

Top 5 Ways

to Work on Your Goals in 15 Minutes or Less

Starting to feel burned out by your New Year's Resolutions? Think you're too busy to make the time? Not true! Everyone can stand to give up 15 minutes of TV time or phone scrolling to do something that truly matters. We have some ideas to get you moving.

1. Call in reinforcements.



Who's that person in your life who always builds you up? Call or message them for a pep talk. What did they say? Write their encouragement down here.

2. Let it all out.

Grab a pen and paper and write down what matters to you and what you want to get after. Come back to it when you lose motivation.

3. Seek a mentor.

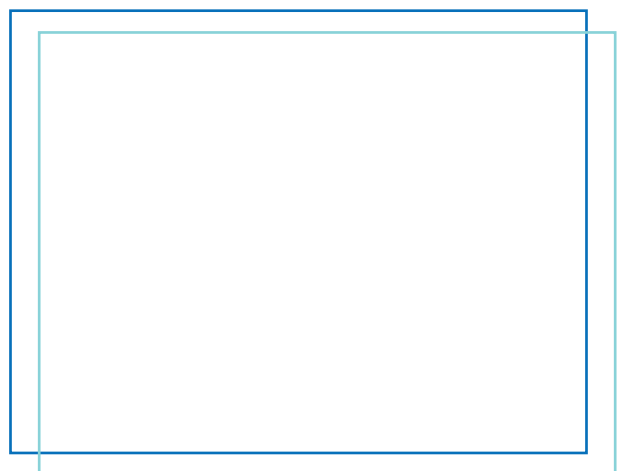
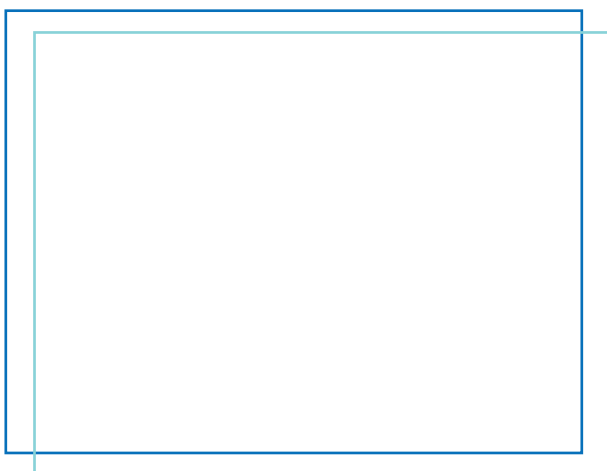
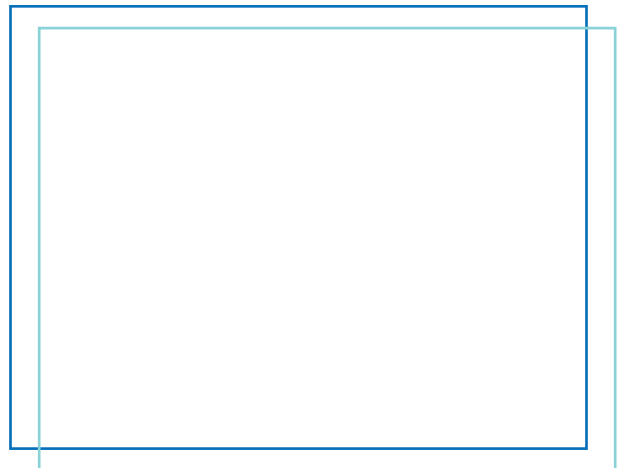
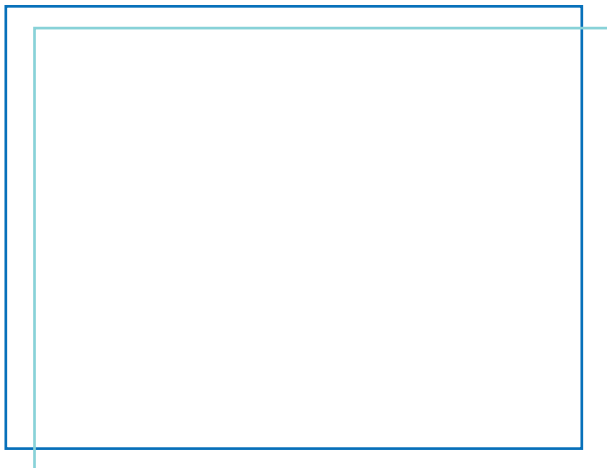
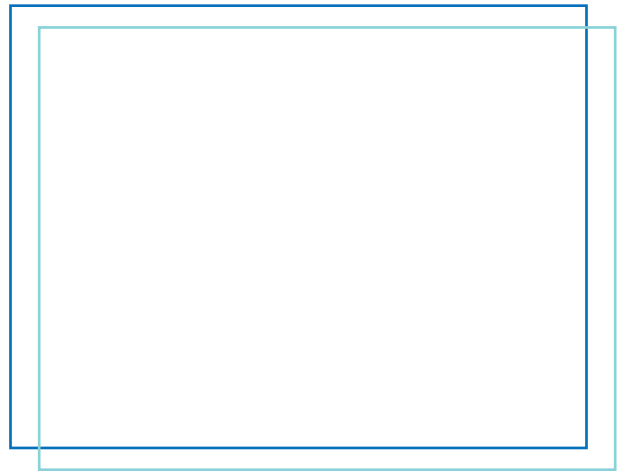
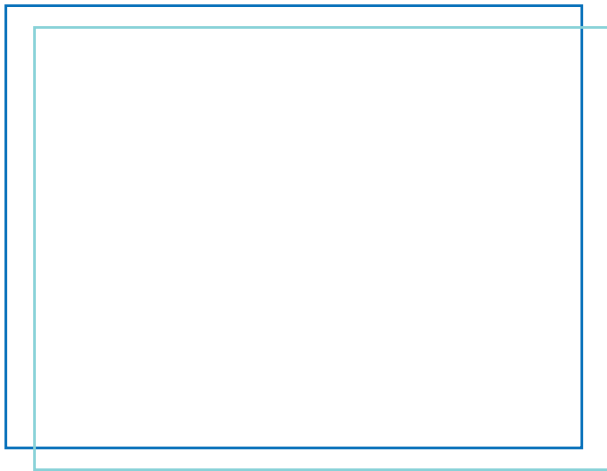
Know someone who is doing what you want to do? Ask them how they did it! Write down some questions for them here.

4. If it's not written down, it's not real.



Make a real plan and write it down!

Cut out these convenient reminders and leave them everywhere! On your bathroom mirror, on your desk, on the fridge, etc.



5. Take small bites.

Get to work, but in small, incremental steps that are achievable! By breaking larger goals into manageable chunks, you're much more likely to keep at it!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

If you stick with your goals for 15 minutes a day, you will have dedicated almost two HOURS of time toward seeking your dreams by the end of the week.

Need to call in some help from the pros? We're here for you with Personal Coaching and Leadership Development Training services to set you on the right path.



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