Best Foot Forward

7 Steps To Move On With Your Ideas and Plans

walktall

personal professional development

For me, being free and able to put your best foot forward, whatever the situation, is all about knowing who you are, what you are capable of and what is most important to you in life or in how you spend your time.

This book is designed to help you notice how you are going.

To walk tall is to discover the potential and possibilities that open up for us when we choose a way off the roundabout of procrastination, lost focus, loss of self-belief into new directions, renewed motivation and momentum to fulfil life or business ideas and dreams.

These 7 questions have answers that are right for you and uniquely you at this particular time.

Take the time to be in a quiet uninterrupted space. Allow your intuition rather than your thinking mind to give you insights and answers that are true for who you are rather than some external sense of who you feel or think you "ought to be". Your first answer is likely to be you best answer and just a sentence that arises spontaneously. You can add extra words if you like or as they arise.

These questions work for you as you are yourself or you as a woman or man in business with a product or service to offer.

QUESTION 1.
Looking Back

WHY do you do what you do?

WHY should people love what you do, or your products or services?

In one sentence or 3 words, describe you and your activity in your life or business.

Big picture in 3 words, what exactly do you offer or do?

What's working well now?

What do you choose to improve on?

What is the difference, the gap, between now and where you want or choose to be in the next year?

What do you notice happens less well?

Exactly WHY do those less successful parts of your plans happen that way?

QUESTION 2.
TAKING THE TREASURE or lessons from the past year(s)

In three words, what are you doing differently this year?

1.

2.

3.

QUESTION 3.
LOOKING FORWARD to next year's PLANS and PRIORITIES

List your plans and priorities for this year:

1.

2.

3.

4.

5.

QUESTION 4.

Detail the extra inspiration, help or resources you need to plan and deliver on your priorities

1. People/Mentors/Experts

2. Inspiration/Learning/Reading/PPD

3. Health and Wellness

QUESTION 5.

What beliefs or thoughts get in the way of you planning and delivering on your best year?

1.

2.

3.

QUESTION 6.

What new beliefs, attitudes or frames of mind do you choose now to get you on plan and into delivering your best into the next year?

1.

2.

3.

4.

5.

6.

QUESTION 7.

HOW do you choose handle the upsets, unexpected happenings and mistakes that may well arise in the next year?

Now rework your PLANS and PRIORITIES into order

1.

2.

3.

4.

5.

6.

7.

NEXT...

Taking the insights you've gained here, use a journal or better still, use templates to record and clarify the specifics of your ideas and plans.

You may wish to order yourself a fresh copy of my New Directions Walk Tall workbook. Use the templates such as these to add details such as timing, deadlines and other metrics you use now to measure the specifics of the progress and success you are creating into the next year.

Notice how the questions you've worked through show you potential obstacles to success.

The key to your success is to understand more of what holds you back from creating and taking action on your ideas and plans, or gaining a greater depth of insight and motivation.

To get more from your ideas and plans notice and explore:

1. What you are learning from the past and meanings (helpful/unhelpful) you give to past experiences?

2. The ideas or lessons you take from past events.

3. How to create your own plans and priorities into the future.

Connect with me to set up a phone chat on how to get more from your ideas and plans, and how to ensure the lessons of the past are positive ones that best serve your ideas and future plans.

Walk Tall,
Mary x

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