

“6-Steps to Reclaim what You Started”

Where were you supposed to be by now? Reclaim what you started!

Although you most likely started this year with goals in mind and with certain things you wanted to accomplish, now the reality is the year is more than half over and giving up probably sounds more tempting every day. Hey, there's always next year! Sound familiar? It probably does because for the average person, this is the cycle of our New Year's Resolutions. We start off excited and ready to go, life happens, time keeps ticking, and here we sit not where we wanted to be.

While giving up on what you wanted to achieve or pushing it out until “next year” may sound like the easiest option, let me encourage you to dig in and reclaim what you started instead. The moment you're ready to quit, is usually the moment when success is right around the corner. Keep going!

It's okay if you're not where you were supposed to be by now, you can reclaim your goals and still achieve them. Follow these six steps to successfully reclaim what you started and finish strong!

“6 Steps to reclaim what you started!”

1. Restate your goals – If the goals you set back in January no longer seem inspiring, it's time to take a moment to reflect and rethink what's important now. Take some time to revisit what your goals and aspirations were for this year, consider where you are today, and what's still relative. You may not be as motivated as you were in the beginning of the year to set goals but having goals and working towards achieving them is very important for your confidence,

productivity, and motivation. Goals keep you moving forward to the future you desire. Take some time to review the big picture of what you want and prioritize what you can still accomplish this year. Make a list and restate your goals for the remainder of the year. Be sure it makes sense based on the time you have, it's realistic, and attainable.

2. Start now – Have you heard the Chinese saying, “When is the best time to plant a tree? 20 years ago. The second-best time is now.” Quit thinking that it's too late and start right now, right where you are. Your action doesn't have to be huge, just make a small step towards where you want to go. Any step in the right direction is a good one! If you're not where you wanted to be by this time, it's okay. Start now!

3. Stop hitting the snooze button – Isn't it amazing how good we are at procrastinating when it comes to things with the promise of long-term happiness. It's like hitting the snooze button when it's time to wake up. In our heart, we know that making the decision to get up as soon as the alarm goes off is the best choice, but somehow, we convince ourselves that 5 more minutes will make waking up better. It's a lie, but we fall for it every time. We do the same thing with our goals. Think about your goal. The one thing you want to accomplish more than anything else. What has been keeping you from it? What is your excuse or reason for the delay? It's most likely procrastination. The time is now to stop hitting the snooze button on your goals and dreams and reclaim what you started.

4. Learn from the past – Considering where you are right now based on where you wanted to be when the year started, there is a good chance regret is sneaking in on you. Don't allow the same thing to happen between now and the end of the year. Figure out what has kept you from the success you desired and put into practice whatever it is you know you should do. There is no better lesson than learning from our past mistakes. Our mistakes don't define us, but they can certainly teach us.

5. Plan for success – If you are going to reignite your goal and reclaim what you started, you must have a plan. You know what they say, “Fail to plan, plan to fail.” Don’t let this happen to you. Create a road map to reach your goal. All you need is one to two actions you can take each week. The key is taking the big dream of what you want to accomplish and break it down into smaller steps that are more achievable.

6. Envision what’s to come – Envisioning is a step to successfully achieving your goals and dreams. When you visualize your future or an act, your brain generates an impulse that tells your neurons to perform the movement. It primes your body to act consistent with what you have imagined. Essentially, you are mentally rehearsing something that you would like to create in your life. Practicing the behavior of visualizing your future, what you want it to look like, how you will feel, and what difference it will make has a huge impact in whether you will successfully achieve the goals you desire or not.

If your goals have fallen to the wayside, here is what you need to know; That’s totally okay! Here is what you also need to know; It is time to reclaim what you started. It’s not too late. You still have time to make it happen!

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