



PLAN FOR 2021

Success Today

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Actions speak louder than words. Talking and planning aren't enough to make progress towards a goal. Some of us specialize in day dreaming and planning. Some of us specialize in saying, "I'll do that someday." We might have the best ideas, but ideas without action are a waste of time and mental energy. It's important that we set goals and then spend our time actually doing something that moves us towards achieving those goals.

Action is key.

1. Identify your top 1-2 goals you want to achieve?

2. Breakdown your goal(s) into manageable actions. What small, achievable steps can you do every day to move you towards that goal? Place that at the top of your to-do list.

3. Determine the date you want to achieve your overall goal. Working backwards from that date, establish timelines to achieve each manageable action you set. This provides you with a timeline roadmap of how you're going to get from A to Z.

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4. Create an accountability tracker. Trello, Evernote, an Excel spreadsheet, a mobile app or pen and paper. Whatever it is, you'll need to find the option that works best for you and something you will use regularly to monitor your progress.

5. What obstacles do you see in achieving this goal? What can you do to eliminate or minimize these obstacles? ie. time, money, will-power, obligations

6. Ask yourself what your life will look like if you achieve this goal. Then ask yourself what your life will look like if you don't.

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Thinking about everything that needs to be done to accomplish this goal can cripple you from even getting started. Focus on the benefits of doing that one small step today and the sense of accomplishment you'll feel. If need be, create a rewards system. If you do that one step today, you reward yourself with XYZ.

As you've established a timeline roadmap, understand, that just like any journey, sometimes that roadmap will have to be adjusted. If you've ever been on a road trip, you know that road closures and detours can become a part of the journey. Just reflect and adjust and then keep your foot on the pedal. The important thing is to remain focused on the direction you want to go and don't let detours sabotage your path.

Just like Nike says, "**Just Do It.**" There is no time like the present to do what needs to be done. Whenever you think, redirect your thoughts to this short command. Let your mind hear it over and over. Eventually, your mind will start to use this thought in the first place.

REMEMBER: FOCUS + DETERMINATION = SUCCESS