



## Question

**Remember to ask:**

**1. Why is this just PERFECT?**

**2. Your new question**



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**Aimee Lee Wynn** I've told myself that many times... PUTTING my self back at the starting gate emotionally and mentally even though in reality I'm just stopped at a refreshment stand... But in my mind it's been the starting gate again... I need to ask Jesus to help me see it through HIS eyes and change my perceptions of where I'm at in the race....like you've said yourself before, I think in yesterday's message, I can also be REALLY hard on myself.. All or nothing, a perfectionist mindset, and if one thing is out of place the whole thing is rotten, at least in my mind. I need to remember again the small steps with consistency... Let God keep the good parts, and change the less then beneficial parts to line up with His vision of me...



**Millicent Martin Poole**

57 mins

I just wanted to share what happened with me. The other day, while Donna discussed vision boards I decided to update mine, DURING her webinar. I had her on my speaker phone. I know I know. 😊 I was trying to multi-task. But as she talked, I decided to walk over to my white board/vision board and pencil in a role I wanted to add to my dream bio...Bible Teacher. Shortly after the webinar ended, I checked my email for new messages. Well wouldn't you know it; I received a job offer letter for an adjunct bible professor position. Amazing! The presence of God is truly moving in our class. All Gods wants from us to be open and obedient to His promptings. Thanks [Donna Partow](#) for hosting this class.

👍 Like

💬 Comment

*Step 1*  
Clarify Your  
**VISION**

*Step 2*  
**PLAN**  
Based on Your  
Pre-Determined  
Priorities

*Step 3*  
Create a  
**MEASURING SYSTEM**  
to Track Your Progress

Day 5

**#7 - Focus on Implementation Rather than Information**



Make **THIS** your Best Year  
12 Months, 12 Goals, 12 Steps to Turn Your Resolutions into Reality  
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## Day 5

### Procrastination in Disguise

Now that you have your Focus, let me predict the next thing that will happen. You'll be tempted to gather information...which is okay to a certain point. The problem is this. You probably already know a simple strategy that will enable you to achieve your objective. So what you are really doing is avoiding the hard emotional work involved with putting yourself out there, taking your best shot at it.



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## Day 5

### Procrastination in Disguise

Instead, you gather more information. Then some more. You will spend endless hours in the Ready and Aim stages of Ready, Aim, Fire.

Don't do it! Ready, Aim, FIRE FIRE FIRE!!!  
Re-Aim, FIRE FIRE FIRE FIRE  
Re-Aim, FIRE FIRE FIRE FIRE



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## Day 5

### An Ounce — of an Inch — of Implementation

...is worth a pound of information gathering.  
Better to pick one aspect of your project and fully implement it, rather than reading enough books to fill a library and searching enough websites to single-handedly keep Google busy.



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## Day 5

### Back to Basics

The simplest solution is usually the best one.



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## Day 5

### Back to Basics

Enough! If your goal is to lose weight, go put on a pair of sneakers and take a walk around the block. You don't need to spend hours searching the internet, then going to Barnes & Noble to buy three more weight loss and fitness books.

Eat less and exercise more.



## Day 5

### # 8 - Break Plans into Projects to Tackle and/or Habits to Develop

Take a look at the focus item you selected; your #1 SMART Goal.

Is it a one-time project to complete?

Or does it represent a new habit you'd like to incorporate?



## Day 5

### # 8 - Break Plans into Projects to Tackle and/or Habits to Develop

Your focus Smart Goal might be to lose 20 pounds in 90 days. That's a project, but clearly, you will be developing new habits you'll need to carry forward to sustain the accomplishment.



## Day 5

### Describe the project you plan to tackle during these 21 days (or so)



## Day 5

### # 8 - Break Plans into Projects to Tackle and/or Habits to Develop

Now make note of the habits that will be required to accomplish it on time...

and which of those habits you'd like to carry forward



## Day 5

### # 8 - Break Plans into Projects to Tackle and/or Habits to Develop

Writing Example



## Day 5

### # 9 - Use Measuring Tools to Monitor Forward Progress

Now I am revealing one of my Top Secret weapons! I'm passionate about the process of Charting my Course then Measuring My Progress. This can be accomplished a variety of ways and I have used many different methods



## Day 5

### # 9 - Use Measuring Tools to Monitor Forward Progress

Break the Project into blocks on a poster board. Put check marks (or color in the blocks) upon completion. For example, I could have drawn 21 blocks on a poster board and each time I finished one of the 21 sections in this ebook, check it off or color it in.

Seeing progress spurs you on.



## Day 5

### # 9 - Use Measuring Tools to Monitor Forward Progress

\*Outline the project, in list format, in a Word document. As each item is completed, either delete the line so the document becomes shorter and shorter or highlight so the page becomes brighter and brighter.



## Day 5

### # 9 - Use Measuring Tools to Monitor Forward Progress

\*Print the aforementioned document and pin it to a cork board above your desk. Take it down each day and use a highlighter pen to showcase the work you completed so far.

\*I've done this with several of my books, which I rarely write in order. I outline them in great detail, down to sub-chapters, then just write whatever portion feels like it's flowing.



## Day 5

### # 9 - Use Measuring Tools to Monitor Forward Progress

\*Stickers on a Mac are a recent discovery. I like to use the disappearing outline approach with this tool. The less text on the Sticker, the more progress I know I'm making.

