



Welcome to Day 9:

**Make This
Your Best Year Ever**



[f Donna Partow](#) [@DonnaPartow](#) [DonnaPartow](#) ©2016 Donna Partow 2

Question

Remember to ask:

1. Why is this just PERFECT?
2. Your new question



[f Donna Partow](#) [@DonnaPartow](#) [DonnaPartow](#) ©2016 Donna Partow 3



Lynn Waters

1 hr

I decided that we had to get a white board and a vision board. Yesterday I told my husband we had to get them. Where he had done some Christmas work gave him a gift card. When he went to get it for me he found another gift card for the same store. I took the gift cards bought 2 white boards, 2 vision boards and colored markers for the white boards for what was on the gift cards. God is good. We live on Social Security so money is tight. God provided. Why 2 of everything you ask. Well my husband decided he needed to organize his life and make goals for this year also. He has seen how organized I have been and how I have accomplished big projects by doing a little at a time and getting it done so he has decided he needs this too. Yah!!

Step 1
Clarify Your
VISION

This slide features a background with a green and yellow gradient. A central white box contains the text. The word 'VISION' is highlighted in a dark green oval.

Step 2
PLAN
Based on Your
Pre-Determined
Priorities

This slide features a background with a green and yellow gradient. A central white box contains the text. The word 'PLAN' is highlighted in a dark green oval.

Step 3
Create a
MEASURING SYSTEM
to Track Your Progress

This slide features a background with a green and yellow gradient. A central white box contains the text. The words 'MEASURING SYSTEM' are highlighted in a dark green oval.

Step 4
Establish
ACCOUNTABILITY

This slide features a background with a green and yellow gradient. A central white box contains the text. The word 'ACCOUNTABILITY' is highlighted in a dark green oval.

Step 5

MONITOR

Your Milestones

Step 6


Celebrate
Your

ACHIEVEMENTS

Day 8

God Is a Rewarder

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. Hebrews 11:6




Donna Partow

[f Donna Partow](#)
[@DonnaPartow](#)
[DonnaPartow](#)
 ©2016 Donna Partow

Day 8

God Is a Rewarder

After this, the word of the LORD came to Abram in a vision: 'Do not be afraid, Abram. I am your shield, your very great reward.' Genesis 15:1



Donna Partow

[f Donna Partow](#)
[@DonnaPartow](#)
[DonnaPartow](#)
 ©2016 Donna Partow

Day 8

God knows how we are made. He knows that if we don't take time to celebrate and don't pro-actively reward ourselves for a job well done, we will turn to self-comfort. We will reward all the wrong behaviors....and often with all the wrong rewards.



Day 8

Make a list of behavior you want to reward.
Make a list of good-for-you rewards you enjoy.
Only reward good behavior.
And only reward good behavior with rewards that are good for you!



Day 8

2 Critical Steps

1. Stop Unconsciously Rewarding the Wrong Behavior
2. Start Consciously, Pro-Actively & Intentionally Rewarding the Right Behavior



Day 9: Make Yourself Nervous



Day 9

#18 - Plot Dire Consequences

We've talked about the power of rewards. And they are powerful. But humans are often even more motivated by the fear of loss than the hope of gain; more driven to avoid pain even than to seek pleasure!

Here's how to put that to work for you: Think of something you hate to do...then, if you fail to achieve your Smart Goal on time, go do it for someone else.



Day 9

#18 - Plot Dire Consequences

Can't stand washing your car? Great, your Dire Consequence will be to wash five cars in your neighborhood on one Saturday afternoon. Dislike house cleaning? Volunteer to spend a day scrubbing the bathrooms at a homeless shelter. Dislike cooking? Doing dishes? That's what Soup Kitchens are for! You'll be spending a full day at one.



Day 9

#18 - Plot Dire Consequences

Public humiliation is another great motivator. Would you be mortified to be seen in public in a bathing suit at your current weight? The perfect Dire Consequence might be posting a photo of yourself in a swimsuit on Facebook if you don't lose the weight you commit to losing within the planned timeframe.



Day 9

#18 - Plot Dire Consequences

Buy the Gift Card or Certificate In Advance.

You must choose a goal that doesn't depend on anyone or anything else cooperating.

(That includes your scale)

Focus on your Activity Level



Day 9

#18 - Plot Dire Consequences

Avoiding pain is an even more powerful human motivation than seeking pleasure.

- *Fulfilling your own personal responsibilities does not qualify as a Dire Consequence.



Day 9

#18 - Plot Dire Consequences

- *Cleaning your house is your responsibility; if you don't fulfill it, that's a separate issue for another class. But it does not qualify as a Dire Consequence.



Day 9

#18 - Plot Dire Consequences

- *If you hate cleaning, then a Dire Consequence would be cleaning someone else's house. Or inviting people you respect to come tour the worst parts of your house.



Day 9

#18 - Plot Dire Consequences

- *In general, all humans fear public exposure or embarrassment and avoid unpleasant tasks. So pick something you absolutely dread doing....and then allow us to hold you accountable to suffer than consequence if you don't meet your goal.



Day 9

It's Your Turn:

List some things that would constitute Dire Consequences for you!

