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PROFESSIONAL COACHING

Bringing Your Ambition to Work: Remembering your big picture

The best thing that you can do when you feel like giving up is to think of your values, the things that drive your ambition, the 'something' that you are striving for. Think about the big goal that you want to achieve within three to five years. Imagine what it's going to feel like when you accomplish it. Commit to doing something every day to move towards it.

How can you remind yourself what your something is? The thing that you are striving for?

How can you remember to do something every single day?

One of the best ways to keep track of your goals, to remind yourself of your values, and to acknowledge your progress is to write it down. This gives you the ability to look back and see how far you have come. It's a way to remind yourself of what is important to you so that you can be ambitious every single day.

Go back and look at the your worksheet from Saturday June 8. Take a minute to write down the progress that you have made so far towards your goals. This exercise is not about ticking things off of your to do list, it's about acknowledging the actions that you have taken and the things that you have learned about yourself.

What actions have you taken over the past 3 weeks towards your goals?

What have you learned along the way?