

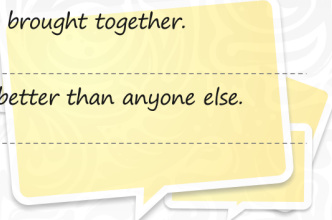
20 Steps To Achieving Anything

Clarity + Emotion + Action = Achievement.

Great things are not done by impulse, but by a series of small things brought together.
- Vincent van Gogh

You have to learn the rules of the game, and then you have to play better than anyone else.
- Albert Einstein

There are no shortcuts to life's greatest achievements. - Unknown



1 ★ **CLARIFY MY GOAL** ★

I will write down **exactly what it is that I want to achieve**. I will include as many details as possible!

COMPLETED

2 ★ **DISCOVER A BIG WHY** ★

I will write down a list of **specific, positive, emotional reasons** for achieving the goal, and post the list where I can review it regularly.

COMPLETED

3 ★ **DEFINE THE PAIN** ★

I will list all the **regrets and/or consequences** of NOT achieving it (think *1, 3, and 5 years into the future*).

COMPLETED

4 ★ **CAPTURE MY VISION** ★

I will create a **vision board** with pictures (*people, places, and things*) and words that help me 'live' the emotional experience of achieving my goal.

COMPLETED

5 ★ **LEARN WHAT I NEED TO DO** ★

I will **use Google** to find books, courses, articles, how-to's, guides, tips, and videos that explain how to accomplish my goal.

COMPLETED

6 ★ **FIND A MENTOR** ★

I will gather a list of *10-20 questions* and **interview someone** who's achieved what I want to achieve.

COMPLETED

7 ★ **DEVELOP A PLAN** ★

I will develop a simple step-by-step plan containing *milestones* with dates. I won't know all the details initially, I just need a rough guide.

COMPLETED

8 ★ **CHOOSE SOME REWARDS** ★

I will choose several *small rewards* (books, movies, clothes, tools, days off, etc.) to give myself after completing various stages of my goal.

COMPLETED

9 ★ **IDENTIFY RESOURCES** ★

I will **take inventory** of what assets I currently have at my disposal, including *tools, skills, experience, contacts, websites*, etc.

COMPLETED

10 ★ **ELIMINATE ROADBLOCKS** ★

I will create a *simple list* of potential roadblocks I could encounter, then decide (**in advance**) how to quickly overcome them.

COMPLETED

11 ★ **REMOVE DISTRACTIONS** ★

Too much TV, games, over-socializing (in person, on the phone, or online) **consume valuable time**. I will create a **'time-budget'** for these activities.

COMPLETED

12 ★ **ENLIST A PARTNER** ★

If I know someone who desires the same outcome as me, I will **join forces** with them - **there's real power in synergy!**

COMPLETED

13 ★ **MANAGE MY TIME** ★

I will take *the steps* within my plan, **assign them each a time** (30 mins., etc.), then *use a timer* to focus on completing each of those steps.

COMPLETED

14 ★ **CONNECT WITH IT** ★

I will **regularly turn off all noise** (TV, computer, phones, etc.) so I can sit quietly for 5-10 mins. to *visualize and meditate* on my goal.

COMPLETED

15 ★ **MAINTAIN MY HEALTH** ★

Good health provides energy! I will drink plenty of water, eat healthy foods, breathe deeply, and get some moderate exercise.

COMPLETED

16 ★ **BECOME ACCOUNTABLE** ★

I will **commit to my goal publicly** by telling others about it (*in person or online*). I will share with them both *details and progress*.

COMPLETED

17 ★ **IMMERSE MYSELF IN IT** ★

I will **surround myself with anything** (people, pictures, books, music - whatever) that keeps me immersed in the reality of my goal.

COMPLETED

18 ★ **TAKE SPECIFIC ACTION** ★

I will **take at least 1 action** toward achieving my goal each day - even if it's something small.

COMPLETED

19 ★ **STAY EXCITED** ★

I will keep myself excited about my goal by **adopting a 'What If UP' mindset**: *What if I do better than expected? What if it all goes right?* Etc.

COMPLETED

20 ★ **REVIEW MY PROGRESS** ★

I will spend 5-10 mins. a week **reviewing the progress** I am making toward my goal, and **make any changes as necessary**.

COMPLETED