

Program your mind for success in 30 days

**The Roadmap Home:
Your GPS to Inner Peace**

WORKBOOK

For

A 30 Day Success Program

By

Leonard Szymczak

Program your mind for success in 30 days

Dear friends,

I am delighted to present The Roadmap Home: Your GPS to Inner Peace Workbook for a 30 day success program. The goal of the program is to reinforce positive habits of success.



As a psychotherapist for 40 years, I know the importance of clearing out the mental clutter and reprogramming the mind. Daily intentional practice is the surest way to create and establish success.

When you identify goals and aspirations, you start the climb up your mountain. The challenge is to sustain the climb every day. However, if you stumble along the way, merely pick yourself up and move forward. When you follow through with action, you will eventually stand at the pinnacle of success and count your blessings.

Now that you're ready to climb your mountain, apply these steps:

- Read your intentions and success declarations every day.
- Focus your attention at the top, the end result.
- Visualize and emotionalize your outcome.
- Share your intentions with a mastermind group or accountability buddies who support you.
- Establish the 30 day program to reinforce habits of success.
- Bring joy into each step.
- Persevere when you feel like quitting.
- Ask for help when you have difficulty climbing.
- Celebrate every victory, even if the small steps.

Have a wonderful and amazing adventure.

Welcome Home!

Leonard Szymczak

Success Declarations

- ◆ **I am committed to my success which comes easily and effortlessly.**
- ◆ **I love being successful.**
- ◆ **I am successful doing what I love.**
- ◆ **I am courageous and joyful each step of the way.**
- ◆ **I inspire others with my success.**
- ◆ **I ask for help whenever I need it.**
- ◆ **I generously give and gratefully receive.**
- ◆ **I turn failures into opportunities for success.**
- ◆ **I am grateful for every success in my life.**
- ◆ **I AM SUCCESSFUL AND I KNOW IT, YES I AM!**

Program your mind for success in 30 days

Day 1 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. If the top of your mountain represented your success, what would it look like? THINK BIG! Describe your lofty goals and aspirations.**
- 3. Visualize yourself standing on top of the mountain of success. Use your senses and emotions to feel the success. What do you see, hear, taste and touch?**
- 4. Say or sing:**
 - I'm successful and I know it, Yes I AM!**
 - I'm successful and I know it, Yes I AM!**
 - I'm successful and I know it.**
 - I'm grateful and I show it!**
 - I'm successful and I know it, Yes I AM!"**
- 5. List 3 of your successes and 3 miracles (spontaneous opportunities, chance encounters, or grateful moments).**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 2 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What are your specific intentions for the next week?
(How far up the mountain do you want to climb during this period?)**

- 3. Identify 3 action steps you will take today.**

- 4. As in Day 1, say/sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles (spontaneous opportunities, chance encounters, or grateful moments).**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 3 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Describe how your success benefits others. Be specific.**

- 3. Identify 3 action steps you will take to benefit others with your success.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 4 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Imagine the top of your mountain. Use your senses and emotions to feel the success. What do you see, hear, taste and touch?**
- 3. Identify 3 action steps you will take during the day.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 5 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Name the members on your team – your accountability buddies – who will support and encourage you.**

- 3. Identify 3 action steps you will take to create a team or work with accountability partners.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 6 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. If nothing or no one was holding you back, what would you do?**
- 3. Identify 3 action steps you will take to continue the climb.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 7 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Evaluate the progress you've made up your mountain.**

- 3. Identify 3 action steps you will take to celebrate your progress.**

- 4. Say/Sing "I'm successful and I know it, yes I am . . ."**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 8 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Re-focus on the top of your mountain. Have your goals and aspirations changed? If so, list the changes and describe your mountain now. THINK BIG!**
- 3. Visualize yourself standing on top of your mountain. Use your senses and emotions to feel the success. REALLY FEEL THE SUCCESS! What do you see, hear, taste and touch?**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 9 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Name your accountability buddies. Who else can you include on your journey?**
- 3. Identify 3 action steps you will take during the day to ask for help. How can you offer help?**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 10 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What are your specific intentions for the next 7 days?**

- 3. Identify 3 action steps you will take during the day.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles (spontaneous opportunities, chance encounters, or grateful moments).**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 11 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Congratulate yourself for persevering. Make a list of all that you appreciate about yourself.**

