

SET YOURSELF UP TO WIN

1

Science says we stay motivated when we have small wins along the way. Aiming for 1% better each day is more achievable than aiming for 15% better this year.

2

In "Atomic Habits," James Clear shares to stop setting goals and focus on systems. "The purpose of setting goals is to win the game. The purpose of building systems is to continue playing the game". Here's the thing: winners and losers have the same goals. But winners have systems that help them win more consistently.

3

Set reasonable expectations for yourself. Examples: pick the top 3 priorities for the week and get those done. Or, when creating your PD Plan, pick ONE focus area.

4

Give yourself 20% more time than you need. This is called working the margins.

5

When setting goals, make them targets you can hit, with maybe 1 stretch goal and tie it back to the systems you've created. This allows you to avoid the goal-hitting cliff dive.

6

Keep track of your progress. Identify those three priorities and then scratch through them when they're done. Having a visual representation of your progress helps you remember how far you've come.

7

Connect every goal or system to a why.

8

Learn to say NO.