

# Make it a habit!

Welcome to this edition of your Weekly Winning Resource all about the word review. What a perfect word as we close in on the end of 2022 and prepare to plan and set our goals for 2023. It's time to review our results and see where we are in accomplishing the things we desire. Oftentimes, we have a hard time seeing our own achievements and we devalue the small steps we've made in the right direction. The other thing that's hard is accepting the change that needs to be made when something isn't working well. Lastly, we don't want to face the music that what we said we were going to do a year ago simply didn't happen. This can make it very challenging to review our progress as often as we should. On the other hand, when you're rocking it and you're making huge strides towards your goals and dreams, it's important to see that too. There is nothing more inspiring or motivating than personal success. For all of these reasons and more, it's critical that you make a habit to review your progress as often as possible.

## Your Weekly Winning Word:

### Review

*Examine or assess with the intentions of making any necessary changes.*

---

## Your Weekly Winning Article:

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 week's article, we will

share why you should review your progress often and how to make it as simple as possible. Check it out here:

[Click Here to Read](#)

---

## Your Weekly Winning Challenge:

Take time to review the progress you have made towards achieving your goals and dreams. Do your goals and calendar match? What is one thing you can do that would have the biggest impact on your success?

---

## Your Weekly Winning Quote:

*“Review your goals twice every day in order to be focused on achieving them.” ~Les Brown*

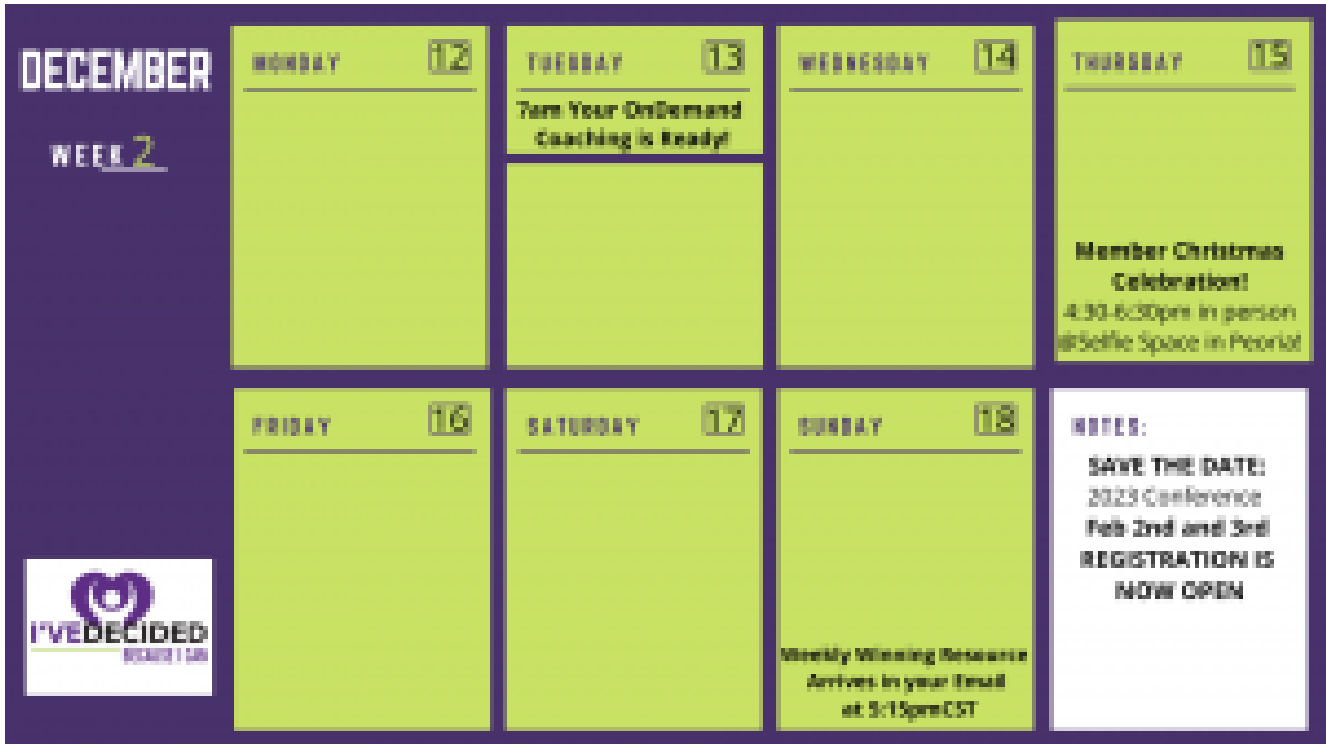
---

**With a coach, you will learn to create the habit of reviewing your progress.**

What have you got to lose to do a free coaching session and see for yourself the difference it could make? Contact us now here: <https://ivedecided.org/contact/> In the subject line, type interested in a free coaching session. We will reach out to you within 24 hours to schedule your complimentary session with a success partner.

**Learn more about our coaching options at:**

[Learn More – I’ve Decided Coaching Options](#)



Included in your membership are the recordings of our events. If you want to remember a key point you heard in one of our past conferences or from the last Community Networking & Learning (CNL) click here: [Past Recordings – Members Only](#) and it will direct you to our website to watch!

**Add our podcast to your playlist from your favorite podcast player, apple, itunes, podbean, google play, amazon, etc..**

Search "**I've Decided Media**" in App to follow our podcast.

<https://ivedecidedmedia.podbean.com/>

[Anthony M. Avellino, MD, MBA – "Playing Your Best Game" – 2022 Spring Seminar](#)

---

# Our mission is your success!

---



**10% of our proceeds go to:**

**PUP** People with  
Unlimited  
Potential