

Success Strategies

1. Break goals down into manageable actions – baby steps.
2. Create daily, weekly, monthly 'to-do' lists - schedule these into your calendar.
3. Do something towards your goals every day.
4. Review progress on a regular basis – have a regular 'self' check-in.
5. Create a system for tracking your ongoing progress – keep a file, jot things down.
6. Celebrate and reward yourself for small successes.
7. Visualize success – create a mental model and image and re-enforce it constantly.
8. Keep your manager informed of your progress.
9. Recognize that things change – re-contract with your manager when needed.
10. Ask for support – seek feedback.
11. Give yourself permission to make mistakes along the way – that's how we learn.
12. Share your goals with your peers – public commitments can be motivating and gives others the opportunity to support you.
13. Identify obstacles that will get in your