

With Erica Quam

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CREATE YOUR PLAN

for 2024



SCAN ME



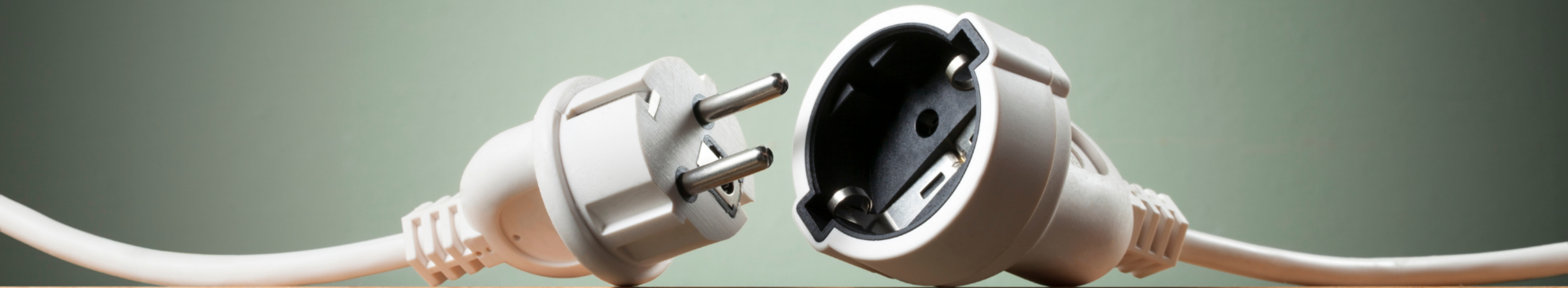
CHILDREN OF THE SETTING SUN

A landscape of layered mountain ranges at sunset or sunrise, with the text "NEW YEAR, CLEAN SLATE" overlaid in the center. The mountains are silhouetted against a warm, golden sky, creating a sense of depth and tranquility. The text is in a bold, sans-serif font, centered horizontally and vertically.

**NEW YEAR,
CLEAN SLATE**







HELLO
My name is

[Blank space for writing a name]

Outline for Tonight

What we're going to talk about



01.

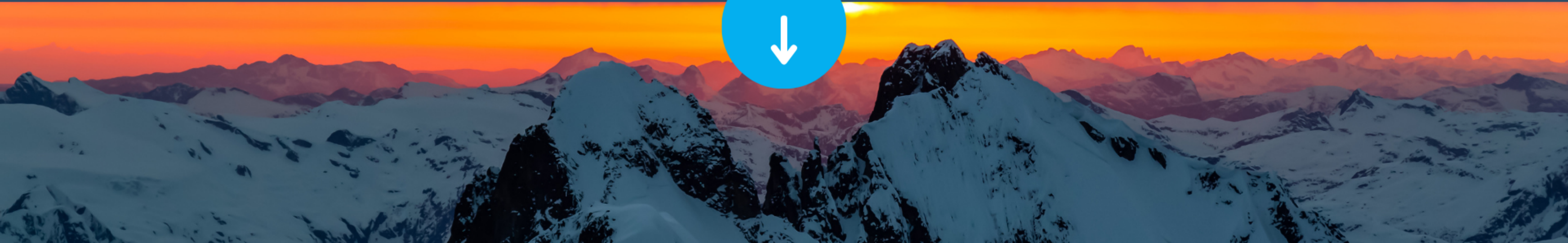
Reflect

02.

