

MY ULTIMATE



PROFESSIONAL SUCCESSIONAIRE

PROCESS CHECKLIST

NO BS, NO EXCUSES,... I'LL
SHOW YOU MY EXACT PROCESS
THAT HAS HELPED OVER 2456
PEOPLE BREAKTHROUGH



A handwritten signature in white ink, appearing to read 'Todd Saylor', located below the armchair.

A Successful Process Checklist By
TODD SAYLOR

NO BS, LET'S CUT RIGHT TO THE CHASE

WEEK 1

- Set aside time for self-reflection and introspection.
- Write down your goals and aspirations.
- Create a plan for how you will achieve your goals.
- Start developing a positive mindset and practice daily affirmations.

WHY IS THIS IMPORTANT: This week is all about setting the foundation for the rest of the journey. By dedicating time for self-reflection and introspection, you will gain a deeper understanding of your aspirations and develop a plan to achieve them. Building a positive mindset and practicing affirmations will help you stay motivated and focused throughout the journey.

WEEK 2

- Start taking action on your plan.
- Create a routine that allows you to focus on your goals.
- Identify any obstacles that may be holding you back and come up with a plan to overcome them.
- Seek out mentors or role models who can offer guidance and support.

WHY IS THIS IMPORTANT: This week is all about taking action on your plan. By creating a routine that allows you to focus on your goals, you will build momentum and start making progress toward achieving them. Identifying obstacles that may be holding you back and seeking guidance and support from mentors or role models will help you overcome challenges and stay on track.

WEEK 3

- Start exploring new experiences and opportunities that align with your goals.
- Identify your strengths and weaknesses and look for ways to build on your strengths and improve your weaknesses.
- Practice self-care and prioritize your physical and mental health.

WHY IS THIS IMPORTANT: This week is all about exploring new experiences and opportunities. By stepping outside of your comfort zone, you will gain new skills and knowledge that will help you grow personally and professionally. Practicing self-care and prioritizing your physical and mental health will help you stay energized and focused on your goals.

WEEK 4

- Network with others who share your interests and goals.
- Attend workshops or events that can help you gain new skills and knowledge.
- Start volunteering or doing community service to give back to others.

WHY IS THIS IMPORTANT: This week is all about building your network and giving back to others. By connecting with others who share your interests and goals, you will gain new perspectives and opportunities. Attending workshops or events and volunteering will help you develop new skills and knowledge while making a positive impact on others.

WEEK 5

- Evaluate your progress and make any necessary adjustments to your plan.
- Practice gratitude and reflect on all the positive things in your life.
- Practice mindfulness and stay present in the moment.

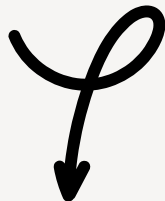
WHY IS THIS IMPORTANT: This week is all about evaluating your progress and practicing gratitude and mindfulness. By reflecting on your accomplishments and areas for improvement, you can make adjustments to your plan and stay focused on your goals. Practicing gratitude and mindfulness will help you stay present in the moment and appreciate all the positive things in your life.

WEEK 6

- Celebrate your successes and accomplishments.
- Set new goals for yourself and continue to strive for personal and professional growth.
- Keep learning and seeking out new experiences and opportunities that align with your purpose and passions.

WHY IS THIS IMPORTANT: This week is all about celebrating your successes and setting new goals. By acknowledging your accomplishments and progress, you can build confidence and motivation to continue striving for personal and professional growth. Setting new goals and continuing to learn and seek out new experiences and opportunities will help you stay on the path towards finding purpose and success in life.

**PROCESSES ARE JUST PROCESSES
UNLESS YOU COMMIT TO CHANGE,
KEEP GOING IF YOU WANT TO GO THE
EXTRA MILE...**



IF THIS SOUNDS LIKE YOU, DON'T JUST STOP AT THE CHECKLIST...

