



TOPIC: GOAL SETTING AND STAYING ON TRACK

TITLE: THE VALUE OF REGULARLY SCHEDULED MAINTENANCE

July 2001

"The time to repair the roof is when the sun is shining." - John F. Kennedy

Here we are, into July already. The weather's heating up, vacations are appearing, and nature is in full bloom. Half of our year is over already. And the great news is that half of our year is just beginning.

With this in mind, it's time again to perform regularly scheduled maintenance. We all know what happens if we don't take care of the regularly scheduled maintenance on our vehicles. The maintenance goes unattended, and most likely a larger, more expensive problem appears later. If we take the time to do the regularly scheduled maintenance now, we save ourselves time, money and headaches later.

Our daily lives are no different. Our work, our relationships, and our personal lives all need regularly scheduled maintenance, and quite often, don't get it. My newsletter today focuses on the regularly scheduled maintenance that needs to happen in your life. What better time to stop, check in on where you're at, and perform the maintenance needed to finish the next quarter strong. So, get ready to check the engine.

What are your top three goals for the remainder of 2001?

- 1.
- 2.
- 3.

What's working well to achieve these goals?

- 1.
- 2.
- 3.



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What isn't working as well as you'd like? What aren't you doing?

- 1.
- 2.
- 3.

On a scale of 1-10 (1 being poor, 10 being great), how well are you doing in these areas of your life?

Career
Family/Friends
Health/Wellness
Spiritual
Financial

What's the number one thing that's holding you back from enjoying more success?

Where are you playing it safe?

What do you have to gain by turning up the heat?

How will you turn up the heat?

Over the next three months, what actions/behaviors will you change to achieve your goals:

What will you do more of?

What will you do differently?

What will you stop doing altogether?

My challenge for you this week is to stop, check your engine and improve your performance for the next quarter, in all areas of your life.

What's the one thing you will commit to doing that will have a big impact on your future success?