



Evan Raymond
(831) 818 5680
evan@mountainwize.com

VSRA

Thanks for downloading this guide for daily improvement towards your goals.

Remember. Success is incremental. A flight of stairs is climbed one step at a time.

VSRA is that series of steps.

Rules

Fill out the blank VSRA pages at the end of this document. Either load them into a google doc, or print them out and hang them on your wall.

You cannot go beyond one page per section.

It's necessary for ideas to compete for space on these pages. You do not have unlimited time or attention. So you cannot give yourself unlimited space on the sheet. What is there has to be more important than whatever it replaced.

How to Fill Out:

Perfecting each sheet is part of the daily application of skills. It is a routine. Understanding the core of each sheet's purpose will result in you creating a VSRA routine that truly drives you to success. Read each section and then start your VSRA journey. If you need any help or accountability consider calling me for accountability coaching.

VISION

The most important skill in accessing your vision of success is awareness.

With awareness of the body and emotional state, you can gauge very quickly what ideas have resonance with you and which do not.

A vision is a collection of ideas and goals that are hooked into your deepest held emotions. These are the things that go into your bucket list to do and achieve before you die.

Positive Emotional Triggers

Your vision must be a positive emotional trigger. It is essential that you are accessing a higher state of mind when accessing vision.

Vision must be detailed. Refer to my blog posts on positive emotional triggers for more information on how to properly envision success.

The two most important factors in envisioning are recognizing the feeling that the vision evokes. And detail. The more detailed a vision sheet is, the more accessible it is.

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SKILLS

Skills are methods.

The methods are the tools and processes you will be applying to accomplish your goals.

If you are going to generate leads and sell to them with an email marketing. Your methods would be website design, copy writing and online tool integration. These are your skills.

If you are going to become a realtor, your skills would be studying for the test, satisfying all the state and local requirements, and taking the test.

Some people have well developed business plans while others have very little idea what is involved in getting their idea from a dream to its execution.

Even those who have a very detailed plan may find out that they discover tools and ticks along the way that give a very different picture to the finished product from what they envisioned at the onset.

If you are seeking out this tool the likelihood is that you have some vagueness or lack of clarity as to the HOW of what you are trying to accomplish.

That is what the Skills sheet is for.

On the Skills sheet you are going to track what skills tools and methods are required for you to accomplish your goal. Especially those methods that will require further training.

These methods define the activities that you are going to engage in every day in your routine activities.

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ROUTINES

When my business partner passed away in 2019, it was worse than pulling teeth for me to face the fact that I was going to have to change and grow in the midst of huge present day challenges in order to create a path out of my predicament.

I hated my office. I just wanted to drink bottles of whiskey. The bank was at my heels ready to take millions of dollars worth of real estate from me.

This is how I survived. I had no plan of how to survive at first, I only knew one thing which was that I had to try something every day.

Success happens incrementally. Just like a mountain climber, you have your eye on the peak all week long. But success is won through small step after small step.

Everything in life is exactly like this mountain.

Everything that you want to achieve has to be done through daily application. You will not taste much of your goal on most given days. You may feel sometimes like you have made no progress.

But these failures are the only way you can learn how to get to where you want to be going.

And so you must develop an appetite for daily application.

This can be done in a way that is not soul destroying however.

If you set these routines into a daily commitment for yourself you will never miss a day of applying yourself, experiencing the pain of struggle and repairing yourself to come back at it better the next day.

By describing these routines and then applying yourself to them through an ethic on a daily level, you will create a muscle memory that will drive you towards success over time.

Only with routines in place can success become a muscle that becomes easier over time.

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ATTITUDE

Affirmations are useless unless they actually work. That means that the words you say have to create the change inside of you that you need.

The attitude page is where you put only the words that are able to jog you out of complacency.

For almost a year, I only had one affirmation that had any effect on me at all.

SIT AT MY DESK.

Every other "positive statement" was junk. I couldn't be bothered. The only thing I knew was that if I was going to survive it was going to happen at my desk so I had better sit there every day until something clicks. That's all I had at the beginning was one affirmation.

GET TO MY DESK

This might sound like a skill or a method. But it is not. It is an attitude. It meant **DON'T QUIT**

It took me a long time to understand it that way.

The Pitfall of Dissociation

When something becomes rote, you can become disassociated from it emotionally. This is why the attitude page exists. An affirmation that you do not feel is useless.

Use your awareness of your body state when saying the words in your routine.

Are you hearing the word negatively or positively?

Is routine a grind?

Is routine a punishment?

Or is routine a path to success?

Is routine a revelation that has changed lives and will change yours?

Are you feeling the first two? Or the second two?

Affirmations have to work

I can tell very quickly if I'm reading an affirmation and it's doing nothing for me.

Nothing happens to my pulse. Nothing happens to my nervous system. Nothing happens to my breath. Nothing happens to my thoughts.

If that is true I need to find new words.

Affirmations have to have the effect that I reapply myself to my work and my vision

Good attitude statements come to me like a jolt. They get me out of my chair. I run to my wall to write them down in sharpie.

Great Affirmations get me back to my routines the next day and the day after. Statements like those are the only ones that belong on your attitude page.

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Vision

Skills

Routines

Attitude



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