

## 21 STRATEGIES FOR GETTING RESULTS

- Be “SMART” when setting your goal – Specific, Measurable, Act As If, Responsible, Trackable & Tangible.
- Understand why you want it – **for what purpose?**
- Consider the likely consequences of achieving your goal?
- What other things do you also want or want to maintain at the same time. Make these a part of your overall goal.
- Surround yourself with people who ask more of you than you do.
- Practice with a Coach. The best coach you can afford.
- Practice makes permanent – perfect practice makes perfect.
- “You will be what you **will** to be.”
- “ACT AS IF” – model the behaviour, language and mindsets of those you aspire to be like.
- If it’s not working – do something different – “For Things To Change, First I Must Change!”
- Get comfortable with paradox – “Persistence Overcomes Resistance!”
- At wake up, don’t ask yourself if you feel like training, just get up, get ready and GO! “Get to the bedroom door!”
- Chunk for Success – even getting to the bedroom door!
- Consistency matters enormously. Keep at it!
- Go for PB’s, (Personal Best’s) rather than comparing yourself with others.
- Create and Celebrate little wins.
- Get ready the night before. Remember the 7 P’s: Proper Prior Planning Prevents P--- Poor Performance!
- Guard against your own negative self talk. “I can’t” becomes “ I can’t, YET” or “I can’t, Up Until Now!”
- Have someone to report to daily or at worst weekly who will help you keep on track.
- “You Get What You Settle For!” Commit to Excellence.
- No excuses or laying blame – “Take Personal Responsibility” It’s about “my ability to get the response/result/ I/We want”.

Applying the above means are making your good luck. Have a great time.  
Kind Regards  
Jon Pratlett