



# Evaluate & Celebrate

CHALLENGE | DAY 5

# Evaluate & Celebrate

## INSTRUCTIONS

As you are taking the steps and doing the work to reach your goals, it is important to regularly evaluate and celebrate!

### **Assess & Finesse**

Evaluating your progress can help you identify areas for improvement, get you back on track if you've gone astray, and finesse your Strategic Plan if things aren't going as expected.

Once a week - or at minimum once a month - use the **Weekly Review Worksheet** to assess what is working, what is not working, why, and what you can do about it moving forward. Make any necessary adjustments to your daily routine and overall Strategic Plan.

### **CELEBRATE!!!**

Now it's time to celebrate and reward yourself - not only for reaching your overall goals, but also for your activity and some mini-milestones along the way.

Rewarding your activity is important especially in the first few weeks, as there tends to be some lag time between activity and results, and/or the results may not be exactly what you were expecting. Small rewards for activity can provide the incentive and motivation needed to keep you going until the results catch up.

Even if you didn't take all your action steps, even if you were procrastinating or distracted, or tried something and it didn't work out, there is no need to beat yourself up. That will just discourage you more. Every time you did or didn't do something, every time an activity worked or didn't work, you learned something that will ultimately help you reach your goal. That is something you can celebrate!

If you haven't already, use the **Rewards Worksheet** from Day 2 to brainstorm some ideas for rewards.

One final note - make sure the reward matches the level of activity. You don't get a new car or two week vacation in Jamaica for making 5 phone calls - but do set a special treat aside for any time you do something scary.

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## WEEKLY REVIEW WORKSHEET

What wins/successes did you have last week? What do you want to celebrate?

What challenges did you have last week? (Optional: What could/would you do differently moving forward or if those challenges present themselves again?)

What is working or not working? Why?

Are you performing your action items? If not, what is distracting or holding you back, and what can you do about that?

Are you procrastinating on anything? Why? What will it take to move forward?

Are you achieving the deadlines and milestones you have set? Are the deadlines and expectations you've set realistic or do they need to be updated?

Are you happy with your progress? If not, what needs to change?

Are you enjoying the process, or at least excited about the end result? If not, what needs to change?

What kind of guidance, support, or accountability would be helpful right now?

What action steps do you want to focus on for the upcoming week to help you move closer to your goal?

Is there anything you want to add, change, or cut from your routine this week? What do you need to enhance or finesse?

Are you anticipating any specific challenges this upcoming week? (Bonus: Do you have any ideas for how you would like to approach those challenges?)

How are you going to reward yourself for overcoming those challenges and taking your action steps this week?

Have you blocked time on your calendar for your personal and professional activities for the upcoming week? If not, do so now!

What else is on your mind?

**Questions to help you find your personal rewards:**

- What kind of praise do you like to get?
- What kinds of things do you like to have?
- What are your major interests?
- What are your hobbies?
- What people do you like to be with?
- What do you like to do with those people?
- What do you do for fun?
- What do you do to relax?
- What do you do to get away from it all?
- What makes you feel good?
- What would be a nice present to receive?
- What kinds of things are important to you?
- What would you do with an extra \$25, \$250, \$2500, or \$25,000?
- What are the most relaxing scenes you can imagine?
- What are your favorite daydreams?