



MY PLANNING AND
MOTIVATION WORKBOOK

2019

3 STEPS TO KEEP YOUR NEW YEAR'S RESOLUTION EASIER

We have created this short workbook to complete our blog post at www.infitstore.com. It will guide you through creating and keeping up with a good plan for 2019.

Collect all the three parts and follow these steps for an effective change.

1

OWN IT

Make sure you have asked the right questions to set the right goal.

PLAN IT

Make sure you have asked the right questions to set up a right plan.

2

3

STICK TO IT

Make sure you know what to do when it's getting difficult.

READY, STEADY, GO!

***'People are not lazy, they simply have impotent goals. That is goals that do not inspire them.'* (Tony Robbins)**

1

OWN IT

Make sure you have asked the right questions to set the right goal.

WHAT IS YOUR GOAL?

Describe your goal in a short, concise way. Use positive language. Be specific.

IS IT REALLY YOUR GOAL? YES/NO

Do you want this because you really believe in its benefits or does someone else expect you to do it?

WHY DO YOU WANT TO ACHIEVE YOUR GOAL? WHAT ARE ITS BENEFITS?

IS YOUR GOAL ACHIEVABLE AS YOU FIRST SET IT?

YES/NOT REALLY

WHAT ARE THE HARDSHIPS YOU WILL MEET ON YOUR WAY?

WHAT/WHOM DO YOU NEED TO KEEP ON TRACK?

IS IT REALISTIC THAT YOU CAN ACCESS THEM (PAY FOR THEM/RELY ON THEM)?

YES/NOT REALLY

HOW COULD YOU SET YOUR GOAL SO THAT

- YOU CAN FULLY IDENTIFY WITH IT
- IT FEELS MANAGEABLE
- IT IS PAYABLE?

HOW WILL YOU CELEBRATE YOUR SUCCESS?

CONGRATULATIONS!
YOU HAVE JUST SET THE RIGHT GOAL
AND THE RIGHT FOUNDATIONS FOR
ACHIEVING IT!