

PROGRESS TRACKER

It is very easy to set up amazing, big and sexy goals - the entire world is doing this every year: those so popular New Year Resolutions, Targets and Achievements of the Year... You can call them whatever you want, but all of them have one thing in common: The Progress.

Only if you progress towards your end result you can feel prouder, happier, and satisfied. However the main problem what many people face is: they don't recognise the progress and therefore burnout in forever chaise. They get used to the "new themselves" day by day and later don't even notice how much they have done, achieved and accomplished.

Below is a fantastic tool for you to track your progress and to stimulate yourself to do more. What can be better than a satisfaction you get after you worked so hard towards your aim? I attach the description of each column for you. Use this Progress Tracker to check how are you doing with every single of your goals and you will notice tremendous results!

The Goal - is something you want to achieve. It can be "to get driving license".

(Date)- must be very specific so your subconscious has a deadline. Could be "by 31.12.2019".

Today's Date -that's your starting and reflecting point. You will look at that some time later and will be able to analyse if you take too long time to implement actions or not.

Where am I now? - describe your current situation. Could be "don't have driving license".

Actions to take - think of any actions you need to take towards your goal. That will help you to plan ahead and measure later.

My Reward - everyone likes to be rewarded for their actions, so does your subconscious! Your inner child need to be praised and a reward is a perfect way to do it!

My Punishment - sometimes you will find that punishment will drive you better than reward - because you can't miss something you never had; but you definitely wouldn't like to miss something or not to do something you like!

Date when was done - by writing down specific dates you can see how good you are with planning and applying.

What could I do better? - we learn as we live and therefore improving yourself is so important day-to-day, action-to-action. You might never do the same action again, but you can certainly improve the effort, attention to details and skillset you built over time!

(The Goal) by (date)						
Today's date	Where am I now?	Actions to take	My Reward	My Punishment	Date when was done	What could I do better?
1.01.2019	1. Don't have driving license 2. Very dependent on others or public transport 3. Cold, wet and frustrated when weather is not good	To find a driving school	Spa Day	Can't eat desserts for 7 days	2.01.2019	To compare and choose the best
		To find an instructor			3.01.2019	To test drive few of them
		To schedule my theory exam			4.01.2019	To give myself more time
		To schedule my driving lessons			5.01.2019	To be more realistic with other commitments
		To make a picture for driving license			5.01.2019	-

For any help, support and advice please email me on olga@newlifekickstart.com or call on 0330 133 0875.

*Please remember:
you are in charge of your own life
and you are not only capable,
you MUST recreate it,
if you wish to have
an AWESOME LIFE!*

- Your Olga Geidane