



7 Steps to Set and Achieve a Resolution

To Plan, Decide, and Act to Achieve, Improve, Transform
From "Master your Goliaths: Lessons from David"



Plan

1. **Mission** (Purpose of your resolution)—write your calling, goal, what you want to achieve or improve, or what you need to change or transform / your "Goliath" to master:
To...

2. **Vision/Goals** (Desired results)—list what you feel led to do/want to do/should do, by when; visualize/describe success:

3. **Solutions** (Strategy)—list crucial behaviors (attitudes, abilities, actions) vital to success by you and others (assistance, accountability), structures (motivators and measurements to fulfill crucial actions/results); consider Time-Inspiration-Money-Energy:

4. **Motivation** (Why you should succeed)—list reasons to follow through, good and/or bad results from succeeding or quitting:

Decision

5. **Choice** (Decision)—decide if you value these actions and results more than the ones you must replace or reduce time for to follow through and/or form new habits and priorities. **If no:** accept, let go or postpone desire, and consider a new resolution.

If yes: [] I will follow my plan with inspired expectation until: [] I succeed [] this date: __/__/__ [] this result: _____

Signed _____ Date __/__/__ Accountability partner/witness _____

Action

6. **Systems and Structures for Success** (Create automatic actions)—target times/set appointments to insure investing time and energy needed (*live your priorities*). Read, speak, and shape the resolution regularly to sculpt your plan, focus your thoughts, build a sense of calling to condition your mind for instinctive action/persistence (*internalize your plan and inspiration*).

I will target time/set appointments [] daily at ____ [] these days/times _____ to read, improve, and act until I [] succeed [] change my mind or [] _____.

7. **Assessment and Accountability** (Integrity and feedback)—*Assess and adjust* (compare efforts and results with vision and change needed to close gaps; *renew and improve attitude and ability*). Share your resolution with a trusted partner/coach/mentor and state/request specifically how you would like help.

I will ask _____ to assist me: [] listen [] feedback [] questions [] ideas [] encourage [] remind [] accountability/tough love if needed [] participate _____.