



Success Team

In order to achieve anything big or sometimes even small goal in life, we need to have a core team of people around us that can genuinely encourage us and hold us accountable along the way. Victory over any challenge or battle is won with an army and not alone.

We need many mentors to guide us in the right direction.

“For lack of guidance a nation falls, but victory is won through many advisers.” –Proverbs 11:14

We will be tempted...

“Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.” -2 Timothy 2:22

But when we are tempted, we can help each other get back up.

“Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.”
–Ecclesiastes 4:9-10

We can do this through prayer...

“Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” –James 5:16

And constantly encouraging one another to not give up...

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the day approaching.” –Hebrews 10:24-25

Lastly, remember God is your number one fan and he is always with you. He already won the battle so remember to turn to Him in all you do.

“Casting all your anxieties on Him, because he cares for you.” -1 Peter 5:7

Who is on your success team?

Make a list of all the people that take you closer to your goals. This can be people you trust to reach out to for advice, accountability, prayer and/or encouragement. Some people you may not even know but you follow them on social media and their content uplifts your spirit.

Explain how they can help you in the second column and how you might be able to possibly help them in the third. Remember sometimes even just your presence is enough.

This list can expand as your journey persists but start with your 5 core people that you can see being with you throughout your health and wellness journey.

It may be a good idea to talk to these people and let them know about your Cerebral Detox program and future goals so they know how to support you.

Person	How they can help you?	How you might be able to help them?
1.		
2.		
3.		
4.		
5.		

Who is not on your success team?

Write down anyone that is taking you further from your ultimate goals and vision in life. Consider if you should spend as much time with them. Some people are not good influences to be around and are draining your time and energy. Some people you cannot avoid and have to learn how to be the example.