

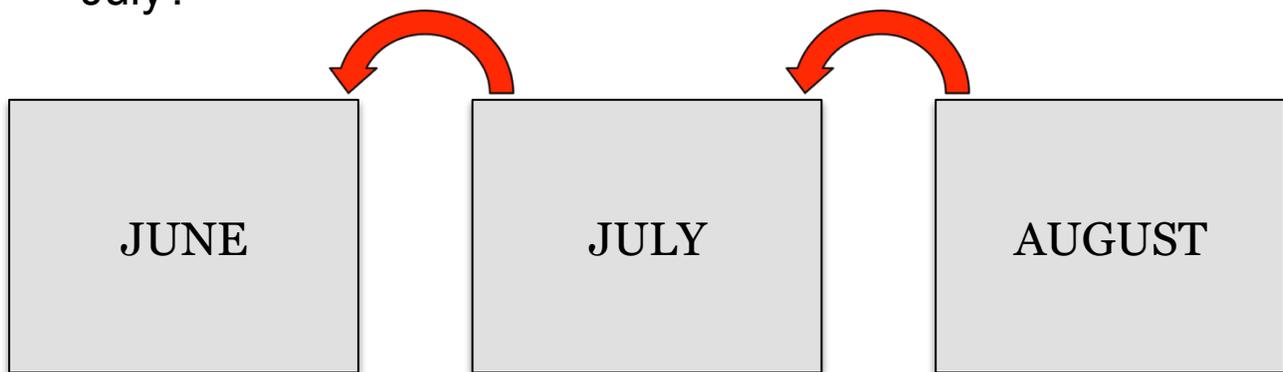
# Worksheet

## EP 6: Action – From Idea to Result

In this episode we start making our dreams a reality and the only way to do that is with action. We have spent the last few episodes increasing self-awareness and building a clear vision for our future. But that future will not manifest without taking action. In this episode we look at how to effectively plan and take consistent progress toward your goals.

1. Remember to dismiss the idea that we need to be ‘inspired’ prior to action. Rather, embrace that inspiration comes with action and we have a choice to ignore that ‘I don’t feel like it’ voice (that left brain that wants you to stay in the comfort zone).
2. In this episode we learn how to plan using a ‘right brain’, big picture technique in which we start in the future and move backwards visually. I recommend you find a white board, chalkboard or a large post it pad and multiple colored markers to do this.
3. Chose an area of life in which you have a long term goal. Put a date by which you’d like to achieve your result and mark the previous months. You want to put action items under each month by speculating, in a reverse fashion, what you would need the month prior to achieve the results you have in the following month.

i.e. If in August I want to have lost 20 pounds, what needs to be happening in July to get there? In order to be achieving the results in July, what do I need to have completed in June so that I am where I need to be in July?



4. Write as many general action items as possible. You want to keep this written plan where you can view it as you may notice more actions that you want to add later. This is always a workable, flexible plan. Dream big however do keep in mind realistic limitations (i.e. healthy weight loss may mean only losing 20 pounds not 100 pounds in 3 months)
5. Once you have an overall, big picture view of your plan, you want to get more specific for each month by using a personal calendar. If you do not have a system by which you plan (phone calendar, desk calendar, etc) you want to get one ASAP.

6. I recommend always planning your entire month out. Put in specific dates you will be taking action or need a result by. i.e. by the end of this week, May 2, I will have joined a gym and started interviewing possible personal trainers. In two weeks, May 14<sup>th</sup>, I will have started personal training and a new nutrition plan.
  
7. Create accountability for your plan. Remember, our default mode is comfort zone! You increase your chances of success significantly by creating a support structure. i.e. Find a workout partner or a health community. Set alarms in your phone to remind you that it is time to go to the gym. **TIP:** *Add inspirational messages, quotes, or positive self-talk into those alarms: “In Two Months you will be rocking that bikini in Cancun!”*
  
8. **KEEP TAKING ACTION.** Even if it is something small, you forward your motion through incremental steps. Keep your goal in mind, look at your vision board, and be open to the process. Forget the ‘how’ and be willing to achieving your results in ways you may not expect.

#### RESOURCES:

[Mel Robbins Tedx Talk](https://www.youtube.com/watch?v=Lp7E973zozc) - <https://www.youtube.com/watch?v=Lp7E973zozc>