

# 7 Steps to Set & Achieve a Priority Resolution

## To Achieve, Improve, Change, Transform, or “Master a Goliath”

### Plan

1. **Purpose** of your Resolution—write your calling/goal to achieve, improve, change or transform / Goliath to master (**mission**):  
To...

2. **Results**—define success/list or describe what you feel led to/want to/should do (**vision**):

3. **Why you should succeed**—list your reasons to follow through/results of success or failure connected to values (**motivation**):

4. **How you could succeed**—list and consider steps to success—actions, needs, ideas: time, inspiration, money, energy (TIME), assistance, accountability, systems, structures...list barriers to break through... (**solutions, possibilities**):

### Decision

5. **Decide** if you are willing to follow through (**choice**), if you place higher value on these results and activities than the ones you must replace or reduce time for (**priorities**). **If no:** accept/let go and consider a new resolution. **If yes:**

I will follow my plan enthusiastically until:  this date: \_\_/\_\_/\_\_  I succeed  this occurs: \_\_\_\_\_.

Signed \_\_\_\_\_ Date \_\_/\_\_/\_\_  Accountability partner/witness \_\_\_\_\_

### Action

6. **Read, speak, and shape** your resolution daily/regularly to sculpt your plan, focus your thoughts, internalize your mission, renew motivation, and strengthen your commitment needed to create and sustain momentum (**focus, conditioning**):

I will read my resolution  daily or \_\_\_\_\_ at \_\_\_\_\_ until I internalize the habits of thought and action necessary to succeed.

7. **Take Intelligent, Inspired Action with Systems for Success**—target times (structure) to insure investing time needed (**balance, live priorities**) until you form habits to make desired actions automatic. Compare efforts and effectiveness of T.I.M.E. (Time. Inspiration. Money. Energy.) with vision and results (**assess & adjust**); change as needed to close gaps (**renew & improve**); set up positive and negative rewards (**system for motivation**); share your resolution with a trusted accountability partner/ coach/mentor and ask for specific support such as listening, encouraging, reminding, participating... (**personal integrity, accountability**):

I will target these times and days to plan/act on my resolution: \_\_\_\_\_.

I will ask \_\_\_\_\_ to assist me in this way: \_\_\_\_\_.