

Reflect and Correct

This exercise is a simple but powerful technique that will help you accelerate your progress towards making your goals a reality.



Instructions

Step #1: Take a moment to look back over the last twelve months and think about the specific actions you took in each area of your life.

Make note of the actions that worked well and delivered positive results. Write these actions down in the first column of each table.

Step #2: Now reflect on the actions you took that did not work so well. Write these actions down in the second column of each table.

Step #3: As you begin the New Year, make the decision to do:

- **More** of what worked and
- **Less** of what didn't work

On the following pages you will find an example sheet that illustrates how the exercise works, followed by a blank sheet that will help you to reflect on each area of your life.



Health: Mary's Example

Health	
What worked well?	What didn't work well?
Going to the gym with Kate	Pushing myself too hard too soon
Taking lunch to work	Quick fix diets - felt weak
Doing cardio and weights	Bootcamp - got injured
Taking a drink bottle to work	
Having a free day each week to eat anything I want	
Ideas for doing <i>more</i> of what worked:	
<ul style="list-style-type: none"> • Do two cardio and one weight training session each week • Work with a personal trainer once a month • 	
Ideas for doing <i>less</i> of what didn't work:	
<ul style="list-style-type: none"> • Don't push myself too hard too soon • Don't get sucked in by quick fix diets • Don't enroll in any army style bootcamps • 	

Health: Your Turn!	
What worked well?	What didn't work well?
Ideas for doing <i>more</i> of what worked:	
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Ideas for doing <i>less</i> of what didn't work:	
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Relationships: Mary's Example

Relationships	
What worked well?	What didn't work well?
Talking about our plans each week	Traveling interstate for work
Taking dance lessons together	Doing house renovations together
Going away on weekends together	
Ideas for doing <i>more</i> of what worked:	
<ul style="list-style-type: none"> • Do more social dancing 	
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Ideas for doing <i>less</i> of what didn't work:	
<ul style="list-style-type: none"> • use video conferencing to reduce my interstate trips 	
• Talk to an architect	
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Relationships: Your Turn!	
What worked well?	What didn't work well?
Ideas for doing <i>more</i> of what worked:	
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Ideas for doing <i>less</i> of what didn't work:	
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Finances: Mary's Example

Finances	
What worked well?	What didn't work well?
Adding new products to our product line	Partnership with Amy
The new website	Trying to do everything in house
Joint ventures	
Offering packages instead of single products	
Ideas for doing <i>more</i> of what worked:	
<ul style="list-style-type: none"> • Develop and release five new products • Find out more about Internet marketing • Network to find new joint venture partners • Add two new packages to product line • 	
Ideas for doing <i>less</i> of what didn't work:	
<ul style="list-style-type: none"> • End partnership with Amy - won't be easy but has to be done • Outsource website maintenance and graphic design • • • 	

Finances: Your Turn!	
What worked well?	What didn't work well?
Ideas for doing <i>more</i> of what worked:	
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Ideas for doing <i>less</i> of what didn't work:	
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Conclusion:

If you take some time and work through this exercise, you'll find that it is a great way to distinguish between the things that are taking you closer to your goals and the things that are stopping you from achieving success.

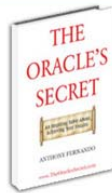
As you do **more** of what works and simultaneously do **less** of what doesn't work you'll build positive momentum and accelerate your progress towards achieving your most important life goals.

Until next time,

Dare To Dream!

Anthony

If you enjoyed this exercise, you might also like my book 'The Oracle's Secret' and the 5 special bonus gifts that come with it.



"I really enjoyed The Oracle's Secret and it was given to me at just the right time when I really needed the inspiration. Thank you" - Robyn Palmer

To find out more, visit: <http://www.TheOraclesSecret.com>