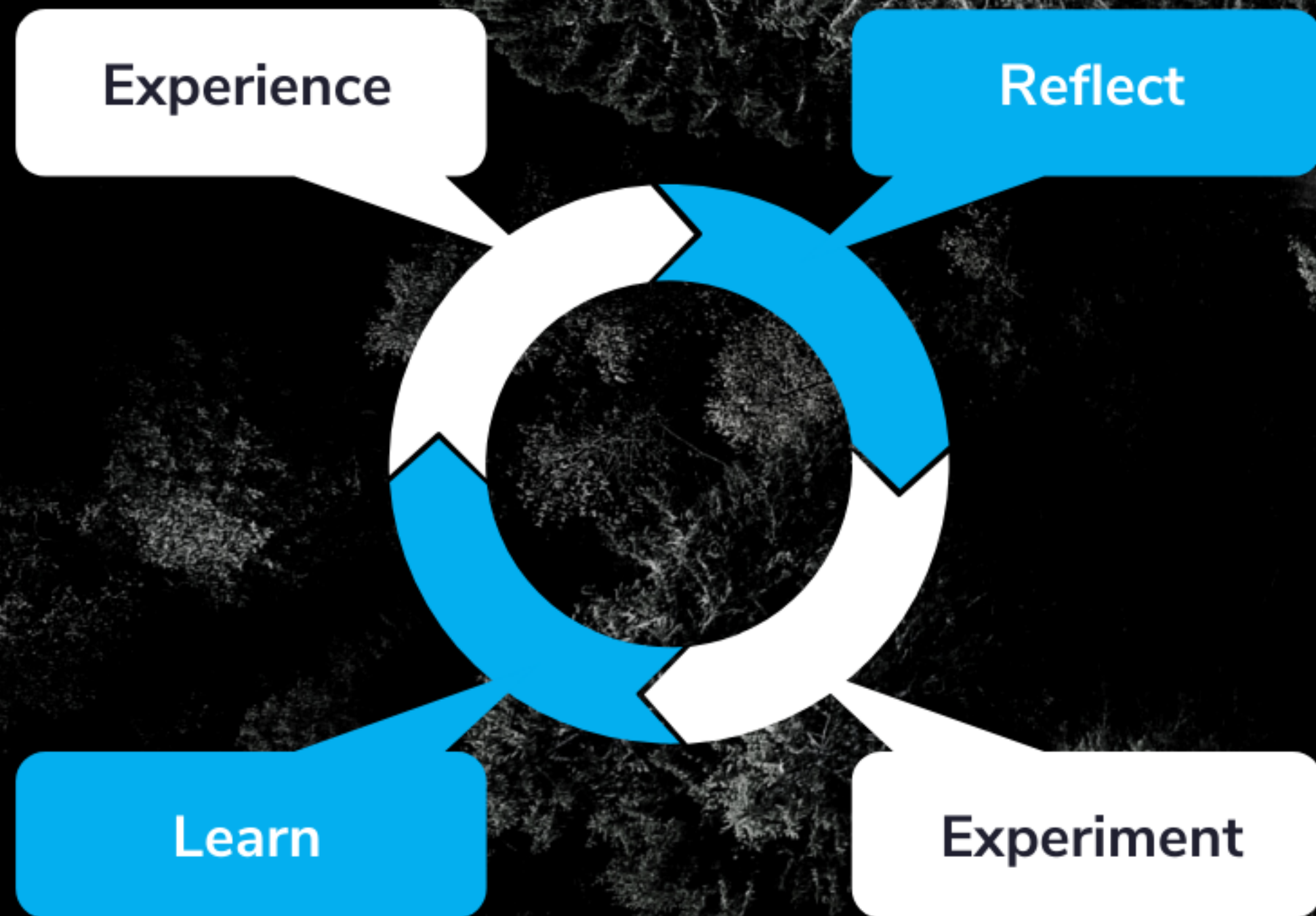
Get Clear

03.

