develop to hit my goal

- 1.
- 2.
- 3.

Goal 3 _____

3 New Behaviors I will develop to hit my goal

- 1.
- 2.
- 3.



3 The Why



The **WHY** is your jet fuel to getting you into action. It encompasses all of the reasons for wanting to accomplish your goals. Your Why needs to be massive and full of power. Think about what hitting your goals will do for your life. Can you visualize what life will be like? Can you see the end before you get started? Your why has to be big

enough and powerful enough that it will carry you through when times get tough. Trust me, there were plenty of tough times in my baseball career and there were plenty of times when I didn't feel like practicing but I was obsessed about my goal of following in my father's footsteps. Greatness comes from the tough days; it's where you learn the most. I believe you have to be obsessed about reaching your goals. Find the pain that will live inside of you if you don't reach your goals. When the pain of staying the same is greater than the pain of change, that's when you change.

Take Action: What is your reason WHY?

4 Be Willing to Sacrifice

I don't believe there are overnight successes. In order to achieve big goals there will have to be some sacrifices.

Sacrifices are made for a season. I will never forget after my first major league season the Toronto Blue Jays asked me to go to winter ball to learn a new pitch. I didn't want to go but I needed another pitch in order to compete at the major league level. Giving up one winter with family and friends was worth the long-term gain

“the sacrifice is going to come before the result, the result follows the sacrifice”

of having a career in major league baseball. It was tough, but it was worth it! Just like the old saying “No pain, no gain” the sacrifice is going to come before the result, the result follows the sacrifice. Unfortunately, many times people give up before the results come, falling just short of hitting it big. Not you! You are a champion! As you move closer to your goal new sacrifices will pop up. Be ready to make adjustments.

Take a moment to identify some of the most obvious sacrifices that you will need to make as you are on your journey to hitting your goals.

List some of the sacrifices you are going to have to make:

Now look back at the goals you are going to hit. Remember where you are going. It's all going to be worth it when you get there!

5 Fighting the Enemy- Avoid the Dream Stealers



If your goal is big enough, you will have plenty of people doubt your ability to achieve it. Let's face it; most people are small thinkers. I can't tell you how many times growing up I heard that I was not like my dad. People would ask me what I was going to do if I didn't make it. What they didn't know was the goal of me following in my father's footsteps was an obsession. I didn't care what

other people thought. I knew in my heart that I was going to make it. Remember; if you buy into what others think then be prepared to live their small lives. Get obsessed about reaching your destination. There is not one person out there that can keep you from your goals except for you. Don't give in, stay away from how the crowd thinks. Be the change that the crowd follows.

You were not born to live a small life, you were meant to be #LivingWorldClass!

People are doing exceptional things all over the world and now it's your turn. It's your turn to start living the life you were meant to live. To become the champion that you were destined to be. It's time to start #LivingWorldClass! Just remember, all of the dream stealers and small thinkers are going to say, "I knew you could do it" when you reach your goal.

6 Decision Time



It's tough to win. All major successes come through lots of little failures along the way. The challenge comes when the road gets bumpy. When you come to the fork in the road you start to question whether or not you are going to make it. Oh man, I've been at the fork in the road with every major goal that I have aspired to reach. This is the place where decisions are made. This is the place where you need to remind yourself why you got started on this path in the first place. If it were easy then everyone would be doing it. Tough times are there to develop you into the champion that

you are becoming. Imagine yourself hitting your goal and what your life is going to be like. One of my mentors once told me that when the pain of staying the same is greater than the pain of change, this where you change. Buckle-up, keep moving forward. The majority of success stories that have inspired me came one step after their darkest hour. I encourage you to take that step and continue to take that step each time you come to the fork in the road. Success and all of your goals are waiting on you just around the corner.

7 Mentors

Wow, I have had some of the greatest mentors in both baseball and in business. *My father, Mel Stottlemyre, has been my greatest mentor.* He has not only served as my most trusted source during my baseball career but also in my life. There are mentors everywhere and for every aspect of your life. Search out the people who have created



success in the field and goal that you are pursuing. Spend as much time as you can with those successful people. Don't forget, you become like the 5 people you hang out with the most. If you want wealth, hang around wealthy people and learn from them. If you want health, hang around people who live healthy lifestyles. Whatever you are pursuing, there are people and examples everywhere for you to mirror. Mentors can come from books you read, audios you listen to, and others in the field in which you are going to conquer. If your goal is to do something that has never been done, don't be discouraged; the world is waiting for you to accomplish it!

Identify the mentors that you will follow

Mentor 1: _____

Mentor 2: _____

Mentor 3: _____

8 Take the Quit Option Off the Table

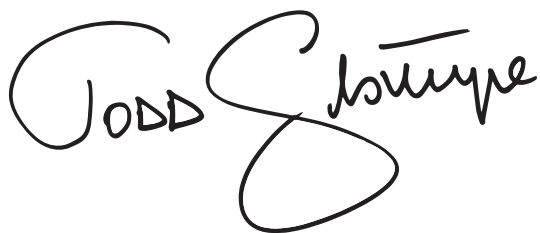
This is actually one of the first steps we need to take when we are outlining a new goal. There is no such thing as quit. We have to have the attitude that we make it or die trying. You have to be completely sold out to reaching your goal. Any weakness will cripple your goal when times get tough. Trust me, if your goal is big enough there are going to be tough times. If it were easy then it wouldn't be worth it. Remember, 99% committed really means 100% out. You have to be 100% committed without any thoughts of ever retreating. No matter how tough your circumstances, stay focused on the vision of your goal and what life is going to be like. If you focus on your circumstances, then your vision loses its power. *If you stay focused on your vision then your circumstances lose their power.* Whatever you focus on is what you empower. Don't forget, you were born to succeed.

QUITTING
IS NOT AN
OPTION

9 Work It! & Live It!

The last page of this guide is a “Take Action Sheet” for you to fill out and reference during your journey. Combine all of the action steps you wrote down through out this guide and combine them here to give you your “Game Plan For Success.” There is a champion inside of you that is just waiting to be unleashed. You were destined for greatness. **GO GET** your dreams.

To your Success,

A handwritten signature in black ink that reads "Todd Stottlemire". The signature is written in a cursive, flowing style with a large, stylized 'S' for the first letter of the last name.

Todd Stottlemire

*Everything is Possible; The Impossible
just hasn't been done yet.*

My Game Plan

Goal 1:

New Behavior #1. _____

New Behavior #2. _____

New Behavior #3. _____

Goal 2:

New Behavior #1. _____

New Behavior #2. _____

New Behavior #3. _____

Goal 3:

New Behavior #1. _____

New Behavior #2. _____

New Behavior #3. _____

My WHY:

The sacrifices I am willing to make:

My Mentors that will help me get there:

Weekly Behavior Tracker

One of the most important things you can do to achieve your goals is to track your progress. Use this Behavior Tracker to track your progress as you master your new behaviors. In the behavior column write the 9 behaviors you identified then in the Goal column write the amount of times each week you need to practice your behavior to achieve your goals. Each day record your stats. At the end of the week total your stats and record in the Achieved Column. Celebrate your wins and adjust if necessary. You've got THIS!

Behavior	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Goal	Achieved
Total									

“Success doesn’t happen overnight. It’s consistently doing the ordinary things over and over until you become extraordinary.”