

One Hour a day to Accomplish Your Goals.

In our first article on goals for 2018, I talked about overcoming the obstacles that prevent you

from accomplishing those goals.

In this article, I am going to talk abo, t spending time each day to help you stay on track and chunk down the activity you devote to achieving your goals.

Do you know that every day you can create an hour to help fulfill your goals and keep you on track?

The answer is “start” each day a little earlier than your fellow workers.

And plan tomorrow today…

One of my early mentors and previous partners at NRS Media, Brian Duffy, taught me this valuable tip.

Plan Tomorrow Today – I first met Brian when he was a consultant to one of the first media companies I worked for.

He would always sit me down on his visits and ask me this simple question:

“Have you set goals for what you are going to achieve tomorrow? More importantly, have you looked at what you have achieved today and congratulated yourself?”

This piece of advice has stayed with me to this day. Most days I plan what I am going to do the next day using this simple method.

At the end of each day, I review what I have achieved for the day, taking about 30 seconds to mentally pat myself on the back.

Even if I only managed to get a couple of tasks done, this simple exercise gives you a sense of achievement. If you don’t do this, you honestly feel as if you have achieved nothing.

Acknowledge your achievements no matter how small they may seem. Every day is a path to appreciation of self.

I then look at what I have not been able to achieve due to timing and other factors and place them on my plan for the following day. No judgments.

I then look at all the meetings and appointments and place them on my plan for the following day as well.

Finally, I take about 10 minutes to study what my priorities are for the month, quarter and year. I select 3-4 goals I want to achieve as soon as I return to my office that is in alignment with these goals.

It works for me; it just might be the tonic for you.

Have fun selling your stuff in 2018.

Mike



Mike Brunel started mikebrunel.com after being a successful entrepreneur and founder of NRS Media. He co-founded NRS Media in Wellington, New Zealand, expanded it into a global powerhouse in media sales and training, and was eventually responsible for opening offices in London, Atlanta, Toronto, Sydney, Capetown, and Bogota. His products and services are now sold in 23 countries and in 11 languages generating $350 million annually in sales for his clients. Mike sold the company in 2015 and now spends his time following his passions which include rugby, travel. His promise: “I can find thousands of dollars in your business within minutes – GUARANTEED” TRY ME OUT!