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from

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[www.wealthywritersclub.com](http://www.wealthywritersclub.com)

**Following Through and Staying Motivated Checklist**

Use this checklist to get started learning to follow through and stay motivated.

**Know What You Want & Why**

* What are the results you want?
  + Ex. I want to write, publish, and market a 10-module course about writing a book by Jan 3rd, 2018
* Why do you want those results?
  + Ex: I want to help others succeed and avoid the mistakes I made. I want to earn X amount of dollars each month.

**Set SMART Goals**

Your goals should always follow the SMART concept so that you can easily create step-by-step plans moving forward.

* + Specific
  + Measurable
  + Attainable
  + Realistic
  + Timely

**Know the Cost**

* Money
* Time
* Relationships
* Education
* Sleep
* Other

**Systemize Everything**

* Is There Software for That?
* Can you automate it?
* Create a Habit & Routine
* Outsource

**Understand Deliverables**

* End result
* Finished book
* Healthy life
* Better marriage
* Other

**Create Action Steps**

* Start at A end at Z
  + Create steps from your main steps

**Set Deadlines**

* Set mini deadlines
* Set firm deadlines

**Focus**

* Set up your environment
* Turn off distractions
* Get a helper
* Mediate
* