YOUR SUCCESS

Now that you've envisioned what next year will look like, we'd like to support you in your success.

So, the question is, **"How can you set yourself up for success?"**

Research has shown that the people who envision the **outcome** they want, the **obstacles** they'll face along the way, and **plan for both**, are more likely to see success. This is known as "realistic ideation".

We're encouraging you to do some **realistic ideation** of your own by identifying the obstacles that are most likely to get in your way, and to then make a plan to get around them.

1. What are the **1-3 obstacles/challenges** that are most likely to get in your way of achieving your vision of success? Some answers we've heard include:
   - ○ I don't have the skills I need.
   - ○ I struggle with meeting new people.
   - ○ I can get lost in my work and am then depleted.
   - ○ My negative self-talk gets in my way.
   - ○ I have too many responsibilities to others.
   - ○ I don't have the resources to support my efforts.

2. What are the **small steps** you'll take to get around or through your obstacles/challenges, to get you closer to your vision of success? The more detailed you can get, the better for your success. Some answers we've heard include:
   - ○ **If** I find myself getting lost in my work more than 2 days in a row, **then**, I will start setting a timer on my phone to leave at 5pm, and will ask my partner to support and encourage me to set work boundaries (i.e. not check email!)
   - ○ **If** my negative self-talk gets in my way, **then**, I will pause and take 10 minutes to write down all of my skills and gifts I'm grateful for.
   - ○ **If** I'm finding myself overwhelmed with the amount of support I'm giving to others, **then**, I will look for the possibilities to delegate, delay, or delete some of those responsibilities.

Take some time to write down your **top 1-3 obstacles/challenges** and then detail out the **small steps** you'll take, to get around those obstacles.

**Remember, small steps taken consistently over time,
can lead to big success!**

Carpenter Smith
C O N S U L T I N G