\*Google Documents are my current favorite, especially if my goal involves doing something every day (i.e. workouts). I create a spreadsheet with daily objectives then use the paint bucket feature to brightly color in days when the goal is achieved and turn missed days black. With a glance, I can see how things are progressing and whether I need to step up my game.



## Day 5

### # 9 - Use Measuring Tools to Monitor Forward Progress

\*Google Form



Day 5

**# 9 - Use Measuring Tools to Monitor Forward Progress**

White Board



Day 5

**Reminder**

No more than 3 goals. If you have a track record of giving up on your Resolutions, pick just ONE.



Today

This Week

Current Month

Top 3 Annual

Today

This Week

Current Month

Top 3 Annual

1. On Fire - 2 hr QT

2. Fit - Wt goal

3. \$ Free - Specific Goal


Today	This Week	Current Month	Top 3 Annual
		1. 10 Day Fast	1. On Fire
		2. Hire Personal Trainer	2. Fit - Wt goal
		3. Launch New Class January 4th	3. \$ Free - Specific Goal

Today	This Week	Current Month	Top 3 Annual
	1. Buy juices for fasting	1. 10 Day Fast	1. On Fire
	2. Find Fasting A/P	2. Hire Personal Trainer	2. Fit - Wt goal
	3. Attend Online Christian Conference	3. Launch New Class January 4th	3. \$ Free - Specific Goal
	4. Lose 1 pound		
	5. Conduct 2 Webinars		

Today	This Week	Current Month	Top 3 Annual
1. Buy juices	1. Buy juices for fasting	1. 10 Day Fast	1. On Fire
2. Call A/P	2. Find Fasting A/P	2. Hire Personal Trainer	2. Fit - Wt goal
3. Finish Keynote	3. Attend Online Conference	3. Launch New Class January 4th	3. \$ Free - Specific Goal
	4. Lose 1 pound		
	5. 2 Webinars		

Day 6

**Reminder: No LIVE sessions on weekends but you have assignments in your Course Workbook**



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*Step 4*

**Establish**


**ACCOUNTABILITY**

Day 6

**#11 - Have These Four People in Your Life**

**Cheerleader:**

We all need an upbeat encouraging person who will celebrate our successes. They'll even cheer for us when we fall short. This is the person who thinks it's amazing that you showed up and gave it a try.




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Day 6

**#11 - Have These Four People in Your Life**

**Cheerleader:**

Who is the cheerleader in your life?




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Day 6

**#11 - Have These Four People in Your Life**

**Accountability Partner:**

It's also vital to have someone who is reaching for goals, so you can spur one another on. There's nothing like an exercise partner to help you get fit or a business partner to challenge you to reach for the next level. The key is updating one another on a routine basis. Daily is ideal, but at least weekly, depending on your schedule and level of commitment.



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## Day 6

### #11 - Have These Four People in Your Life

#### **Accountability Partner:**

You won't like me for this.....but it needs to be someone who actually KNOWS you.



## Day 6

### #11 - Have These Four People in Your Life

#### **Accountability Partner:**

You won't like me for this.....but it needs to be someone who actually KNOWS you. The better they know you, the better.



## Day 6

### #11 - Have These Four People in Your Life

#### **Accountability Partner:**

Who will be your Accountability Partner as you work toward your #1 Smart Goal?

Phone is okay.

So are shared worksheets.



## Day 6

### #11 - Have These Four People in Your Life

#### **Mentor:**

This person is above the level of success you desire, whether that success is spiritual, relational, financial or personal. A great place to look for a mentor is your local church or business networking meeting, because it should be someone you can meet with face-to-face on a routine basis.



## Day 6

### #11 - Have These Four People in Your Life

#### **Mentor:**

Who can you ask to Mentor you as you pursue your Goal?



## Day 6

### #11 - Have These Four People in Your Life

#### **Coach:**

This is a paid professional who can bring an objective perspective and empower you to reach your goals.

Your coach is not your friend!!! And don't expect a friend to be your coach.



## Day 6

### #11 - Have These Four People in Your Life

#### **Coach:**

Who coaches you?



## Day 6

### #12 - Don't Hide From Hard Questions or Painful Truths

The role of accountability is essential to empower you to **Make This Your Best Year Ever**. But it will not work if you refuse to give anyone permission to ask hard questions. Or if you run away any time someone speaks painful truth into your life.






Day 6

**#12 - Don't Hide From Hard Questions or Painful Truths**

Of course, we all need balance. If you give the whole world permission to waltz into your life and tell you everything that's wrong with you and every area they think you need to change, you'll have a nervous breakdown in a week.




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Day 6

**#12 - Don't Hide From Hard Questions or Painful Truths**

What hard questions do you need someone to ask you on a routine basis? Make a list...then give it to someone with full permission to ask you at any time.




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Day 6

**#12 - Don't Hide From Hard Questions or Painful Truths**

Accountability only works if you commit yourself to honesty and perseverance. If you are not honest...or if you walk away when you stumble...then you were never really accountable in your heart.



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## Day 6

### #12 - Don't Hide From Hard Questions or Painful Truths

Commit now: show up every day, report honestly, and stay the course through to completion.

