

10

STICKING TO YOUR RESOLUTIONS Ways to Reach Your Goals



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When it comes to making resolutions, we all have the best intentions of staying focused on our objectives and persevering in our efforts. But as time goes on and we get caught up in the sheer busy-ness of life and work, we need a set of best practices to keep us on track and on target. Here's a list of my favorites tips — certainly not the only route to success, just some things I've learned over the past year through my networking business that I wanted to pass on to you! Want more inspiration? Give me a call and we'll chat!



1 Make It Real.

Don't just declare resolutions at the start of a new year because everyone else is doing it. Set real, tangible goals for yourself to accomplish over the year so that you'll have real, measurable results to show for yourself at the end of the year. While you're at it, overreach just a little! For example, want to lose 40 pounds? That averages out to 3.33 pounds a month — a very doable goal. So why not stretch a bit and shoot for 5 pounds a month, which will amount to a whopping 60 pounds at the end of the year? Need to make 5 cold calls a week? Make 6 instead; that way, even if you fall a little short due to time or energy constraints, you'll have met your original goal. Want to land 3 new clients by mid-year? Assertively pursue 4, 5, 6. Your goal should be just a little beyond what you think you can actually achieve because it'll make you work a little harder to attain it.



2 Say It Out Loud.

Record yourself on your phone. Tell your family and friends what you've resolved to do. When you speak it aloud, your network not only knows you're serious, but they'll provide you with needed support and encouragement along the way. Just hearing yourself say the words out loud will make them more real for you too.



3 Write It Down.

Anywhere and everywhere you'll see it every day. In a journal, on the calendar, in your day planner? Sure, those are good places. But the bigger and more obvious the better! Make a sign in all caps and pin it to the fridge ... tape a post-it note to your dashboard ... write your goal in lipstick or dry erase marker along the top of your bathroom mirror. When your goal is staring you in the face every day, you can't forget it or ignore it. Keep it at the forefront of your mind and your actions.



4 Make a Plan.

How are you going to get to your goal? Break it down into achievable steps and then map out deadlines for those steps. Let's say you decide to save \$3,000 for your next vacation. If you wait for a bonus check that never comes or a jackpot that never hits, you'll never meet your goal. But if you plan to put away \$250 a month instead, then you only have to find \$250 a month: Don't stop at Starbucks every day on the way to work — drink the coffee at the office. Pack your own lunches from home 4 days a week. Take the time to finally change your phone plan or cancel the HBO you never watch. Sell your old clothes on eBay. Put those earrings down — do you really need *another* pair? Get a temporary side job: seasonal help, dog-walking ... or do what I did: rep for It Works!, with very affordable start-up fees. When you really want to do something, you CAN do it — you will find openings if you're looking for them. But you need a plan in place so that the goal can become a reality, not just a pipe dream.



5 Hold Yourself Accountable.

Once you've made a plan, track your progress and formally log it so you can see the results start building. Check off each deadline you make, create a countdown of the pounds lost or a count-up of the dollars saved. Seeing the results you've generated will fuel you to keep up the momentum.

You Can Do It!

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10

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6

Stay Focused.

The hardest part of any life goal or resolution is staying the course. Things just always seem to get in the way — real things. Did you pledge to go to the gym 3 days a week, but your kid got sick this week? That's okay — it happens. Maybe you only go twice this week. Maybe you go 4 times next week. Better yet, after your little one is resting in bed, find an exercise video online or On Demand and do a mini-workout right at home. Put on your headphones and dance around the house as you clean for your exercise for the day. It's important to not let excuses (even valid excuses) steer you off your path, but you also need to be flexible in reaching your goals and find work-arounds when you hit inevitable obstacles. If you stay focused on the end, you'll find the means!



7

Ask for Help.

Easier said than done for some people, I know, but sometimes we just can't do it alone. You can't sell that couch in the garage on Craigslist if you can't get it out of the garage, but your friendly neighbor is always offering you assistance, so take him up on it. And sometimes help comes in the form of moral support or encouragement. True, you and only you can stop smoking, but that doesn't mean you can't ask a friend to be your "Quitting Coach" or ask guests to go outside when they want to smoke or ask your doctor for a prescription for a smoking-cessation aid.

8

Be Consistent

It's a simple concept, but it's hard to put into practice. You can't lose weight if you diet one day, binge for two ... you can't perfect your snickerdoodle recipe if you keep switching to oatmeal and chocolate chip ... you can't finally get that attic organized over the course of 3 planned Saturday afternoons if you go up there only 1 Saturday. And you're not gonna hit that vacation-fund goal if you forgo your daily mocha latte, but then splurge on a \$200 dress. Consistency means doing something regularly enough that you actually make progress getting it done. You don't have to be perfect; you just have to be consistent on the whole.



PERSEVERE

Believe in Yourself ... And the World Will Believe in You Too

9

Stay Positive.

Surround yourself with good vibrations! Negative feelings — yours or someone else's — create road-blocks. Positivity breeds happiness, contentment, self-satisfaction. When you learn to act as your own cheerleader and call in encouragement from your teammates when you need it, optimism will light your way and belief in your ability to stick to your promises to yourself will create the confidence and self-assurance needed to attain your goals.

10

Reward Yourself.

The most important guideline of all. Each and every time you hit one of your goal dates, check off one of your to-do items, or provide your service to that new client for the first time, celebrate your success with a reward that is meaningful and healthy for you. Lost 10 pounds? Go buy those jeans you've been eyeing. Worked hard all week? Schedule a trip to the beach on Sunday. Call your mother every Wednesday night like you promised you would? Then go try that new hair color that's been sitting in the bathroom cupboard waiting for you to have the time to give yourself a lift. Your rewards don't have to be extravagant or expensive — just something you know you've earned for yourself and will relish just for yourself. When the next step of the goal hits a snag, remember the next reward you're going to give yourself to keep you pressing onward.

Call Nancy

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Ask Me How I Can Change Your Life!