- You are bored and frustrated with your current job
- Or you constantly feel overworked and overwhelmed
- There is no excitement and you dread Mondays
- You feel stuck in your current position
- It feels like your career has stalled
- You are ambitious but struggle with self-motivation under your current circumstances
- You don't know what else you'd like to do or what to do next
- Or you have an idea of where you want to do but don't know how to get there
- You are struggling with job search

This journal is right for you! It will help you to:

- Remember who you are and reconnect with your vision and purpose
- Dream bigger and unlock your full potential
- Stop dreading going to work
- Get unstuck and unlock new opportunities for yourself
- Recognize and change thinking patterns that sabotage your success
- Grow and climb the ladder from a place of gratitude and clarity
- Develop work routines that make you feel happy and fulfilled

HOW TO GET THE MOST OUT OF THIS PROCESS

I recommend going through the whole journal once over a long weekend and then journal for 15 minutes per day answering 1 question over the next 28 days. Keep reviewing how your answers changed over time, set the intention to take aligned action and trust that the process will call lasting change into your life.

DID YOU KNOW

Only about 25 percent of Americans adults report having a clear sense of purpose.



IT'S TIME FOR YOU TO COMMIT, I WANT TO HEAR YOU SAY IT

Welcome to this journal, a tool designed to help you uncover your purpose and live a fulfilling life. In order for you to get the most out of this journal, I need you to make a commitment. I want to hear you say it out loud - I want you to commit to finding your purpose.

Making a commitment is a powerful thing. It signals to your mind that this is important and that you are serious about making a change. By committing to finding your purpose, you are taking the first step towards a life filled with meaning and fulfillment.

In the pages of this journal, you will find exercises and prompts designed to help you explore your values, strengths, and passions. You will also have the opportunity to reflect on your experiences and set goals for the future.

But all of these tools will only be as effective as your commitment to using them. So I encourage you to make a promise to yourself right now. Say it with me - "I commit to finding my purpose."

Remember, finding your purpose is a journey, not a destination. It may take time, and you may encounter challenges along the way. But with commitment and perseverance, you will find your way.

So, are you ready to start your journey? Say it with me - "I commit to finding my purpose."

MEET THE AUTHOR

Todd Saylor
(Mentor / Coach)



Todd Saylor is an accomplished author that helps people that are different from others or have a mindset different from others, through his Wired Differently Book series. Wired Differently offers a fresh new perspective on how people with different dispositions can succeed in life.

ALIGNING YOUR CAREER WITH YOUR PURPOSE

One of the biggest challenges in finding your purpose is ensuring that your current job or business aligns with your values, passions, and strengths. It can be tough to hear, but the truth is that if your job or business does not align with your purpose, it may be time for a change.

Think about it: you spend a significant portion of your life at work, so it's important that it brings you fulfillment and satisfaction. If your job is not fulfilling, it can lead to feelings of boredom, frustration, and unhappiness. This can have a negative impact not only on your career, but also on your personal life and well-being.

So, how do you know if your job aligns with your purpose? Start by reflecting on the following questions:

- Does your job align with your values and beliefs?
- Are you utilizing your strengths and skills in your job?
- Does your job allow you to pursue your passions and interests?
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If the answer to these questions is "no," then it may be time for a change. This change could mean finding a new job within your current field, exploring a new career path, or starting a business that aligns with your purpose.

Making a change can be scary and intimidating, but it's important to remember that taking control of your career is one of the best investments you can make in yourself. By aligning your career with your purpose, you'll find a greater sense of fulfillment, happiness, and satisfaction.

So, take the first step and start exploring options that align with your purpose. Remember, finding your purpose is a journey, and it's never too late to make a change. The hard truth is that if you're not aligning with your purpose in your career, it's time for a change.

TAKE A LOOK AT YOUR BUSINESS/CAREER

HOW DO YOU FEEL ABOUT YOUR BUSINESS AT THE MOMENT?

What are your revenue and profit goals for 2023?

