POSITIVE FORWARD MOTION

with Denise Scattergood

Get more of what you want and less of what you don't, both personally and professionally.

Practice, Practice, Practice!

"The difference between ordinary and extraordinary is practice."
-Vladamir Horowitz

STEPS TO SUCCESS

Acknowledge the Challenge. Reflect on a time that you were so determined to do something. Write out what is was and the steps you took to get good at it.

Expect Mistakes. Mistakes will happen, and that is okay! Next time you try something new and make a mistake write out what you learned from it.

Commit Time. Create a schedule where you set time aside each day to practice without distractions. Write down when would be the best time for you to practice during your typical day-to-day routine and start with 30 minutes a day.

Track Your Success. Keep a log of what you are learning. What do you now know that you didn't know before you started practicing?

Visualize Success. What does success look like for you? Write it down. Then, visualize what your life would be like once you achieved that!

Prepare for Setbacks. A setback is NOT a restart. Regroup and refocus, then get back on track! Write down 3 setbacks that you could possibly make, and then how you can overcome each of them.

Cautiously Share. Negative people will try to kill your dreams. Your dreams are not silly! Be mindful not to share them with those who may try to drag you down. Write a list of the people in your life that are supportive of your goals and dreams.

Be Mindful of Self-Talk. We are usually much harder on ourselves than anyone else. Be your own best cheerleader! Write down 3 things you love about yourself.

PERSONAL PLAN

POSITIVE FORWARD MOTION

No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.

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