



ACHIEVING THOSE GOALS

8 TIPS FOR MAKING SUCCESS A REALITY

STEP 1: CREATE A LIST

Set a timer for two minutes and just write out what you're feeling you'd like to change or achieve.

Don't worry about the practical carrying out of these ideas yet, just get them down on paper.

Once you've finished writing out your ideas, go over the logistics of them; writing down what you would have to do to see them through to the desired outcome.

Once you've done this, post your completed list somewhere where you'll see it often – to remind you of your goals.

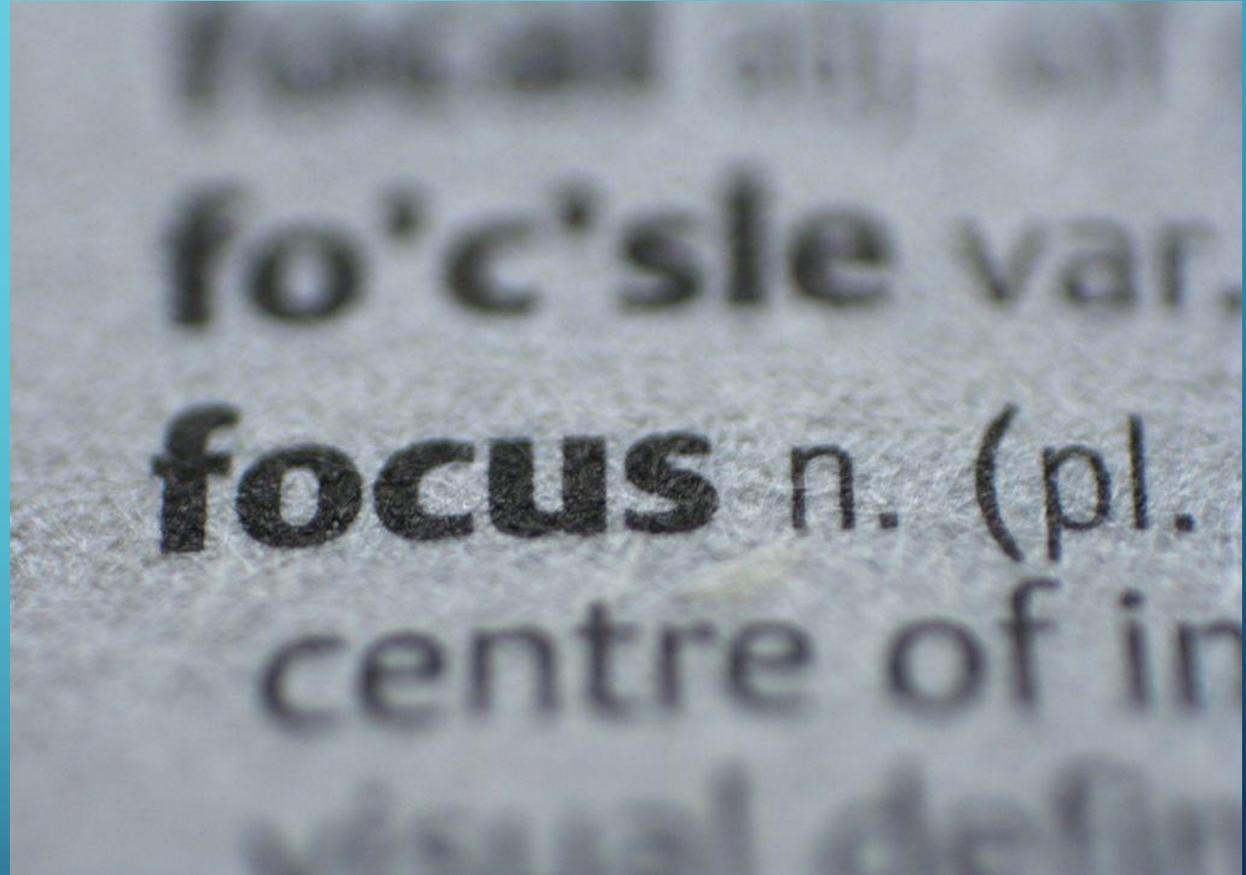


STEP 2: CUT OUT THE DISTRACTIONS

Most of the time distractions can be kept at bay by just keeping a clean workspace.

Sometimes the physical clutter transfers over to mental clutter; which visually provides too many things vying for our attention - making it near impossible to focus.

By cutting the clutter, we are inevitably removing many distractions – distractions keeping us from what we want to do and achieve.



STEP 3: WAKE UP EARLIER

If you're finding that there's simply not enough time in the day to do what you hoped to do, then try waking up 30 minutes to an hour earlier than you are now.

You'll be surprised at how much you're able to get done with that extra time in your day!

"The early bird gets the worm." So they say.

“

Early to Bed, and
Early to Rise, Makes
a Man Healthy,
Wealthy, and Wise.

– Benjamin Franklin

STEP 4: MAXIMIZE YOUR WEEKENDS

Weekends are not only a wonderful time to rest and relax, but also to prepare for the upcoming week.

