

STEPS TO A 'CHAMPAGNE MOMENT'

1

STATE YOUR 'CHAMPAGNE MOMENT'

Make it Champagne popping worthy! Stretch a little. NO menial or easy stuff.

2

STATE HOW YOU'D KNOW IT WAS COMPLETED

List the criteria for knowing when it's been accomplished. How would that feel?

3

BREAK IT DOWN INTO SMALLER CHUNKS

What 3-4 things do you need to do this week to achieve your 'Champagne Moment?'

4

LIST & PLAN FOR POTENTIAL BARRIERS

Brainstorm what could get in your way. Plan what you'll do if they occur.

5

DISCUSS WHAT'LL HAPPEN IF YOU DON'T REACH YOUR SUBGOALS

The impact on your finances, health relationships, etc.

6

MEET WITH YOUR ACCOUNTABILITY PARTNER

Discuss steps 1-5. Allow space for feedback and insight. Then it's their turn to share.

7

PUT SOME SKIN IN THE GAME

Publicly declare your 'Champagne Moment.' Social media is great for this!

8

MAKE A PLAN TO CHECK-IN & FOLLOW-UP

If you complete a major task or come up against a barrier, let your partner know. Encourage and support one another.

9

REVIEW, REFLECT & PIVOT

Over time, you can alter or make adjustments to your end goal if needed. If you need to pivot in a different direction, that's okay.

10

CELEBRATE!!!

Reward yourself for a job well done.