Create A Plan

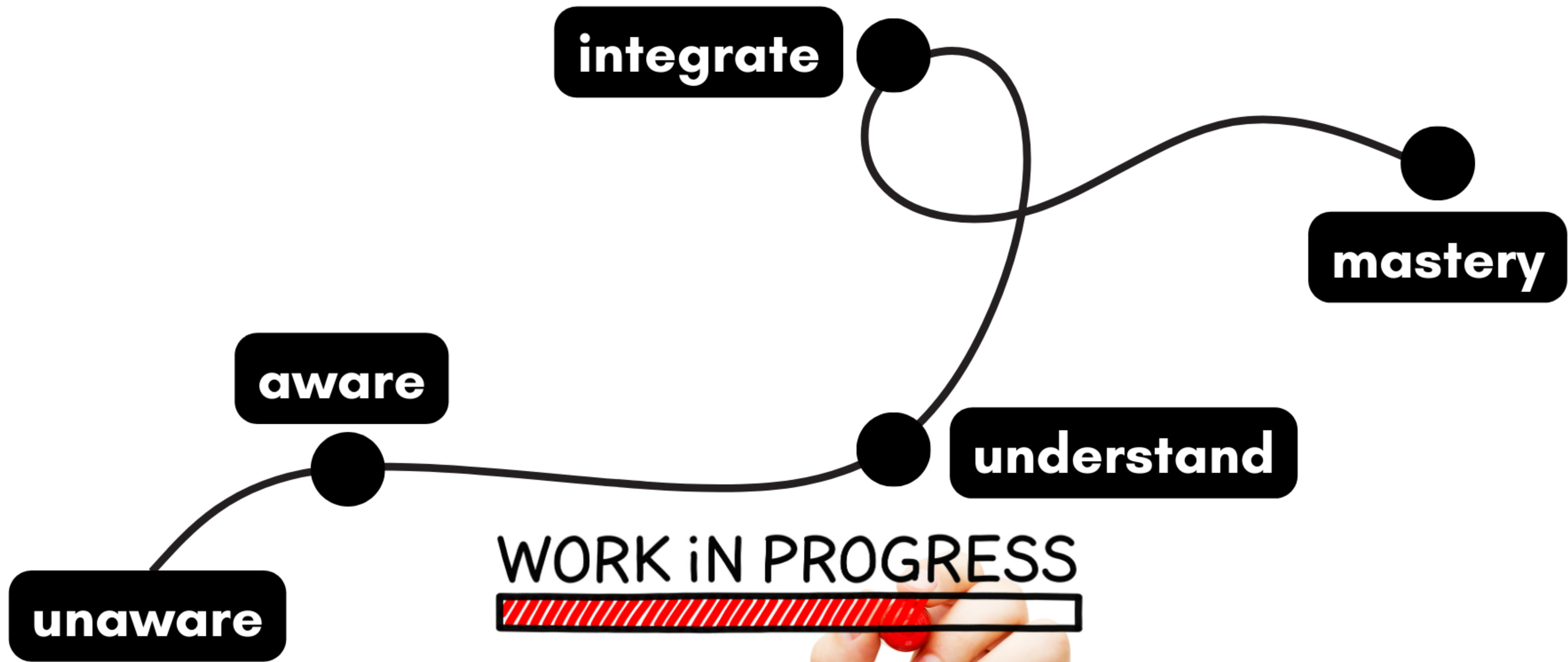


Growth is ongoing



**Life is
Experiential
Education**

The key is to pause and reflect to learn from the experiences you are having.





Celebrations / Accomplishments		This is so great because...		
What Worked?		What didn't work?	Lessons	Changes



Science Lesson

The RAS is the part of your brain that serves as a filter between your conscious mind and your subconscious mind.



