



Following Through

BY KRISTINE STEINBERG

Goals, commitments, resolutions... we set them, we intend to achieve them — and for many of us, some of our best set plans to follow through get consciously or unconsciously derailed. Consider the following prompts to identify what's getting in your way and break down your blocks to following through.

1. WRITE DOWN YOUR GOAL

It could be a personal or professional goal, a commitment to yourself or to another person. Write down all of the steps that will go into achieving this.

2. IDENTIFY WHAT'S BLOCKING YOU

Which parts of it are you avoiding or dreading?
What are you afraid of? What's at stake if you fail?

3. RECONNECT WITH YOUR VISION

Remember why you wanted to achieve this goal in the first place. What is the overarching dream behind it? When you reach that goal, what is going to feel different, better, and more exciting for you?

4. CONSIDER THE TOOLS FOR THE JOB

Think through the logistics. What resources do you need to get past what's blocking you? Who can help support you through this?

5. BREAK IT DOWN INTO CHUNKS

Revisit your list of each specific step that will go into achieving this goal. What will you do in the next hour, day, week, and month to make progress?

Do you want support in unblocking your full potential? Email your completed worksheet to me at kristine@kismet-consulting.com and I will be in touch.

