

OVERTIME (JANUARY 2010, VOL. 1, NO. 1)

2010 is your year of execution! This is the year you will achieve your top 3 goals. Choose them wisely as these 3 goals are going to lay a great foundation for some of those championship goals you have held in the back of your head for the past few years.

Start. If you have not taken at least 30 minutes to think about what you are going to bring and do in 2010, do this before **January 7, 2010**. The longer you post-poner your visit with your goals, the more likely 2010 will end much the same as 2009. If 2009 was perfect, then skip the rest of this newsletter and have a great day. If 2009 lacked some of the zip you wanted, read on and finish your thinking by January 7, 2010.



Done thinking. Thinking alone will not bring you closer to a high-five year. Take at least 30 minutes to write out your goals before **January 14, 2010**. Statistics show that people who write down their goals are more likely to achieve them than those people who do not. Only 10% (I think this number is on the high side) of all people write down their goals. Use the **S.M.A.R.T. Goals 2.0**® template to complete your goals. Focus on 3-5 goals for the year. Dynasties are never built in one year.

Buddy up. Find a friend, colleague, or a professional. You cannot reach your goals alone. Share your S.M.A.R.T. Goals 2.0®. This person should not have a personal investment in your goals except that they care about you enough to hold your feet to the fire without tossing you in. If they are personally invested, you run the risk of them being too firm or light on you. You will reach times in the year when you start running out of endorphins to sustain your motivation and need someone to give you perspective. **Tuesday at 2 pm** is a section of this newsletter where I will share quotes and stories to help get your motor started.

Do the work. No matter how great your goals sound and how wonderful your support system, you have to do the work. It is work. There are times you will have to do tasks that do not inspire you. Your uninspired work tasks should not make up more than 33% of your work day. The bulk of your work should bring you energy and not despair or dread. For hints on staying on track, look at **Champion's High Five**—a section on tips to achieve optimal performance.

CHAMPION'S HIGH FIVE

1. Write down your S.M.A.R.T. Goals 2.0®.
2. Who Wants to Be a Millionaire got it right—call a friend or a professional!
3. Know your strengths. Know how to use them.
4. Do the work. Do not try to do it all in one day.
5. Work is the transfer of energy. How much energy did you transfer today? The formula for work is: Work (Achievement) = Force (Time and Practice) x Displacement (Results)

TUESDAY AT 2 PM

There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstances permit. When you're committed to something, you accept no excuses, just results.

~Art Turock

ANNOUNCEMENTS AND UPCOMING WORKSHOPS POSTED AT WWW.BETHECHAMPION.COM

What stops you from being the champion?