

SUCCESSFUL LIVING

NO ONE CAN GO BACK AND MAKE A BRAND NEW START, BUT ANYONE CAN START FROM NOW AND MAKE A BRAND NEW ENDING.



**Purple Paw Consulting
Marg Pickup M.Ed.
Behavior and Learning Specialist**



HOW TO GET STARTED

WHAT EXACTLY IS YOUR GOAL?

- What is your goal?
- What does it look like?
- Does your goal work for your personality?
- How will you know when you get there?
- What is your time line?
- How often will you update your strategies?
- Is achieving your goal going to be something you really enjoy doing?

NOW THAT I HAVE A PLAN, WHERE DO I GO FROM HERE?

1. Give your goal some value.
 - a. Why have you picked this particular goal?
 - b. How is this goal going to change your life or others?
 - c. What will happen if you do NOT achieve your goal?

2. Ask “what” rather than why questions.

2. Find out where your supports are.
 - a. What in your emotional environment can help you?
 - b. What in your material environment can help you?
 - c. What resources do you have that can assist you?

3. Be prepared for a quick change in your plans.
 - a. How well do you handle “surprises”?
 - b. How prepared are you?
 - c. How can you keep your goals going?

4. Shout it out!
 - a. Who can you tell?
 - b. Who else can you tell?
 - c. Don’t just shout it – show it!
 - d. Don’t just shout it – write it!

5. Be realistic
 - a. Where is the best place to start?
 - b. What are my time lines?
 - c. What can I work on every day?
 - d. How does this fit into my big life?
 - e. What is the rush?

THE REAL THING

1. Start doing it
 - a. Subscribe to magazines that will assist you. Read books. Learn how the computer can assist you.
 - b. Keep a list of names and articles that you run across during your information gathering
 - c. Plan for an activity every day
 - d. Doing a little is better than not doing a lot
2. Keep your schedule
 - a. Prepare yourself for patience
 - b. Set time aside so that you are not negotiating with time or people every day
 - c. Be aware of time wasters
 - d. Find the time of day that works best for you
3. Who else is out there?
 - a. Look for similar minded people to energize with
 - b. Who can assist you with your goals
4. Take a look in the past
 - a. Have you attempted this goal in the past and not had the success you wanted?
 - b. Did you achieve success in the short run, but not the long run?
 - c. What challenges did you encounter that you can adjust for this time?
 - d. Have you ever achieved any type of goal that you have set for yourself?

PEOPLE WHO DO GREAT THINGS, SHOW OTHERS THAT GREAT THINGS ARE POSSIBLE