



What is Your Goal? (remember SMART: Specific • Measurable • Attainable • Relevant • Timely)

The Plan First, fill in date by which you wish to achieve the goal. Then fill in the remainder of the dates.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
▶ <i>Week 1 Mini Goal:</i>							
▶ <i>Week 2 Mini Goal:</i>							
▶ <i>Week 3 Mini Goal:</i>							
▶ <i>Week 4 Mini Goal:</i>							
▶ <i>Week 5 Mini Goal:</i>							
▶ <i>Week 6 Mini Goal:</i>							
▶ <i>Week 7 Mini Goal:</i>							
▶ <i>Week 8 Mini Goal:</i>							

After end date and interim dates are established, put in a series of ever increasing mini goals which will end with the final goal. Each week, put a mark in any date where you were on track. Err on the side of simplicity and rewarding yourself a lot.



Inspirational Thoughts to Remember

Think "1st": Do 1 Thing, Make It Small, Focus on Today • Feelings are never wrong (but they might not be helpful or healthy) • If I let you run my life, you get two and I don't get any, and that's not very fair • When you get tired of walking into walls, open the door • You don't need to do it all; just do one thing right now • A compliment denied is a punishment self inflicted • Courage is not the absence of fear, it is the overcoming • 51% will still get you there • Perception is reality • Worry is interest on a debt not yet owed • There is always room to improve • Take a moment each day to realize how fortunate you are - especially when it doesn't seem like it. • If I always do what I've always done, I'll always be where I've always been • Successful people find a way, failures find excuses • Success means getting up one more time than you fall down • One does not "drop" a habit; it is replaced with a counter-productive habit. • When you don't know what to do, it's OK to take some time to think about it. • To achieve a goal, do more things in its direction than the other direction • Reward yourself often • If guilt and shame were motivational, you'd already be happier • Don't give up what you want most for what you want at the moment • 93% of communication is non-verbal • There is no 'there' there • A positive attitude with poor skills is more likely to help your success than great skills with a poor attitude. (But, work on your skills anyway.) • Don't let your BIG BUT get in the way of success. • "Success" is "MTTN" (More Times Than Not) • Small steps done repeatedly generate better results than large steps done intermittently. • To change behavior, change attitudes. To change attitude, change self-talk. • Small steps done repeatedly generate better results than large steps done intermittently. • Change your response; change your attitude. Change your attitude; change your life. • Look at the world with awe as often as possible. • Avoidance is not conflict resolution • You got where you are today doing what you do today - to advance, you must do things differently • Don't let your BIG BUT get in the way of success. • Resentment is useless (damnit!) • We are judged not by our absence of flaws - but by the positive traits we possess • It's better to know some of the questions than to know all of the answers • Sometimes, it's easier to ask for forgiveness than it is to ask for permission • You cannot control anyone but yourself • Nobody makes us feel anything. It is a choice. • People will like you even if you make mistakes. They just expect you to admit them and to try and correct them. • Try one new thing each day.



Most thoughts taken from *The Shade of a Tree is The Very Best Shade There Is* by Scott "Q" Marcus, available at www.ThisTimeIMeanIt.com

About ThisTimeIMeanIt.com ("ttimi")



The reality is virtually every functioning adult "knows" what to do to improve his or her life and has the ability to do so. The problem is that she either doesn't believe it's attainable (because she's made it too large) or she doesn't believe she'll be able to do what it takes (because she doesn't have enough support) — or both. At TTIMI, we work with people who are tired of making excuses for not making changes. We help them figure out exactly what they want to achieve and help devise simple, easy-to-follow plans to accomplish them in a supportive, patient, and nurturing environment.

ThisTimeIMeanIt.com is an inspirational, upbeat hub of supportive people who come together to improve their lives and help others. Beyond the website, ThisTimeIMeanIt.com is the home of "This Time I Mean It Day," a holiday held every February 15, for anyone who wants to playfully recommit to their goals.

For more info - or to get involved - visit www.ThisTimeIMeanIt.com

Email: scottq@ThisTimeIMeanIt • Twitter: [@ThisTimeIMeanIt](https://twitter.com/ThisTimeIMeanIt)

On Facebook, search for "This Time I Mean It" and look for the blue square logo