



# MATT UPTON

SPEAKING OF SUCCESS | TRANSFORMATIONAL COACHING FOR YOU TO  
REACH YOUR NEXT PLATEAU AND BEYOND

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## 18 STEPS TO TRANSFORM 2018 INTO AN EXCITING JOURNEY

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- STEP THROUGH YOUR PLATEAU TO THE NEXT PLATEAU

1. **S**mile more
2. **E**levate others with your words and actions
3. **V**alue spending time with others
4. **R**ally for Us
5. **E**ducate by example
6. **G**ive more
7. **R**each out to those less fortunate
8. **A**lign yourself with your best self
9. **T**ransfer some of your money to worthy causes
10. **I**nvolve yourself in making things better
11. **T**ally up the Good things
12. **U**nite yourself with people that make you smile
13. **D**edicate some time every week to Serve
14. **E**levate someone everyday
15. **L**ive honorably
16. **O**pen your heart to be loved
17. **V**alue the small things
18. **E**ngage in living through participating