

YEAR:

Implementing Goals

When goals are broken into weekly actions, supported by systems, matched to energy, reviewed regularly and anchored in accountability they stop being wishes and start becoming outcomes.



Translate Goals into Weekly Action

What's the smallest step I can take? You can also phrase it like, What can I do in 30 to 60 minutes? Then, What action, if repeated weekly, would move my goal forward?

ACTION:

Build Systems, Not Wilpower

A system can be very simple: A task can be scheduled at the same time, same day as a small work block. A checklist is used instead of memory. This can be on your device or with pen and pencil. Create a simple template you reuse.

ACTION:

Match Goals with Energy, Not Just Time

Not all hours are equal. You may have time on your calendar, but not the right energy. So implementation improves when goals align with: Your natural rhythms, your ability to focus the best, your current life load.

ACTION:

Set Weekly and Monthly Review Loops

Weekly Review that takes about 15 minutes. These are questions to ask: What moved forward? What stalled? What needs adjusting next week? As you do this, do "judge." Just look at the data and details. Then put in place a Monthly Review that takes 30–45 minutes. These are questions to ask in this review: Are my goals still aligned with my values?

ACTION:

Build Accountability into Your Plan

When someone else is aware of your goal, follow-through increases dramatically. This is positive accountability. At this stage of life, mid-career or halftime, we don't need more isolation. We need connection with purpose. That connection builds positive momentum.

ACTION:

