

## Let's START 2020 over ACTION Steps!

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The **90-day Planner** is a tool to support THIS kind of change. A date book does not. People forget. Humans forget. Today you set a goal and 3 steps to support it. It includes waking up at 5 a.m. Your alarm goes off and for the life of you, you can't recall WHY it is ringing. You decide to frame your day and write out tomorrow tonight. You're in BED before you remember you didn't do it. Planner is out of sight. You haven't looked at it for 2 days. I promise you, if you don't have a solid tool designed to support GROWTH, change, improvement and accountability things WILL – your body, your marriage, your business, your finances, they WILL stay the same! Where are you experiencing a sacred 'echo'—a moment where God whispers the same message again and again to your heart? GET it in the whisper!

1. Work the free tool-- TTT worksheet linked below. GET YOUR food for thought flowing
2. Look at your **90-day Planner**. Look at the FRONT of it. READ every word. What is still the desire of your heart? Not wish list. But the goals/vision you're willing to fully committed to achieving. And then do the deep dive in the front of your PLANNER !  
**WHAT habits are worth keeping? WHAT habits MUST go? WHAT habit keeps recurring that is NOT serving you well? What are you about to do for the first time? Who and WHAT will you give more attention to? What or who will get less attention (literal and emotional)? What will you do that no one is expecting? What will I do to signify THIS is a NEW START for 2020 and how will I celebrate or indicate this to myself and to others?**
3. **There are no secret victories. All victories are private, but none are secret.** Find an accountability partner. If you have one but it has become unhealthy in anyway, make a decision that is healthy for YOU.

4. **Once you MAKE initial decisions,** RE set the frame to YOUR day, revisit the BEHAVIORS that will support your NEW habits, detail your day tomorrow tonight (sticky note +) and then Set reminders on your phone or sticky notes.
5. **Have self-compassion.** If you make a mistake or fall back it's OK. Just pick yourself up and keep going forward. Don't add guilt to the list of things you're working on
6. **BE INTENTIONAL about celebrating or encouraging others.** THHE LAST DANCE..... 1991 Detroit pistons defeated by CHI BULLS and Isaiah Thomas walked off the floor—sportsmanship cost him a spot on the OLYMPIC basketball team.
7. **Answer the QUESTIONS:** What did I list in January that was important for me to accomplish this year? Which areas of life was I committed to breaking down goals to accomplish? Where am I NOT taking solid guidance, accessing experience or advice of someone willing to invest in me?