

# My Success Plan

This worksheet can be used by anyone who wishes to develop a laser focus to achieve a worthwhile goal. Success is the progressive realization of whatever is written on this guide.

1. **What do I want to HAVE, DO or BE in life?** *dream big, just be specific. "I want to be a pediatric surgeon" or "I want to design and build race cars for a living" is more specific than "I want to be a doctor" or "I want to work on cars." Imagine what it will feel like, look like to be doing this right now.*
  
2. **By WHEN do I need to get / do / become it?** *set a date. This step tells your brain that there is an expectation for accomplishment. When the date is set a clock starts ticking and our subconscious minds will get to work.*
  
3. **WHY do I need it?** *is your 'reason' big enough? The best reasons are attached to an emotional connection. When your "why" is big enough your body and mind will work together for a common cause.*

**4. WHAT am I willing to give in order to achieve it?** *there is no free lunch. You must pay a price for achieving the success you want. It may be to miss out on a shopping trip in order to save money. It may be to stay after school on purpose for 3 days every week until you achieve a certain GPA. It may be to practice a skill for 20 hours every week. The price you pay for success will be time, effort, and other diversions that won't lead to your goal.*

**5. What's the ONE THING I can do this year / semester / month / week / day / that will make everything else easier?** *focus on what matters most. If you can only complete one task related to your goal in the time periods below what would you do?*

*In the next 72 hrs I can . . .*

*In the next 2 weeks I can . . .*

*In this semester/season I can . . .*

**6. Who will be your coach or cheerleader?** *It is very important to have coaches and cheerleaders with you on your journey. Coaches are people you trust who know your goals and are willing to help you correct your mistakes until you achieve success. Cheerleaders are people who care about your success and will bend over backwards to motivate you to reach your goals.*

*Now combine all your answers into a single statement that you can memorize it. Place a written statement someplace where you can see and read it everyday.*

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Helping 4-Hers Grow in Life and Work  
2017 National 4-H Volunteer e-Forum, Dec. 7, 2017