- 3. Identify 3 action steps you will take to strengthen the belief that you will make it to the top.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 12 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Picture the top of your mountain. Has it changed?
Describe the summit now. THINK BIG!**
- 3. Visualize yourself dancing on top of your mountain.
Experience the ecstasy of achieving your dream.
REALLY FEEL THE SUCCESS! How does it feel?**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top
of your mountain.**

Program your mind for success in 30 days

Day 13 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What lessons have you learned about failure or success?**

- 3. Identify 3 action steps you will take to turn failure into opportunities.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 14 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What intentions are your priorities today?**

- 3. Identify 3 action steps you will take to address those priorities.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 15 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What kind of help do you need now to continue your climb? Be specific about your needs, wants or desires.**

- 3. Identify 3 action steps you will take to ask for and receive help.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 16 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Look up at the top of your mountain. Have your goals and aspirations changed? If so, list the changes and describe your mountain. Savor your accomplishments.**
- 3. Visualize yourself on your summit. Imagine yourself surrounded by loved ones celebrating your success. See, hear and feel them cheering you. Now magnify your emotions times 10. Then expand the sensations 100 times. Describe how it feels.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 17 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Check-in with your accountability buddies. How have they assisted you? How have you helped them?**

- 3. Identify 3 action steps you will take to strengthen your connection with your accountability buddies.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 18 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What are your specific intentions for the next two weeks?**

- 3. Identify 3 action steps you will take during the day.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 19 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Name any resistance that prevents you from moving forward and upward.**
- 3. Identify 3 action steps you will take to move through your resistance.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 20 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Imagine your mountain. Describe where you are currently at. What do you need to move upward?**
- 3. Visualize yourself at the summit of your success. See yourself energized and joyful about achieving your dream. Let the energy flow through your body. REALLY FEEL IT! Describe the sensation.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 21 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Make a list of the reasons why your success benefits others and why you deserve success.**
- 3. Identify 3 action steps you will take to further your success.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 22 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What are your specific intentions today?**

- 3. Identify 3 action steps you will take during the day.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 23 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. What challenges are you facing now?**

- 3. Identify 3 action steps you will take to meet those challenges.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 24 **Date:** _____

- 1. In the morning read your Success Declarations.**

- 2. How would you describe the journey up the mountain thus far. Write about any surprises or chance encounters that have touched you.**

- 3. Visualize yourself joyfully standing on the summit. Imagine a color that represents joy and accomplishment. Surround yourself with that color. Let it permeate every cell of your body. Describe the feeling.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**

- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 25 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Check in with your accountability partners. How have they helped you and how have you assisted them?**
- 3. Identify 3 action steps you will take to assist your accountability buddies or seek their help.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 26 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. You have almost completed the 30 days. Is there anything you really need to accomplish over the next 5 days?**

- 3. Identify 3 action steps you will take to accomplish those goals.**

- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 27 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Describe any positive habits you have established over the past 27 days.**
- 3. Identify 3 action steps you will take to reinforce those positive habits.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 28 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Focus on your mountain, your goals and aspirations.
Write your vision and how it benefits others.**
- 3. Visualize others being inspired and helped by your success. See this vision playing out on a large screen.
Write about it.**
- 4. Say/Sing “I’m successful and I know it, yes I am . . .”**
- 5. List 3 of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 29 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. Make a gratitude list of all the people and experiences you've encountered on your journey up the mountain.**

- 3. Identify 3 action steps you will take to share your gratitude with others today.**

- 4. Say/Sing "I'm successful and I know it, yes I am . . ."**
- 5. List 3 of your successes and 3 miracles.**

- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain.**

Program your mind for success in 30 days

Day 30 **Date:** _____

- 1. In the morning read your Success Declarations.**
- 2. CONGRATULATIONS! You completed the 30 days. Notice how far you've come. Describe your accomplishments, the lessons learned, and the people you've helped.**
- 3. List 3 ways you will celebrate your victory today.**
- 4. Say/Sing "I'm successful and I know it, yes I am . . ."**
- 5. List three of your successes and 3 miracles.**
- 6. Before falling asleep, picture yourself rejoicing at the top of your mountain. CONGRATULATIONS!**