

HOW TO GUARANTEE RESULTS IN THE NEXT 12 MONTHS!

SUCCESS CHECKLIST

Congratulations on taking that very important step to saying yes to results, yes to your success and yes to doing more to ensure you get results in the next 12 months.

I'm so proud that you are willing to do what most people are not willing to do - to take action and to do something that you might not be sure about to get a different result.

Complete the quiz below to see how many of these you are doing already - circle the one most relevant to you right now:

	Questions to ask yourself	Success	Non Success
1	Do I have a clear written set of goals?	Yes	No
2	Do I read them daily?	Yes	No
3	Do I know my limiting beliefs and affirm my new beliefs daily?	Yes	No
4	Do I know my time allocation and distribution of my time wheel?	Yes	No
5	Do I have a proven articulated plan to get to where you want to go?	Yes	No
6	Do I have and maintain daily success habits that serve my goals?	Yes	No
7	Do I have clarity around my motivational why on each goal and its attainment?	Yes	No
8	Do I work towards my goals with daily action?	Yes	No
9	Do I keep going when things get hard?	Yes	No
10	Do I have mentors around me to fast track my success?	Yes	No

Why do I need clear written goals?

Everyone knows that you should be doing this, but 97% of the population don't do this!

When you look at the wealthy when you look at the successful people in the world, how many people are achieving what you want to achieve in your life.

It's actually a very small percentage of people who have this lifestyle that you might want to have.

And part of that is because there is only a very small percentage of people who actually write out a clear set of written goals and go after their goals.

So you need to make sure you put in the time, effort and the planning into creating your set of goals - write them down so you have a clear written description of what you want to achieve in your life.

Why do I need to read them daily?

This is the edge that makes all the difference - there is only a small percentage of the population that has a clear written set of goals... but almost NO ONE reads them daily!

When you hear Richard Branson, when you hear the Olympians talk, when you hear really successful and amazing people and what they have achieved in their life, they read their goals daily. Easy to do, easy not to do - it only takes 5 minutes out of your day to read them! So if you don't read your goals daily, then it's time to start.

Why do I need to know my limiting beliefs and affirm those beliefs daily?

This is a huge one for people! So many people have limiting beliefs circling around in their head all the time. Beliefs such as:

- I'm not good enough
- I don't fit in
- My horse isn't good enough
- Judges don't like me
- I'm not a good enough rider
- I don't have enough money to do what I want to do
- I'm not good at my job

I find it interesting that this is a topic that never gets talked about! Everyone has negative talk going on in their head at some time or another. What I have been taught is how to tune out of that negative talk radio station and start to tune in the positive talk radio station and what's on this radio station is your new affirmations - the things that you tell yourself - you are good enough, you can do this, the judges love you.

I guarantee that if you do this morning and night for 30 days, so many things will change for you!

Why do I need to know my time allocation and distribution of my time?

There are 168 hours in a week. By the time you take out sleep every night (8 hours x 7 days), work (40 hours per week), travel (say 4 hours per week) ... you only have 68 hours left per week to achieve your goals and dreams!

So how should you distribute your time? If you spend 3 hours per day on TV - that's 21 hours every week! Then you only have 47 hours left.

So you really need to look at your time wheel and start to spend time on things that are really going to make a difference in your life, rather than things that are not.

How successful people spend and invest their time is vastly different to how most people spend their time. That's again the difference that makes the difference!

Why do I need a clearly articulated plan to get me where I want to go?

If you have a bad map for example taking you from point A to point B, and the main road is road C... but your map is old and it's out of date and it takes you on road D which takes you somewhere totally different... how successful are you going to be getting to point B? Not very successful!!

You simply can't get to the destination you want to go with a horribly bad map that is actually a map for somewhere else.

Now this all makes perfect sense when you are driving, but then people want to achieve their goals without a plan or without a map... or with a horribly old map that is out of date and is no longer going to get them to their destination.

It's super important that you have a proven map that other people have used to get to the same destination that other people have gotten to... so that all you have to do is follow the map rather than to learn the way and hopefully figure it out!

So many people try and do this the other way, where they just get in the car and start driving and try and figure it out - this is a much harder way to do it and you are not going to get the results and the success that you want to get.

It's much easier to get a mentor and ask for a proven plan and then you are going to guarantee the success that you want to get.

Why do I need to have and maintain daily success habits that serve my goals?

This is huge!! We are our habits!

Habits really are our lives - if you have a habit of getting up and going for a walk and having a healthy breakfast as opposed to getting up and not eating breakfast you are going to have a vastly different life!

If you have a habit of getting home from work and then eating a nutritious dinner, and someone else has a habit of going past McDonalds on the way home... you are going to have a different life.

If you have a habit of riding your horse every morning before you go to work, and someone else has a habit of just riding when they feel like it, you are going to have different riding outcomes.

Your habits are everything and you really need to have a look at what your habits are, and if they are going to serve and sustain what you want to achieve.

Why do I need to have clarity on my motivational 'why' on each goal and it's attainment?

This is huge - if I say you should run a marathon, and you have never run a marathon before and never even thought about it before in your life - how successful will you be to run a marathon? Not very!

If you tell me that my goal is now to run a marathon I can almost guarantee that I won't achieve it - because I have no motivation to run a marathon, I have no reason 'why' I should want to run a marathon and it doesn't interest me. My motivational 'why' is to get to the Olympics in dressage and win 5 gold medals. That's my thing that gets me out of bed and get's me super pumped every day. I will do all the tedious annoying things that will mean that I take steps every day to get to that goal, because I have such a huge motivational 'why' - and then the 'doing' becomes easier.

It's really important that you know the whys for every goal otherwise you won't do the actions. If you don't do the actions, you definitely won't get the success you want to get, because you are not doing anything to get the goal. So really think long and hard about why you want the goal, centre in and get emotionally attached to it, and then the doing becomes easier.

Why do I need to work towards my goals with daily action?

So many people in January are really pumped to get their goals... and then you get to April or May, and it all got too hard, there was no motivation left, so leave it until next year.

This is because you are not committing to daily action towards your goals. No one wants to take daily action!!

I don't want to take daily action either... but I do because I know in the future my life is going to be pretty extraordinary if I keep working towards my goals and their attainment.

Why do I need to keep going when things get hard?

Things will get hard, things will get complication. Things get frustrating - that's called life!

It's not hoping that doesn't happen to you - because it is going to happen to everyone. It's about how quickly you can rebound and move on from that. How much commitment and how much grit do you have to keep going when things get hard. Because that is a huge determining factor to your success.

Why do I have mentors around to fast-track my success?

This is so important - mentors have gone on the path before you. Not only do they know the plan, but they understand when it is hard, they understand the deviations and the curve balls coming, and they can support you through the process and know how to fast track you through this to get the results more quickly.

If I am helping someone with how to get the horse on the bit, I know how to fast track through the process by saying do this, this and this rather than that and they get the results this way.

Alternatively I could also put someone on a horse and say come back in 2 years when you have figured out how to get the horse on the bit on their own. They will figure it out - it's not rocket science, they would work it out with trial and error. Mentors fast track this process because they can tell you already what won't work, and reveal to you what will work.

I trust this has helped you understand that if you do these 10 things you will guarantee success. People think success is elusive - it's easy. The 10 things I have talked about are challenging and like I said easy to do, easy not to do. There is no secret to life, just do those 10 things and see what the next 12 months bring you!