

More Than Another Resolution

It was January 3, 2016. I was participating in a professional development program. The presenter was narrowing in on setting and achieving goals. I was not into it.

Then it happened – that moment that everything shifted for me. We were asked to complete the following statement- “For the sake of those I love, the year 2016 will be the year that I...”

Immediately, three aspirations appeared on my paper. – For the sake of those I love, the year 2016 will be the year that I,... 1.) LOCK IN MY LIFE’S DIRECTION, 2.) EARN MORE THAN I HAVE EVER EARNED, and 3.) LOVE LIKE THERE IS NO TOMORROW. These were worthy aims, but I was certain that they, like others, would remain unfulfilled.

The instructor continued. We were to complete this exercise by answering the question, “Why?”. As you might imagine, the “why” was the secret – the difference maker. It ignited in me a much-needed passion and drive.

I was going to lock in my life’s direction, earn more money and love like there is no tomorrow – Why? “Because being narrowly focused on my life’s direction and goals allows me to be present, **protecting my family time.**”

Protecting my family time is something that I had been working on since the summer of 2013. I’ll never forget that coaching session with my business coach when he asked me, “When is your next vacation?” At the time, I was working 7 days a week, coming home late and could not remember the last time I had planned a vacation.

In 2014, I wrote “My BIG Life Dream”. “My big life dream is to live out loud the life that I was created to live by daily stretching toward and reaching for MY GREATEST POTENTIAL resulting in a life that is attractive to observers; that causes them to want what I have so that I might inspire them to move closer to their God-given POTENTIAL and plan, **beginning with those within my home.**”

By the end of 2016, this area of my life had been radically changed for the better. I had discovered that being diligent regarding my life’s direction and setting supportive goals results in the kind of life the I and my family want to live.

One of my mentors encouraged me as a young 20 something to live with my funeral in mind. He told me, “Live for those who will attend your funeral.” At the

time, I thought this was a strange way to live your life, but as the celebration of my 50th New Year fades, this philosophy makes more sense.

When this article is published – January 11, 2021, we will have already exhausted ten, twenty-four-hour periods. These minutes and hours will never return to us. They are not recyclable and there are no do overs. Before you go another ten, twenty, thirty or more days into this year, take a moment to prioritize those relationships that mean the most to you.

Moving relationships take time, consistency and action. Begin with an honest assessment of you, your family, your friends and your future. Grab your calendar and start planning “you time”, “family time”, “friend time” and “vacation time”. Before you allow for anything else to clutter up your life and calendar, make sure that you are taking care of those under your roof.

As you take a closer look at your relationships, you may find that you have things that need to be finished, things that need to be fixed and things that just need your attention.

As I close, let me offer a few other more tricks for using your calendar to achieve your desired life.

#1 Establish Your Planning Time – Once per week set aside an hour to look back at last week. Check for missed opportunities, phone calls that need returned, tasks still not completed. Look forward at the next two weeks. Be sure that your activities are aligned with your goals. Plan your money making activities, check your goals and determine deadlines.

#2 Establish your quiet time – Reserve 30 - 60 minutes each day for the purpose of clearing the clutter between your ears, review affirmations, take time for reading, praying and meditation. This is all about self-care.

#3 Establish your “end of day” sessions – Reserve 30 – 60 minutes each day for the purpose of making final calls and emails, clearing your desk and focusing on tomorrow.

For more about this, stay on the look out for my next Prosperity Planning Workshop.

Like always, if I can help, please contact me by text at 707.953.6681 or by email at andy@andyspringerconsulting.com