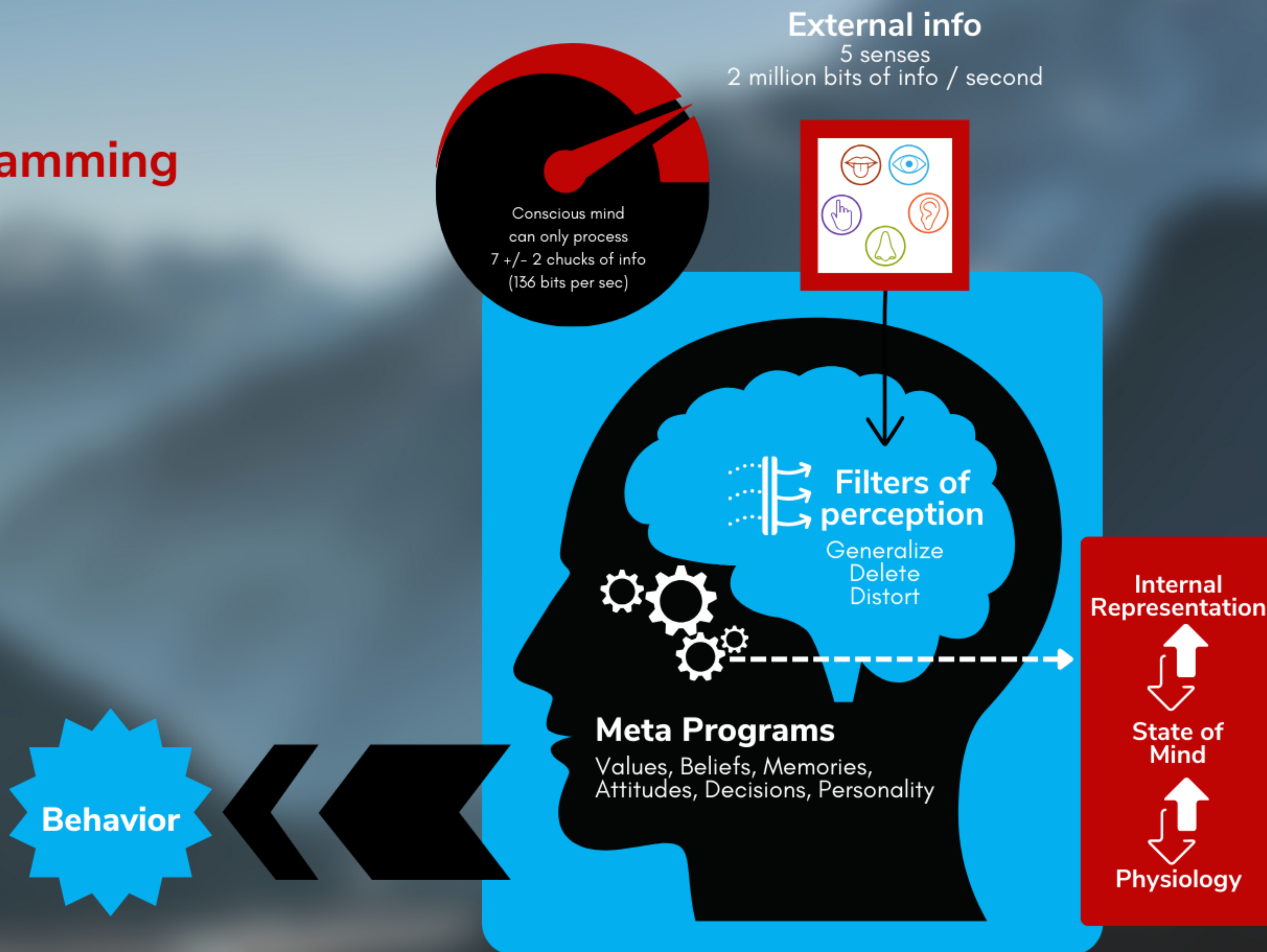
Reticular Activation System





NLP

Neurolinguistic Programming



Overwhelmed

Scarcity Culture - not enough...



CAMP SCARCITY	PLANET ABUNDANCE
Compare	Appreciate
Spend	Invest
Needing Security	Open to Opportunities
Wait	Decide







Entelechy

To realize your purpose through the actualization of your potential.

Like an acorn, seed or cone: the potential is inside. You need the right conditions (fertile soil, water, nutrients, sunshine, etc.) to flourish.

- Originated from Aristotle





WHAT'S POSSIBLE?



How it's been...

How I want it to be...

COME UP WITH YOUR OWN LIST OF CATEGORIES



	How it's been...	How I want it to be...
SCHOOL		
WORK		
FAMILY		
WORKING OUT		

The Real Power of Clarity

No Clarity

Some Clarity

Clear



More Impact

Make a bigger impact when you are more clear about who you are, what you want and where you're going.

More Energy

When you do things with more clarity you spend less energy; decisions are easier.

