

IS NOW REALLY THE RIGHT TIME TO BEGIN? – EXERCISE:

Do you really want to make positive changes in your life? If so, what’s stopping you from beginning to make those changes today? In the exercise from the chapter *How Can I Be Success-Minded?* you wrote down your most important goal. What, you still haven’t done the exercise? How do you expect to reach your goals if you don’t write them down? This time try writing your most important goal *as if it already happened*, and assign a completion date to it. For example: *I am so proud and happy that I lost 20 pounds by March 15th.*

Rewrite your goal now as if it already happened and assign a completion date to it

Now write down all of the advantages and positive things that you will have and experience when you achieve your goal. Really think this through. The more exciting the rewards, the quicker you will reach your goal. Finish the following sentence.

Because I achieved my goal I...

Now write down what actions you are taking today to achieve this goal.

To reach my goal, today I will...

IS NOW REALLY THE RIGHT TIME TO BEGIN? – FOLLOW-UP EXERCISE:

You did a great job writing down your goal, target date, and benefits of achieving your goal. Read over your goal and the benefits on a regular basis. Keep yourself motivated and excited about achieving your dream, and keep planning and taking actions toward your goal.

Do you have trouble getting even your small, daily tasks accomplished? Try this. Either first thing in the morning or just before you go to bed make a list of everything you need to get done in the next 24 hours. Prioritize the list in order of importance.

Refer to the list constantly throughout the day. Your goal should be to resolve every item on the list that day. Here's a tip: When possible, do the hardest or least fun items first. That way they will be off the list and you will have a real sense of relief and accomplishment that will encourage you to do more.