

POST SUMMER REVIEW AND RENEWAL

1. Take a fresh look at your goals.

Look at your most recent goals (in Map Your Business!) and ask: Do I still want this goal?
What is a reasonable timeline for this goal, knowing what I know now?
How do I want to go about moving towards it?
Is there another goal that excites me more?

2. Take a fresh look at your days.

When do you have time to work?
When do you want to work?
When are you most focused?
When is the best time to do each task?
Would you rather batch types of work on certain days? Or in certain hours?

3. Take a fresh look at your expectations.

How much do you expect to get done in a day? In a week?
How are you feeling about your productivity?
Do you need to lower your expectations?
Do you need to shift your productivity towards more impactful actions?

4. Give yourself grace.

What do you need to be gentle with yourself about?
Where can you bring some ease and grace into your workday or week?

Let me see you filling out this worksheet! Post on Instagram with #exploreyourenthusiasm!