



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...















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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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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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.



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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?



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#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.



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



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#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



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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



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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.



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.



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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.



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Day 5

9 - Use Measuring Tools to Monitor Forward Progress

- *Stickies on a Mac are a recent discovery. I like to use the disappearing outline approach with this tool. The less text on the Stickie, 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.



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Day 5

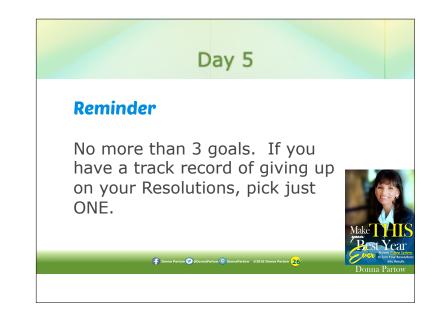
9 - Use Measuring Tools to Monitor Forward Progress

*****Google Form



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Today This Current Top 3
Week Month Annual

Today

This Current Month

1. On Fire - 2 hr QT

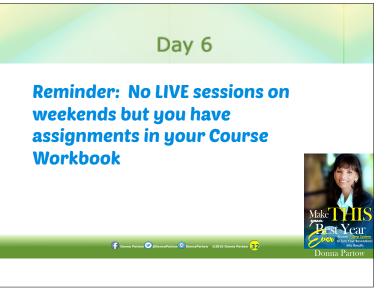
2. Fit - Wt goal

3. \$ Free - Specific Goal

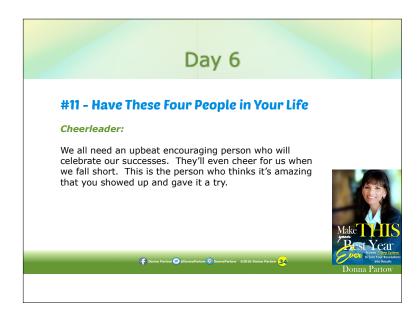
Today	This Week	Current Month	Top 3 Annual
		1. 10 Day Fast	1. On Fire
		2. Hire Personal Trainer	2. Fit - Wt goal
		3. Launch New Class January 4th	3. \$ Free - Specific Goal

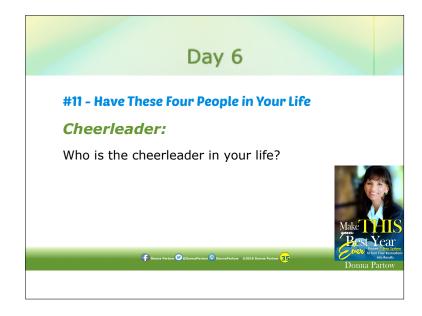
Today	This Week	Current Month	Top 3 Annual
	1. Buy juices for fasting	1. 10 Day Fast	1. On Fire
	2. Find Fasting A/P	2. Hire Personal	2. Fit - Wt goal
	3.Attend Online Christian Conference	Trainer	
	4. Lose 1 pound 5. Conduct 2 Webinars	3. Launch New Class January 4th	3. \$ Free - Specific Goal

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. \$ Free - Specific Goal
3. Finish Keynote	3.Attend Online Conference		
	4. Lose 1 pound	3. Launch New Class January 4th	
	5. 2 Webinars		











#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.



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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. The better they know you, the better.



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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.



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Day 6

#11 - Have These Four People in Your Life

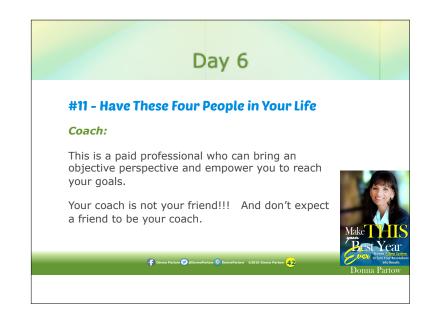
Mentor:

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.



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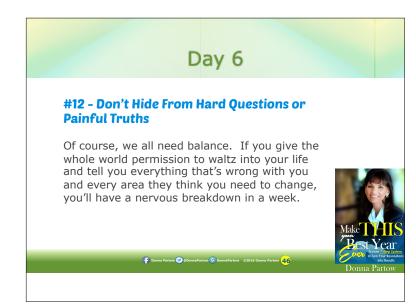


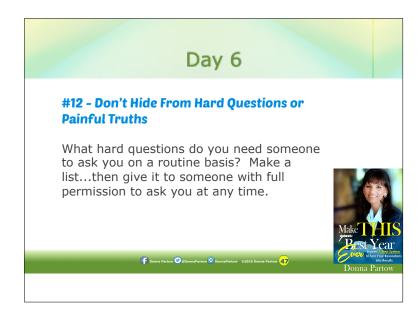














#12 - Don't Hide From Hard Questions or Painful Truths

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



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