

SET YOURSELF UP FOR SMARTSUCCESS®



S

STRATEGIES, STRUCTURES, & SYSTEMS

- Do you have a plan in place to complete the task/goal?
- Are you clear on your process?
- Troubleshoot Plan A before moving to Plan B



M

MASTER YOUR MINDSET

- Tell yourself you can do this. Believe you will be successful. Replace any negative thoughts with actionable thoughts.
- Visualize a positive outcome.
- Good nutrition and hydration help you think more clearly



A

ACCOUNTABILITY

- The biggest reason goals aren't met is due to a lack of accountability.
- Find a partner and hold each other accountable. Decide what that accountability should look like.
- Share your plans/goals and updates with others often.



R

ROUTINE

- Routine is the frequency with which you use your strategies, structures and support.
- Routine is NOT boring. It frees up space to be more creative.
- A routine helps you to stay on track and get more accomplished.



T

TRUST

- Trust in the purpose of the goal
- Trust in your own ability to accomplish the goal
- Trust your support, your accountability partner(s) and the routine
- TRUST in the whole process!