

# **“Four Reasons Why You Should Review your Goals Often and Four Ways to Keep it Simple!”**

Reviewing your progress is important for self-feedback. It will help you determine where you need to adjust so you can modify any unrealistic goals or timeframes that may need updating. Tracking your progress will give you accountability and remind you of the goals you set in the first place.

We all live busy lives. You have work, family, hobbies, and a whole slew of commitments. It is so easy to lose track of the things you really want to accomplish.

If you make the time to review your goals daily, weekly, or a minimum monthly, you will set yourself up for the best possible chance of success.

In this article we will share why you should review often and how to make it as simple as possible.

## **“Four Reasons Why You Should Review your Goals Often and Four Ways to Keep it Simple!”**

There are many good reasons why you should review your goals often. Here are our top four.

### **1. You will notice patterns –**

It's easy to overlook certain habits that can be getting in the way of your progress. Unless you're keeping track and

paying close attention to where you're spending time, energy, and money, you won't be able to get a grip on the true condition of your progress. If you take the time to review and write out what you're experiencing, you will start to notice any patterns that are helpful and those that are hurting your success.

## **2. You will gain clarity –**

Clarity is everything. If you don't have a clear picture and understanding of what you want to accomplish and how you're going to do it, it is going to be virtually impossible to achieve any goal that you have for yourself. You will get a better understanding of the things that are important as well as the things that are no longer relevant to your progress.

## **3. You will be more productive –**

You can only do so many things at once. By taking the time to review your progress as often as possible, you will quickly pick up on the distractions that are pulling you in the wrong direction or that simply aren't contributing to your success. On the other hand, you will notice what is helping you and moving you in the right direction. Obviously, when you spend more time on opportunities and less time on distractions, you will be much more productive.

## **4. You will see your impact –**

It's so hard to see all the little achievements along the way towards the bigger goals we have for ourselves and the impact they're having. When you take time to look at all you have accomplished, you will start to recognize the small victories along the way. Sometimes things don't go the way we hope, but when track and review your progress often, you will see the positive impact you're making on yourself and others!

The key to reviewing your progress is not to overthink it, but to just get started. Here are four ways to keep it simple.

## **1. Look at your goals and calendar –**

This may seem like an obvious place to start, but you will be amazed that when you genuinely review what it is you want to accomplish and compare it to what's in your calendar, you may be surprised at what you find. For example, would you like to be healthy? If so, your goal may be to exercise three days per week and to be sure to go to the grocery store, so you have plenty of healthy meal options at home. Now, open your calendar and see if you have the three workouts scheduled somewhere in your agenda for the week, or do you have the time blocked out to go to the store? Most likely, the answer is no. Now, this is a simple example, but it's true with any goal you want to accomplish. Unless you compare your goals with what you have planned in your calendar and make sure the data matches, you will be hard-pressed to succeed.

## **2. What is your status –**

How are you doing as it relates to achieving your goals and dreams? Are you on the right path to get where you want to go? Pay close attention to where you may be procrastinating by allowing yourself to delay things you could be doing right now.

## **3. How should you move forward –**

What is the next step you should take or the one goal you can focus on that will get you the best result? Think about the outcome you are wanting, and this will help you decide your next best move. Is there something that is keeping you from acting? How can you challenge yourself to overcome whatever it is? These are all great questions that will help you determine how you should move forward.

## **4. Who can help you –**

We can all fall into the trap of being determined to try and accomplish our goals and dreams on our own. Whatever you do,

don't let this happen. Rarely is anything great ever accomplished without the help of many. Successfully achieving your goals and dreams will be very hard, but if you lean into others who can help you and support your efforts, it will make it much more doable. Who can help you and support your goals and dreams? Make sure you tap into all the resources possible.

**The bottom line is, you will grow more and be more likely to achieve the goals and dreams you have for yourself (no matter how big they are) if you take the time to review your progress as often as possible. A daily review is ideal, but weekly, or at least monthly will help you stay on track and successfully accomplish whatever you desire. It is inevitable that on many occasions you will miss the mark or things won't turn out the way you wanted them to. Although it can be disappointing and leave you feeling discouraged, a good review of what needs to happen next can be just enough motivation to get you going again. You must make it a habit to review and track your progress!**

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