

Watch YOURSELF

Are you watching yourself? Are you avoiding yourself? Are you in denial?

You can't help but to watch yourself. Yet, often we ignore what we see, we are in denial, and we blame others. It's never us.

Well, it is us. We can't control what others do, but we can control our response. It's all in our response, how we act and react to life that goes on around us.

The problem is we don't like what we see. We see:

Lack of progress

Lack of focus

Lack of self control (the donut, one more tv show)

Lack of motivation

Lack of goals

Lack of effort

Which, or how many of the above, apply to you? Be honest. You do watch yourself, and you know the answer. Just admit it to yourself. You don't have to tell anyone else. Everyone else already knows, we can see progress or lack thereof in each other.

Isn't it interesting that people don't make goals because, in the past, they made a goal and gave up before they reached it? None of us achieve each goal we set in the timeframe allocated. Yet, we

can continue until we reach the goal. It's simple. Do not give up, and surround yourself with positive people that can help you reach the goal.

It is true, that what gets measured gets done. Too many people won't measure, as they feel they don't measure up and don't want to see the results. Yet, to measure is to accomplish. Setting a measurable goal gives you the target to reach. Your chances of success are much greater when you measure. You know how close or far away you are. You can plan the actions needed and then execute those actions.

Watch yourself succeed when you write your goals and measure them. Reaching the goal is empowering. You have already done it a number of times. What have you wanted to do in the past year that you have accomplished? I'll bet you feel good about it. If you can do it once, you can do it many times.

When you watch yourself, and measure yourself, you will get more done, you'll feel better, and you'll be proud. People will notice. Your confidence grows. Yes, all good things.

It's almost May first as I write this. Look back to January first and replay the movie of what you have done in the past four months. Watch yourself in action.

Make a list of what you accomplished. If you are like most people, you will be disappointed in the time wasted and things not done. No, look at what was done, what was accomplished. Be proud.

Now, make a plan to watch yourself over the next four months. Make a list of what you will do, with the measurement. Then, monthly, measure your progress.

Watch Yourself. You'll be proud. You'll accomplish more. You'll be noticed by others.