Don't let Monday take you by surprise!

Have your outfit set out for the next day; or your meals prepped for the week; or your itinerary/to-do list all mapped out.

By planning for the next week on the weekend, you'll have less stress, and sleep better with knowing that things are in order for achieving your goals.



STEPS 5 AND 6: STOP PROCRASTINATING, AND FIND PEOPLE TO HELP YOU

Try to beat the procrastination bug by setting a timer, for just 15 minutes, to bear down and do that thing that you've been putting off and putting off.

If you do this everyday, soon that 'mountain' will become a 'mole hill'.

No one can succeed on their own, everyone needs a group of supporting people – or people who we can strive to emulate.

These people can either be people you know personally, professionally, or through a podcast or video series – or all of the above!

Find people that inspire you to persevere, and who will hold you accountable.



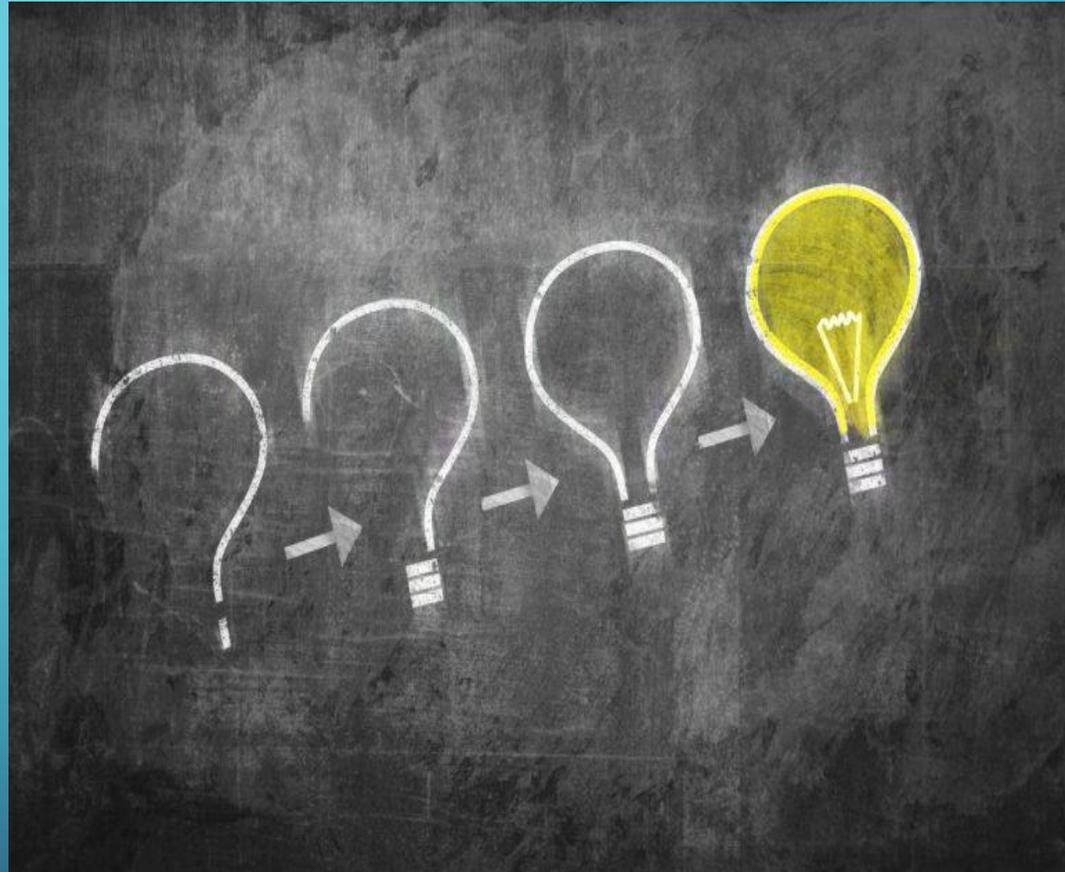
STEP 7: BE WHO YOU WANT TO BE

It's almost like role playing – try acting like the person that you want to become.

Think about who you hope to become: How will the improved you act, think, speak and live?

Look at the people that you would like to one day be like. What do they all have in common?

Is there something that you could start implementing today that would propel you towards being more like them?



STEP 8: REWARD YOURSELF

When you notice that you've made it through the first week of consistently practicing your new habits, like: walking for 30 minutes a day; or waking up at 5:30 each morning; or even just taking the time to rest and be present each day.

Then reward yourself! You've earned it! Do something that makes you feel great, and will inspire you to keep up the good work. Like: Going to the spa; Buying yourself a new outfit; Treating yourself to a favorite dessert at one of your favorite places.

Just be sure to choose something that will be sustainable over the long run.



“

SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE THAT
COUNTS.

”

- Winston Churchill

Yes, remember this!

We wish you well with your goals this new year!!



Healing Hands

Health Center