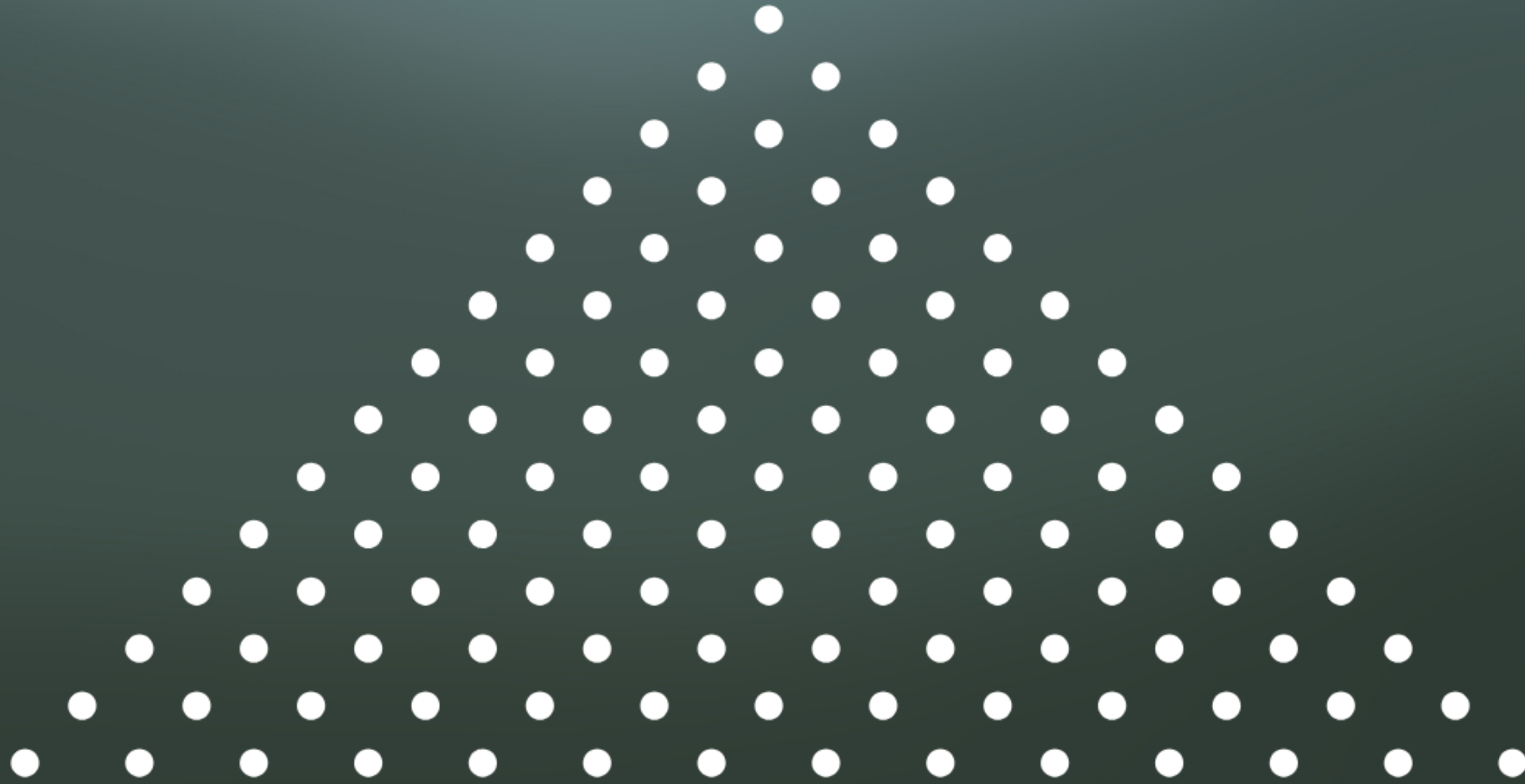


More Aligned

When you are clear you can be more authentic. Set boundaries, give feedback, and acknowledge what you think, feel and want.

100 Units of Energy

How do you invest your energy each day?



Self Management vs. Time Management

	urgent	not urgent
important	<p>URGENT/ IMPORTANT</p> <ul style="list-style-type: none">• Crises, Challenges• Deadline Driven• Last minute prep	<p>NOT URGENT/ IMPORTANT</p> <ul style="list-style-type: none">• Planning & reflection• Development• Relationships• Rest & recreation
not important	<p>URGENT/ NOT IMPORTANT</p> <ul style="list-style-type: none">• Interruptions• Other people's expectations and/or emergencies	<p>NOT URGENT/ NOT IMPORTANT</p> <ul style="list-style-type: none">• Mindless scrolling• Some email• Busywork• Numbing out



** Stephen Covey

What Is Intention?

Align conscious with subconscious



Stay open to possibilities

What if it's possible?
Look for small signs of
synchronicity all around
you each day.



Allow for clean up

Be aware of the dirt!
The first things that may
come up are things that
are unlike your intention.



