

NEXT STEPS



NEXT STEPS CHECKLIST FOR SUCCESS

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<p>1</p>	<p>Get Up Early – You’ve heard the saying, the early bird catches the worm... Well, the most successful people start their days early.</p> <p>Challenge: Make a commitment today to start your days early and detail what you will do with the time. Will you pray, meditate, exercise, and review your calendar for the day? Get up early and see the change it will make in your financial, personal and spiritual success.</p>
<p>2</p>	<p>Know What You Want – It’s impossible to have any kind of success if you don’t know what you are working towards. If you don’t know what you want, take a step back and take time to find your passion. That is the key to finding what you want to achieve.</p> <p>Challenge: Make a list of what you really want. Don’t let time or money be a factor when making your list. Once your list is made, create goals that will get you closer to achieving what you truly want in life.</p>
<p>3</p>	<p>Stop Procrastination in its Tracks – One of the biggest obstacles to being successful in anything is procrastination. “I’ll do it tomorrow”, “As soon as I get some time, I’ll do this or that”... The best way to avoid procrastination is accountability. Be accountable to someone who will hold you <i>accountable</i>.</p> <p>Challenge: Find an accountability partner today. Be sure that person is positive and has your best interest at heart. Set a time when you will check-in with your accountability partner .</p>

4	<p>Kick out the Negative Roommates in Your Head – “You’re too old...you don’t have the skills needed to do that...you don’t have any money...” Those negative thoughts love to take resident in your head and will be there until you consciously kick them out. The best way to do that is to replace them with positive thoughts through affirmations. You are the only one who can think positive thoughts when those negative ones try to take over. Kick them out!!</p> <p>Challenge: Write 3 affirmations about things you want to improve or have happen in your life in the next 6 months. Write them in the present tense: I am..., I do..., I earn..., etc.</p>
5	<p>Get in Touch with the Person in the Mirror – Have you looked in the mirror lately? Not to put on makeup or brush your hair, but to truly look into your eyes and study the person who’s looking back. It is amazing what you can see when you really look.</p> <p>Challenge: Take a few minutes and really look at yourself in the mirror. Journal what you see and feel. Then, get back acquainted with the person who is looking back at you.</p>
6	<p>Take an Inventory of Your Past Successes – Sometimes when we reach our 50s or things we forget previous successes and how important they were to who we are today.</p> <p>Challenge: Take inventory by making a list of all the “positive” things that you have done in the past. Don’t be modest.</p>
7	<p>Take Action Every Day Toward Your Goal – “Every day do something that will inch you closer to a better tomorrow.” This quote says it all. If your tomorrow is to be successful, you must plan and work toward that success today!</p> <p>Challenge: Right now, take action on something you have been procrastinating on.</p>

8	<p>Know the Score – Where are you in terms of reaching your financial goals? Your business plan should include a financial budget that details how much money you plan to make each year, month, and week. /</p> <p>Challenge: If you don't have a business plan, write one today. If you have one and have not included a sales forecast/expenses portion of your plan, create one now. <i>Contact me at 50somethinglifestyle@gmail if you need help in completing your business plan.</i></p>
9	<p>Exercise, Eat Well, Drink Plenty of Water – Taking care of yourself is essential to reaching your success. Exercise daily. Eat healthy foods. Drink 8 ounces of water daily.</p> <p>Challenge: Starting today, create daily health goals for yourself. Remember, to include your 8 ounces of water.</p>
10	<p>Prioritize Your Day the Night Before – One of the most critical things you can do to be successful is plan your day, before your day begins. I like to do it the night before. Each night, I list my priorities for the next day. When I wake the next day, my day is already planned. I can then complete each task as prioritized. The key to remaining successful is to place the items that were not completed at the top of the list for the next day. I find that more gets done and less tasks fall through the cracks.</p> <p>Challenge: Start prioritizing your day before you go to bed. Check off each item as you get them completed. Items on the list that did not get completed, go to the top of the list for the next day.</p> <p>Helpful Tip: I even write my Facebook posts the night before and schedule them to post throughout the day.</p>