How many sales do you need to make per offer?

What offers do you need to create to reach them?

OFFER NAME	PRICE

How are you going to reach & convert enough people?

THE REALITY CHECK

When your finances don't align with your desired income goals, it becomes difficult to achieve those goals and live the life you want. This is because your finances serve as the foundation for your ability to reach your goals and aspirations. Without the necessary resources, you'll be limited in what you can achieve.

For example, if your goal is to travel the world and experience different cultures, you'll need the financial resources to cover the costs of travel, accommodation, and experiences. If your finances don't align with that goal, you may never be able to make that dream a reality. The same can be said for other aspirations, such as owning a home, starting a business, or pursuing further education. These goals often require significant financial resources, and without the proper planning and management of your finances, you may not be able to reach them.

It's also important to consider the impact of debt on your finances and your ability to reach your goals. High levels of debt can limit your financial flexibility and make it difficult to save and invest in your future. This can be especially problematic if the debt is not aligned with your values and goals, as it may be putting you in a situation that is counter to your purpose. In order for you to meet your income goals and live the life you want, it's important to align your finances with your purpose. This includes creating a budget that takes into account your income, expenses, and savings goals. It also means being mindful of your spending and avoiding debt that doesn't align with your values and goals. In addition, it may be beneficial to seek out new sources of income that align with your purpose, such as starting a side hustle or seeking out a higher paying job.

By taking control of your finances and aligning them with your purpose, you'll have the resources you need to pursue your aspirations and live a fulfilling life. You'll also experience greater peace of mind and a sense of control over your financial situation, which can have a positive impact on your overall well-being.

In summary, if your finances don't match your desired income goals, it becomes extremely difficult to achieve those goals and live the life you want. To reach your goals and live a fulfilling life, it's important to align your finances with your purpose, which includes creating a budget, being mindful of spending, avoiding debt, and seeking out new sources of income.

MONEY & FINANCES

HOW DO YOU FEEL ABOUT YOUR PERSONAL FINANCES AT THE MOMENT?

What are your personal finance and money goals for 2023?

What spending habits do you need to change to reach them?

What investments are you planning to make?

INVESTMENT	COST

What's your strategy when it comes to savings?

LIFE IS MEASURED IN UNITS OF TIME

In order to live a life aligned with your purpose, it's important to take a close look at how you allocate your time. This includes the time you spend on recreation, leisure, and fun.

Recreation and leisure activities can play a big role in our lives and provide much-needed relaxation and stress relief. However, it's important to consider whether these activities align with your purpose and values. For example, if your goal is to start your own business and become an entrepreneur, it may not be in your best interest to spend all of your free time playing video games or watching TV. Instead, it may be more productive to spend that time networking, learning new skills, and working on your business plan.

The same can be said for fun activities. While it's important to have fun and enjoy life, it's also important to ensure that your fun activities align with your purpose and values. If your goal is to live a healthy lifestyle, for example, spending all of your free time drinking and partying may not be the best use of your time.

The bottom line is that you only have so much time in life, and it's important to use it wisely. By allocating your time in a way that aligns with your purpose and values, you'll be able to live a life that is more fulfilling and meaningful.

So, how do you allocate your time? It's important to get serious about how you spend your time and assess whether it aligns with your purpose. This means creating a schedule that prioritizes the activities that are most important to you, and being mindful of how you spend your free time. It may also mean saying "no" to activities or events that don't align with your purpose and values. By making these changes, you'll be able to live a life that is more in line with your purpose and values.

RECREATION, LEISURE & FUN

HOW DO YOU FEEL ABOUT THE AMOUNT OF RECREATION, LEISURE AND FUN IN YOUR LIFE AT THE MOMENT?

How will you incorporate recreation, leisure, and fun into your life in 2023?

How much time will you make per week for recreation and leisure?

When will you make this time (tip: actually schedule it in your calendar)?

What fun activities do you want to do in 2022? When will they happen?