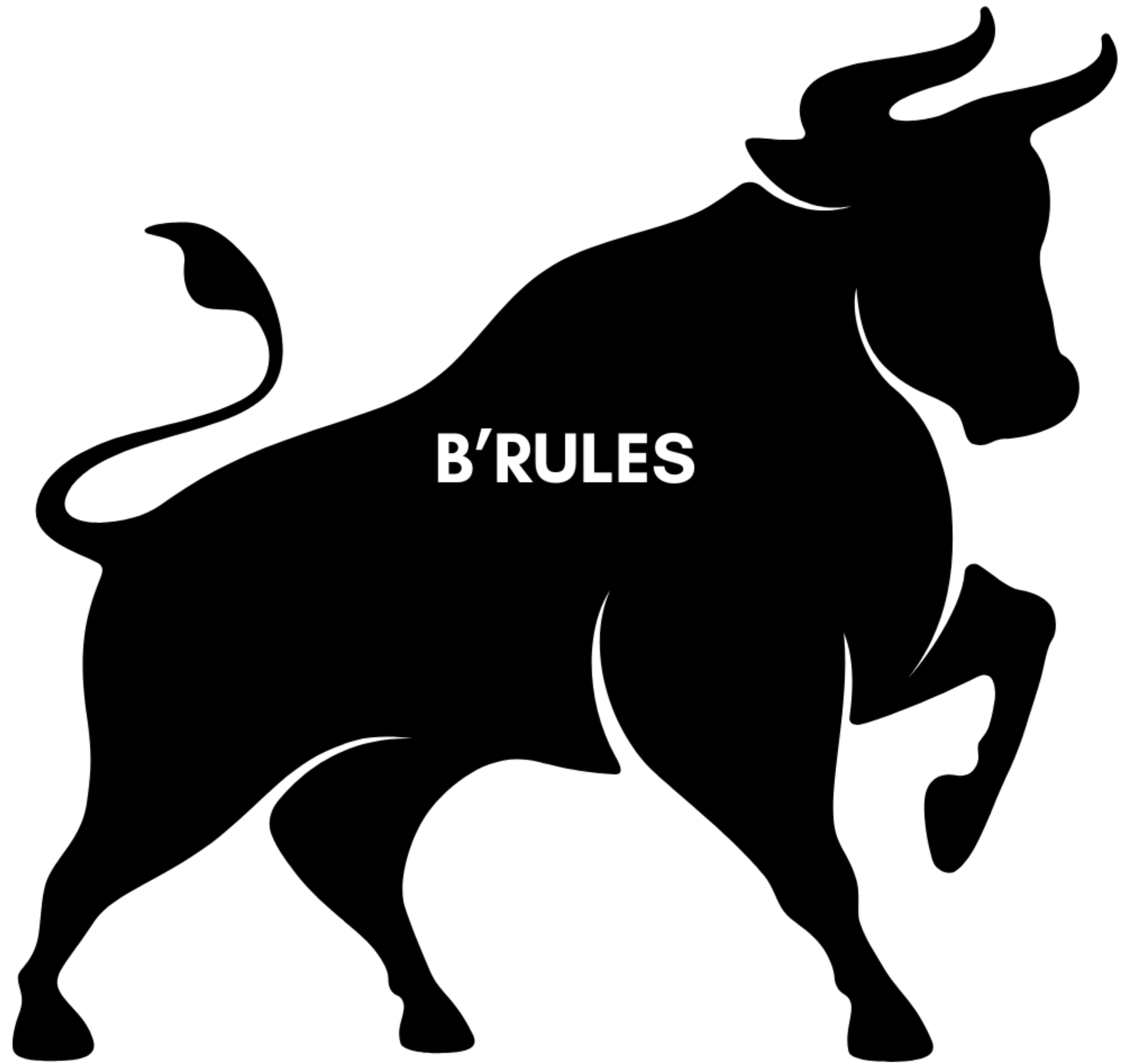
Unplug from perfection

You don't have to know exactly
how to get there. Allow your
intention to unfold vs. trying to
control things
or stay constantly vigilant.

YEAR AT A GLANCE

Q1 - JAN	Q2 - APR
Q1 - FEB	Q2 - MAY
Q1 - MAR	Q2 - JUNE
Q3 - JUL	Q4 - OCT
Q3 - AUG	Q4 - NOV
Q3 - SEP	Q4 - DEC





B'RULES



PLAN A

PLAN B

PLAN C

PLAN D

PLAN E

How do you FEEL each day?

These 22 emotions can give you a clue

1. Joy / Appreciation / Empowered Freedom /

Love

2. Passion

3. Enthusiasm / Eagerness / Happiness

4. Positive Expectation / Belief

5. Optimism

6. Hopefulness

7. Contentment

8. Boredom

9. Pessimism

10. Frustration / Irritation / Impatience

11. Overwhelmed

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred / Rage

20. Jealousy

21. Insecurity / Guilt / Unworthiness

22. Fear / Grief / Depression / Despair /
Powerlessness

HOW TO READ THIS SCALE

Emotions on the left create an upward spiral of energy that move you towards goals and dreams. Emotions on the right spiral energy downward; further from what you want. How do you shift the way that you feel? Make a list of specific things can you do that help you go from feeling 'bad' to feeling a little bit better.

** Abraham Hicks: Emotional Guidance Scale



sleep

drink
water

mental
health

eat
well



Want to stay connected?

Erica's Contact Information



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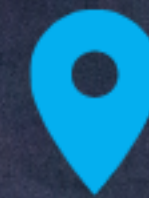
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Thank you for coming!

