

Opposite Thinking Success Action Plan.

(1). Goal:

(2). Set on:

(3). Deadline for achieving goal:

(6). What results/outcomes will I have:

(4). Action points:

(5). By when:



How to complete your Opposite Thinking success action plan in 6 steps.

Step 1. Write your goal clearly in box (1).

Be as succinct as you can with this statement. It should be clear, straight forward and simple.

Step 2. Write the date that you've set your goal in box (2).

This date should ideally be the same day that you're writing the plan. There's no time like the present!

Step 3. Set the date for the completion of your goal in box (3).

As it's called a '30 day success plan', your time limit is 30 days to achieve the goal. These fixed time parameters will help you to judge your ongoing progress and keep you on track.

Step 4. Start to list the tasks you need to achieve in priority order in box (4).

This list will help you to compile a set of key tasks that you will complete in order to achieve your final goal.

Step 5. Set the dates for when you intend to complete these tasks by in box (5).

Each of the tasks you've set in the last step should have a realistic date for when you have to fulfil them. These dates all link into the goal completion date you've set in step 2. A tick box next to box (5) helps you to mark each task on completion.

Step 6. List the results/outcomes you'll be able to look forward to once you've gone through your plan in box (6).

This is the 'carrot on the stick'. It's your main motivation for setting your goal in the first place. If this doesn't get you out of bed every morning (no matter the weather) then ask yourself - were you ever truly serious about the goal you set in step 1?

Just like all plans – it's only as good as the one who's implementing it. So, your objective is to make sure you complete your plan – no matter what! This will help to build your confidence, self esteem and take you closer to building the life that you want. Don't hesitate to contact me at info@perfectyour-self.com if you need any support.