Breakdown

DAY	TIME
M	
T	
W	
T	
F	
S	
S	

A JOURNEY TO INNER FULFILLMENT

Spirituality and personal development are two important aspects of living a life aligned with your purpose. Both can play a significant role in helping you understand your place in the world, find meaning and fulfillment, and live a life that is in line with your values and goals.

Spirituality can be a powerful source of guidance and support, helping you connect with something greater than yourself and find peace in difficult times. It can also help you understand the meaning and purpose of life and develop a sense of compassion and empathy for others. Depending on your beliefs and values, spirituality can take many different forms, including religion, meditation, or a deep connection with nature.

Personal development is also an important aspect of living a life aligned with your purpose. This involves taking an active role in your own growth and learning and working to improve your knowledge, skills, and abilities. Personal development can take many different forms, including education, training, therapy, and self-reflection. By engaging in personal development activities, you'll be able to gain a deeper understanding of yourself, your values, and your goals, and work to live a life that is more in line with your purpose.

By incorporating spirituality and personal development into your life, you'll be able to tap into a deeper sense of meaning and fulfillment and live a life that is more in line with your purpose. Whether through prayer or meditation, learning and self-reflection, or some other means, incorporating these elements into your life can help you find peace, happiness, and a deeper sense of purpose. So, if you're looking to live a life aligned with your purpose, consider incorporating spirituality and personal development into your daily routine.

SPIRITUALITY & PERSONAL DEVELOPMENT

HOW DO YOU FEEL ABOUT YOUR SPIRITUALITY AND PERSONAL DEVELOPMENT AT THE MOMENT?

How will you incorporate spirituality and personal development into your life in 2023?

How much time will you make per week for spirituality and personal development?

When will you make this time (tip: actually schedule it in your calendar)?

Breakdown

DAY	TIME
M	
T	
W	
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BUILDING THE RIGHT SUPPORT SYSTEM

Family and friends can play a significant role in helping you live a life aligned with your purpose. These relationships can provide a source of support, encouragement, and accountability, helping you stay on track and achieve your goals. However, it's important to make sure that the relationships in your life align with your purpose and values.

For example, if your goal is to live a healthy lifestyle, it may not be in your best interest to spend time with friends who engage in unhealthy behaviors like excessive drinking or smoking. Similarly, if your goal is to start your own business, it may not be helpful to surround yourself with friends who discourage your aspirations and do not support your goals.

On the other hand, having friends and family members who support and encourage your goals can be incredibly beneficial. They can help you stay motivated, provide advice and guidance, and offer a listening ear when you need it most.

In addition to the support and encouragement they provide, family and friends can also play a role in helping you achieve your goals. For example, if your goal is to start a business, you may have a friend who has experience in the industry and can offer valuable advice. Or, if your goal is to live a healthy lifestyle, you may have a family member who is an experienced fitness instructor and can provide guidance on exercise and nutrition.

In conclusion, family and friends can be an important part of living a life aligned with your purpose. However, it's important to make sure that the relationships in your life align with your values and goals. By surrounding yourself with supportive and encouraging people, you'll be more likely to achieve your goals and live a life that is more in line with your purpose.

FAMILY & FRIENDS

HOW DO YOU FEEL ABOUT YOUR LIFE WHEN IT COMES TO FAMILY AND FRIENDS AT THE MOMENT?

Whom do you want to see more in 2023?

How much time will you make per week for spending quality time with loved ones?

When will you make this time (tip: actually schedule it in your calendar)?

Breakdown

DAY	TIME
M	
T	
W	
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S	
S	

What memories do you want to create with whom?

FINDING LOVE AND FULFILLMENT

Your love life is an important aspect of living a life aligned with your purpose. The relationships you have with romantic partners, family members, and friends can play a significant role in shaping your experiences, influencing your decisions, and providing a source of support and fulfillment.

