



## Cindy's Success Tips

### March, 2008

*"What have you recently promised yourself that you're going to do? Are you actually going to do it? Think about it. Put it up there just as if a friend made the promise and skipped out. It's just as real. Your negative feelings are simply the result of breaking those agreements—they're the symptoms of disintegrated self-trust. If you tell yourself to draft a strategic plan, when you don't do it, you'll feel bad. Tell yourself to get organized, and if you fail to, welcome guilt and frustration."*  
David Allen, *Getting Things Done, The Art of Stress-Free Productivity*

### Are your 2008 goals blowing in the wind?

Are you on course with the Vision and the Goals you set for yourself for this year? Are you experiencing a sense of fulfillment and satisfaction in your life or is life feeling like the March weather changes, sunny and warm one day and windy, gray and cold the next?

#### Suggestion:

- Take a few minutes to reflect on how you want to be right now and what is it that you want to do to move forward in your life? **Write it down.**
- List two life areas needing attention. (i.e. Relationship, Money, Health, Appearance, Career, Personal Development, Fun?)
- List the obstacles that get in the way of you producing the results you would like in these two life areas.
- List some ways you can overcome these obstacles?
- List three ways to nourish each of these life areas, including who in your life will support your success?
- In each of these life areas list the "Results" you would like to achieve in the next month and a date by when you will achieve these Results. Break each Result into small steps.

Example, "I want to start a yoga class."

1. *Research Yoga classes offered and schedules in my area by \_\_\_\_\_.*
2. *Decide what day and time will best work with my schedule \_\_\_\_\_.*
3. *Call to see if I can visit the class to see if it is a fit, by \_\_\_\_\_.*
4. *Register and begin attending the class one time a week by \_\_\_\_\_.*

Next Month: What is the best use of my time?

#### An Invitation

For in person or phone coaching, or to discuss a customized retreat or workshop, contact Cindy Nixon-Witt at 803-397-1213 or [cnwcoach@sc.rr.com](mailto:cnwcoach@sc.rr.com).