

The Happiness Project - Part 3

Good news ladies, Part 3 means we are ready to rock and roll.

On the Live Facebook Video, I went over what it means to set A SMARTER goal. This should have helped you narrow down your action items for each month. Don't forget to share those action items with the group so we can see what you are working on and can help you be accountable.

This week, I am providing you with a template that will help you keep track of your overall goal, your action items AND your progress. Once you are happy with your action items, jot them in the heading of the template.

A couple of tips and reminders:

- 1.) Keep your check list handy and VISIBLE. You will be more likely to reach your goals if they are visible.
- 2.) Take a photo of your action items and make it your screen saver. The more you are reminded of your goals, the more likely you will succeed.
- 3.) Have an accountability partner (it can be someone in this group) or someone else you know will help you stay accountable.
- 4.) Set a reward for each month to help motivate you.
- 5.) Set and schedule in times to actually reach your goals.

"Plan your life around your goals. Don't plan your goals around your life!"

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Accountability time:

The following tips listed on the other page will help you succeed. SO, to keep you accountable, we are going to make sure you are set up for success and have a plan in place.

1.) Keep your check list handy and VISIBLE. You will be more likely to reach your goals if they are visible.

Where are you putting your goals? Your fridge, your mirror, the counter?

2.) Take a photo of your action items and make it your screen saver. The more you are reminded of your goals, the more likely you will succeed.

Once you have those goals posted, share a pic with the tribe. This will help you stay accountable, go do it.

3.) Have an accountability partner (it can be someone in this group) or someone else you know will help you stay accountable.

Who is your accountability partner? If you don't have one, reach out to the tribe.

4.) Set a reward for each month to help motivate you.

What is going to be your reward for the first month?

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5.) When are you going to schedule in the action items? Start with week 1, set times in your schedule and make sure you are making time to work on those goals.

Feel free to use one of the two following calendar templates to map out your success. Or use a planner of your choice. The key is ensure planning happens.

Option #1

May Weekly Planner

Name: _____

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday

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Option #2

STREAMLINED & SIMPLE	
M	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
T	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
W	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
T	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
F	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
S	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
S	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Weekly Planner

