

HOW TO

REACH YOUR GOALS IN 8 STEPS

1- EDUCATION.

This one is broad but its HUGE! it's different for everyone. It could be a conference in your career field, online education and videos, books, seminars, free webinars and podcasts, sitting with expert in that field, oh and more books. Did you know the most successful people don't stop learning just because they're done with schooling? They get to be where they are with consistent education. This is such a broad subject, so if you want specific book suggestions, online education, seminars or more, I'd be more than glad to help you find something that fits what you're looking for!

2- GET AN ADVISOR OR MENTOR.

Finding someone to check in with, keep you accountable and ultimately help you steer you towards your goals. They have more knowledge in that area, which is why they're advising you. So they could help you jump start past a few steps and put you in connection with the right people! A great place to find them is by networking- people will jump to help others in the field if they're the right fit for you.

3- GET OUT THERE.

Meet people. it's hard, believe me i know. But no matter the goal, it's always better with a community, the best way to get business is to meet the right people. Connections are some of the best ways to not have to do all the work yourself and how i continue to find women in business and mentors. Some great tools to use are Meetup.com, Facebook events in your area, professional groups, luncheons, and the tough one... cold marketing. Research what businesses/people fit your brand or personality and reach out to them. Also don't forget to pick up local magazines and find people there, and if you do advertising with some, you get invited to more events! Might be listed as 3 but it's consistent networking that makes a big impact.

4- STOP MAKING EXCUSES.

We all have them. Instead, work diligently on overcoming those excuses. Be a person who takes small steps, can be patient, and wants to reach their goals instead of them just being just a or a far off dream that won't become a reality. the only person that can change those dreams into reality.. is you. Small steps is what makes the biggest difference, so 5 things a day to work on your goals.

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5- CALENDAR AND JOURNAL.

Whether you prefer a calendar you can physically write in or online, this will keep you on track. set up 5 tasks per day (these can be small!) This will help you get the not so fun tasks done along with the big projects you can't forget. Use it as much as possible, I have one calendar that reminds me each month and week what to clean, so my mind stays clear and focused.

Journaling is so important, i have sticky notes at the beginning of my journal. One for yearly goals, one for books i've read, one for what i accomplished in the year prior, and one for amount i'm putting in savings every month. It helps keep me on track, and every time i read, it reminds me of my goals, and to keep going.

6- SET SOME DOWN TIME.

Yes, I try to fill time with working towards my dreams, but you know what is equally important? being happy and being present in the now. I don't always get my to-do list done, and it's more than okay. that's truly why there are lists, so I don't necessarily HAVE to do them everyday, they're broken up enough so I can work in time for surprise social events. people are more important, and i will only regret the time i didn't spend with loved ones. There's a time and place to say no, but don't forget to spend time with the people that matter most. And as always productivity is better than being busy.

7- EXERCISE.

It doesn't have to be 2 hours in the gym, or even AT the gym. I clear so much in my mind with a simple walk with my dog. It's also a great way to unplug for a bit and get outside. Walk your pets, take a walk with your significant other, or your kids. Even a walk helps feel healthier, more in touch, and even can clear our minds so focus comes more easily later.

8-BE SPECIFIC AND DEVELOP A PLAN.

No goals will be accomplished until you revisit your goals and write specifically what you want. It needs to be clear so you know some steps to take in the right direction. and no, maybe you don't know how exactly you'll get there all the time, but as you take the baby steps you do have planned, you'll find the other steps along the way. For example. one of my short term goals for this year is to have 5 photo sessions a month. it's a HIGH goal in a new location so I'm pushing myself. But if I said I want 60 sessions this year but don't do my part to get to that many sessions, my goal won't happen. I have to educate myself in both the new location, people, and online presence. I have to be organized and track what progress I'm making for instance, when I get clients, how did they find me. I go back and check broken link/inaccurate information etc. I also am getting my name out there, and not making excuses. Goals without a plan will fail. so set yourself up for success with specific goals, and things you can do daily/weekly/monthly to get those goals!

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THANK YOU

I'm here for you! You may have a business, fitness and health, personal, or family goal. If you want to talk through some things specifically for your goals, I'd love to talk to you. I still have a lot to learn, but I have found some great resources along the way, and if you're feeling stuck or maybe need just a little help, I'm here to help in any way that I can.

WHATS NEXT?

Tell me how you're implementing these steps. I'd love to hear from you.
Email Davistaphotography@me.com
Follow Davista Photography on Instagram and Facebook for more updates and what goodies you'll get next!

keep shining
Sharon Star
DAVISTA
PHOTOGRAPHY