When it comes to your love life, it's important to make sure that your relationships align with your values and goals. If you value honesty and transparency, for example, it may not be in your best interest to be in a relationship with someone who is not open and honest with you. Similarly, if your goal is to live a healthy lifestyle, it may not be helpful to be in a relationship with someone who encourages unhealthy behaviors like excessive drinking or smoking.

On the other hand, being in a relationship with someone who supports and encourages your goals can be incredibly beneficial. A partner who shares your values and aspirations can provide a source of support, motivation, and encouragement, helping you stay on track and achieve your goals. In addition to the support and encouragement they provide, your romantic partners, family members, and friends can also play a role in helping you achieve your goals. For example, if your goal is to start a business, your partner may have experience in the industry and can offer valuable advice. Or, if your goal is to live a healthy lifestyle, your friend may be an experienced fitness instructor and can provide guidance on exercise and nutrition.

Your love life is an important aspect of living a life aligned with your purpose. By surrounding yourself with supportive and encouraging people, you'll be more likely to achieve your goals and live a life that is more in line with your purpose.

LOVE LIFE

HOW DO YOU FEEL ABOUT YOUR LOVE LIFE AT THE MOMENT?

How do I want my love life to look like in 2023?

How do I want to feel as a single, with my lover or partner?

What can I do to create meaningful interactions, connection, and intimacy?

What do I look for in a partner in 2022? How do I want to become a better (potential) partner?

TKAING CARE OF YOU

Taking care of your physical health and well-being is essential for achieving success in all areas of life, including mental and emotional well-being. The body and mind are intimately connected, and physical health has a direct impact on mental and emotional health. Here are some reasons why taking care of your health can help you achieve success in mind:

Increased Energy: When you take care of your physical health, you'll have more energy to devote to mental and emotional pursuits. This can help you be more productive and focused, and you'll be able to achieve your goals more effectively.

Reduced Stress: Exercise and other physical activities can help reduce stress and anxiety, which can be major obstacles to success. When you're less stressed, you'll be able to think more clearly and make better decisions.

Improved Sleep: Good sleep is essential for mental and emotional well-being. When you take care of your physical health, you'll be more likely to sleep well, which can improve your mood and cognitive function.

Better Mood: Physical activity releases endorphins, which are natural mood boosters. Regular exercise can help you feel more positive, which can enhance your overall well-being.

Increased Self-Esteem: When you take care of your physical health, you'll feel better about yourself, and this can translate to greater self-confidence and self-esteem. This can help you achieve your goals and be more successful in all areas of life.

By making a unified effort to take care of both your physical and mental health, you can achieve a greater sense of fulfillment and happiness. This can lead to increased motivation and productivity, as well as enhanced creativity and problem-solving abilities. Overall, taking care of your health can be a powerful tool for achieving success in all areas of life.

HEALTH & PHYSICAL WELL BEING

HOW DO YOU FEEL ABOUT YOUR HEALTH AND BODY AT THE MOMENT?

How will I take great care of my health and physical well-being in 2023?

What treatments or procedures that contribute towards my health and well-being will I get done in 2023?

What are my health and body goals for 2023?

What habits do I need to change or create to protect my health and physical well-being?

MY FINAL THOUGHTS

In this mini-course journal, we've explored various aspects of living a life aligned with your purpose, including your job or business goals, financial situation, allocation of time, spirituality and personal development, relationships with family and friends, and love life.

As you reflect on the information presented in this course, it's important to remember that finding your purpose is a journey, not a destination. The process of discovering what truly matters to you and what you want to achieve in life is an ongoing one.

It's normal to feel overwhelmed or uncertain at times, but with persistence, patience, and the right mindset, you'll be able to make progress toward a life that is more fulfilling and in line with your purpose.

In conclusion, my final thoughts are that you have the power to create a life that is meaningful and aligned with your purpose. By reflecting on your values, goals, and priorities, and making intentional choices about how you spend your time and resources, you'll be able to build a life that is fulfilling and true to who you are.

D A T E :
