

# Susan Elizabeth Young

## The Language of Style Rules

- 1) What are your rules?
- 2) Write out your rules and post them on your wall along with your values, goals and dreams.

What are my rules?	If I stick to this rule, how will this help me reach my goal?	What is my commitment to this rule?
1 e.g. Ask for help	I won't feel so overwhelmed	When the going gets tough, I know I can reach out and not feel alone.
2		
3		

Your rules will help you to stay disciplined for you to continue to ACTION your goals and strategies.

Make a commitment to stick by your rules and don't worry if every now and then you forget or fall in a heap; that comes with the territory - just know that they are there for you as your guide and principles to keep going!

