

# Susan Elizabeth Young

## The Language of Style Your Goals and Strategies

- 1) Write out on post it notes all the ideas that you have that you want to achieve in your life.
- 2) Pick 3-4 of the post it notes that are most important for you to achieve in the next 12 months or less.
- 3) Complete the table below:

| What is the most important for me to complete in the next 12 months or less? | How will I know that I have achieved this goal? | What is my commitment to this goal? How will it change my life when I complete this? |
|--|---|--|
| 1  |   |  |
| 2  |   |  |
| 3  |   |  |

- 4) Grab your post it notes again and break your goal down into all of the tasks you need to complete. Make a timeline with your post it notes.
- 5) Pick 1-3 post it notes to focus on each day (this will allow you to move towards your goal on a daily basis).
- 6) Recognise your achievements every day, write down what you have achieved (e.g. completed the post it note) and celebrate.
- 7) Be grateful for what you have and what is about to come to you.

