

NEW YEARS

I have the willpower

It's within my control

Get your resolutions to stick!

RESOLUTIONS

I have a good planning a critical mindset

Keeping a good mindset

An exercise to help you reach your 2021 goals

How to actually hold on to those resolutions?

Ask yourself
the following
4 questions:



1. What motivation do I have to change?

What image of the outcome do I have? What long term view? Allow yourself to dream!

2. How do I cultivate my motivation?

What system do I currently have in place to reach it? Motivation, or inspiration?

3. What don't I know about my change?

What limits, or needs keep me from getting there? What to learn? Research, no guesses!

4. What steps does it take to achieve it?

Can I build on my daily actions, add, or delete? Keep it engaged. Plan the next steps to take!

Success Checklist:

- ✓ self-reflection
- ✓ research &
- ✓ planning

Let's keep in touch!

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