



"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."
— Vince Lombardi

**WatchGlass
Advisors, LLC**

By isolating a single aspect of a broader situation and focusing on it, great progress can be made...

Planning to Succeed

by Rosanne Scriffignano, CRC, ACC

Imagine building a home without blueprints. Sounds ridiculous, doesn't it? Who would dig a foundation without a plan? Although most people understand the value of planning, they typically do not have blueprints for their lives. They allow fate (and other people) to set the direction of their life journey. As a result, they are often swept down the river of life—missing key opportunities to achieve their very own dreams.

What happens when you think about your dreams? Do you want to accomplish something amazing? Perhaps you're yearning to write a book or run in a marathon. Although these goals may seem insurmountable at first, they are achievable if you create a solid plan of action.

Taking Stock

If you don't have a life blueprint, it's not too late to create one. Start with one or two goals that will bring joy into your life. As you work through the process, consider the following tips.

- **Focus on the Short Term**—If a five-year plan is overwhelming, focus on what you can accomplish during the next year. Select one goal that will have the greatest impact on your life right now.
- **Divide and Conquer**—After you've identified your goal, create a list of its sub-tasks. Then, decide what tasks you will tackle each week. To avoid feeling overwhelmed, divide up your weekly tasks into manageable daily chunks and add them into your calendar. Make appointments with yourself to block out time to complete each task.
- **Seek Support**—Don't be afraid to share your goals with a trusted friend or family member. Ask them to keep you accountable. Also seek out people who can help you to achieve your goals. For example, if you want to run in the New York City marathon, contact your local running club or a friend who is an avid runner. Learn from other people's life experiences.
- **Be Flexible**—It's unrealistic to believe that all plans will work out perfectly. Don't give up on your dreams if you hit a dead end. Instead, brainstorm creative ways to work through (or around) these obstacles.

Ready. Set. GO!

What will you do today to achieve your life's blueprint? Any action (no matter how small) is better than no action. If you need inspiration, recall the wise words of the Chinese philosopher Lao-tzu: *"A journey of a thousand miles begins with a single step."*

Let the Journey begin!

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