

# Are you making progress?

One of the reasons people give up too soon on their goals and dreams is because it can feel like it's taking longer than it should to see the expected results. You could be moving along as fast as possible towards your goal but because you have a big goal, it could feel like it's taking an eternity to get nowhere! If you have ever tried to lose a lot of weight, get out of debt, kick a bad habit, or finish a huge home improvement project, then you understand what we mean. You've most likely experienced the feeling that you're just not getting anywhere. Maybe, you feel that way now. At I've Decided our purpose is to make sure you achieve whatever it is you desire, and we know that any progress you make in the right direction is a good thing! This week your Weekly Winning Resource is all about progress. It is important that you see progress, but even more important, is that you have the right expectation of progress. Remember, progress may be slow, but quitting isn't any faster! We hope you enjoy focusing on the progress you're making towards your goals and dreams this week.

## Your Weekly Winning Word:

### **Progress:**

Forward or onward movement toward a destination.

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## Your Weekly Winning Article:

How can you be sure you're making progress? Our article this week talks about 4 ways you can be certain you're making strides towards your goals and dreams. Check it out. [Click](#)

## Your Weekly Winning Challenge:

Are you making progress? Determine what small goal you can work on this week that will help you get a little closer to your bigger dream. Write it down and create a realistic timeline. (The article speaks to this.) Be sure you have decided how you will track your results and that you know your baseline. Do you need to make any adjustments in your schedule or consider any challenges you may run in to? How will you celebrate your small victories? Remember, your focus this week is progress, not perfection. We would love to hear how it's going! You can share a pic, a video, or a post on our I've Decided Community Group on Facebook to let us know.

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## Your Weekly Winning Quote:

**“Strive for progress not for perfection.” ~Unknown**

**WE NEED YOUR HELP...**Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!



Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

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