



How To Get It Done in 2021!

Get it done in 2021 is my motto for the year.

I can't believe I procrastinated getting this newsletter out to you because I wanted my first one of the year to be perfect, or at least that is what I told myself. The truth is, I procrastinated. I seemed to make everything else a priority. I had to get real with myself and ask, "Why?" Why was getting this newsletter out NOT the priority? The answer was a rude awakening. The truth is, I procrastinated because I worried (my belief) about how you, the reader, would judge me and the contents of this newsletter. Therefore, my thoughts and actions (or lack thereof) were riddled with fear and self-doubt. Turns out my [Goal Mastery](#) exercise and my [Daily Energy Intentions & Gratitude \(D.E.I.G.\) journaling](#) saved the day. Working together these exercises got me to pause and see how I was sabotaging myself. I am sharing both of these tools with you today because as I have been working with my clients on goal setting, accountability, and procrastination, I know I am not alone.

Here is how you can use both to - **Get It DONE in 2021**.

Goal Mastery:

It all starts with being specific and writing out the goals you want to accomplish (publishing a monthly newsletter is on my list). When you write out your goals you connect better with the "why" you have it as a goal. You also connect with how you will feel once you have completed the goal. When you set your intentions with the belief that you will achieve the desired result, you align your mind, your heart, and your body in a way that guarantees success.

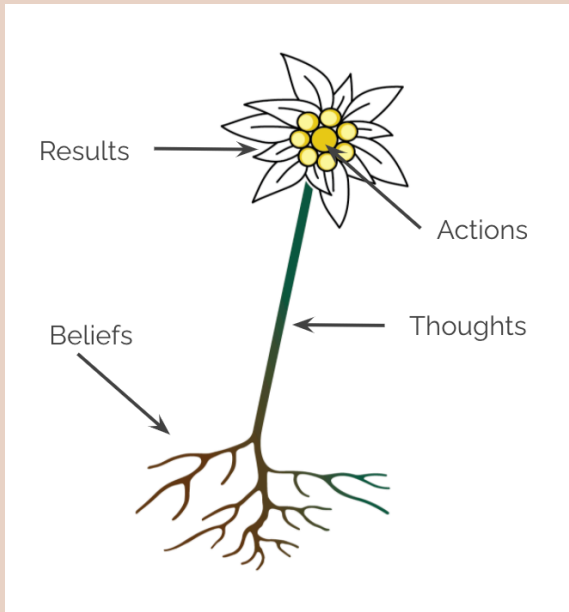
Set Intentions and Energy:

First, you want to start your day off by completing your Daily Energy Intentions & Gratitude (D.E.I.G.) journal. Energy attracts like energy. So every day, you need to be very clear about the positive versus negative energy you want to attract for the day.

Second, "talk back" to your list from the previous day. "Talk back" means to say, "way to go" to yourself and celebrate all accomplishments. It also means asking yourself good questions to get the truth about what held you back from getting the results you wanted in the first place. Then channel the positive energy you will need to accomplish 3 or 4 major tasks for the current day.

Third, end this exercise with finding gratitude. Pause and recognize the positive things happening in your life to be thankful for every day. For instance, just waking up opens you to your opportunity to seize the day.

The final step is to check your beliefs about what you have set out to accomplish for the day. And go on the hunt for the "lies" you tell yourself to protect your ego from facing your fears. This daily routine of being intentional, vulnerable, and honest with yourself will award you with the opportunity to self-correct quickly and thus achieve better results.



You see, some truths are just that simple... Your beliefs, feed your thoughts and your thoughts direct your actions and your actions impact your results (Note: See how this aligns to the whole flower in my logo).

If we use the publication of this newsletter as an example: My beliefs were filled with fear and doubt, so my thoughts gave me all types of excuses to put this newsletter off until "after [fill in the blank]". In the end, my actions were not moving this goal forward. And thus, my result was getting my newsletter out later than I wanted. By keeping true to my D.E.I.G., I was quickly able to see that "Complete newsletter" was repeating itself on my list of priorities one too many days (I have a 3-day limit). Truth is, it wasn't getting pushed by another priority I already had on my list. It was getting pushed, by distractions that I was telling myself were priorities so that I wouldn't have to face the hard truth. I was scared.

Stop procrastinating and making excuses! Just "Get It DONE". It all starts with the Goal Mastery and staying true to your D.E.I.G. journal.

Download the Goals Mastery and D.E.I.G. template and get started today.