

# EXPLORE YOUR ENTHUSIASM

## EPISODE 72: THERE'S STILL TIME TO MAKE 2015 AWESOME

Do you remember what goals you set at the beginning of the year? How close are you to reaching them? In today's episode, we're going to talk about how to end the year strong, and get back on track if you've fallen off.

Hi, I'm Tara Swiger and this is episode 72 of Explore Your Enthusiasm. You can find links to everything we talk about today, at [taraswiger.com/podcast72](http://taraswiger.com/podcast72). Today's episode was requested via [Periscope](#). If you aren't following me on Periscope and you like the podcast, join me on Periscope! You just download the Periscope app, look up TaraSwiger, and start following me. The app will notify you when I'm live broadcasting, and you can join us live, or watch the replay for up to 24 hours.

Now, let's turn to making the last bit of 2015 really great.

If you've been a longtime listener, then you may have remembered [episode 37: Welcome in the New Year](#). In that episode, I walked you through the process of figuring out what you wanted in your life, and what you wanted to accomplish this year. I bet, whether you listened to that episode or not, you set some goals for 2015.

Well, we're just 3 months away from the end of the year, so it's a good time to ask: How's that going?

If you haven't thought of your goals or looked at them at all in the last 9 months, you're probably in trouble. In order to make steady progress, you've got to keep your goals and mind, and be sure your daily actions are bringing you closer and closer. This is why, in the Starship, we review our goals and make a map of actions every quarter. It provides us with the chance to restart. No matter what went wrong, no matter how much or little you worked on your business, we can always restart. We can always start fresh and make new decisions. You don't need to wait a whole year to set new goals and adjust your old ones.

Take a moment right now and check in on your goals: How are they going?

Are you about 3/4 of the way through reaching them?

**If so, awesome!**

You're well on your way to accomplishing what you wanted to in 2015. Take a minute and celebrate! WHOO!

**If not, let's look at your options:**

1. You can commit to fully working on this goal in the last quarter of the year
2. You can reassess and rearrange this goal, to fit in the amount of time you have
3. You can let the goal go.

**WHICH SHOULD YOU DO?**

This is really up to you. No one option is intrinsically better than any of the others.

You are not a better person if you push through and make yourself do something that's no longer a priority. The purpose of life is not just to push through and accomplish stuff, so don't just default into: must make this work!

The only BAD option is to keep ignoring where you are and the goal and hope it all just magically works out. That's not going to happen and it's a sure ticket to disappointment-ville.

Take a minute to really think about your goal for this year. Ask yourself these questions:

- ★ Do I still care about this?
- ★ Do I really want to accomplish this?
- ★ Why?
- ★ Is this still in alignment with my priorities?

**IF THE ANSWER IS NO, IT'S PROBABLY TIME TO LET THIS GOAL GO. THAT'S OK! THIS IS A NORMAL PART OF THE PROCESS OF GROWING AND CHANGING.**

**IF THE ANSWER IS YES, THEN, OK! LET'S KEEP THIS GOAL.**

**The next question is:**

How does this fit in the time I have?

Here's the thing: don't be afraid to try a goal that you don't have time to finish this year. December 31 is not a magical cut-off point, after which everything resets to 0. ANY amount of progress towards the goal counts!

So don't NOT pursue something just because you don't think you'll finish it by the end of year! Instead, figure out how much you could realistically get done in the time you have. Could you get half of it done? A portion of it?

For example, if your goal was to make \$50,000 in sales this year, and you're only at \$10,000, you could make your goal for the rest of the year to still push yourself, even though you may not reach the final goal.

On the other hand, could you give up or rearrange your life to bust out this goal right now? For example, my goal was to finish my book proposal and get a book deal by the end of the year. My book proposal got pushed behind a lot of other exciting opportunities all year, but now I'm prepared to put everything else on hold, except for serving my customers and working on the book proposal.

**A note about the holidays:** Now, before you get all ambitious about dedicating yourself to this goal, I want you to think about what's coming up in the next several months. In Canada + the USA we've got Thanksgiving, followed by the winter holidays. For many of us, that means travel and family time and the other people in our life being at home more. So maybe this isn't the time you want to prioritize your work; maybe you want to prioritize time with family and friends. That is OK! The joy of building your own business is that it's ALL personal. You want your business to fit inside your life, and sometimes that means NOT working on your business. You don't have to ignore one to succeed at the other.

For the last 5 years I've held a 4 week adventure called Holiday Sanity, where we map out all the things we want to do over the holidays - ALL of them, personal and business - and then make a plan for them. We do that because it's so important to take it ALL into consideration, if you don't want to burn out or become frustrated that you're not getting more done.

{Just a note that Holiday Sanity is only available inside the Starship. If you don't know what the Starship is, I'm going to explain it in just a minute!}

Now! You've looked at your goal, you've decided to either keep it or let it go, and you've fit it in the time you have. The final step is to be sure you don't forget it again, to be sure you keep it front of mind. There are a million ways you can do this, from putting it on post-it notes around the house, to writing it in your planner each week or each day, to making it the background of your computer. Whatever you do, just be sure that your actions each week are moving you closer to it, day by day.

This goal-setting and goal-reviewing is something we do every quarter inside the Starship, along with checking in for accountability each week and reviewing our numbers each month. The Starship is my online community, where you join for one year and get access to my whole library of over 15 classes, you can ask your questions 24/7 in the forums (and get answers not just from me, but from all the other smart business owners), and you can come to a weekly live text chat, where everyone gets an opportunity to check-in on their progress and ask me their questions. This quarter we added some new pieces to the Starship, including an Accountability Partner program and live Q+As with me. The Starship will open to new members on September 15th, 2015. If you go to [taraswiger.com/starshipbiz](http://taraswiger.com/starshipbiz), you can get some more info and sign up to be notified when it opens again. There are limited spots, because I like to get to know every member, so be sure you sign up to be the first to find out at [taraswiger.com/starshipbiz](http://taraswiger.com/starshipbiz).

Thanks so much for listening; have an enthusiastic day!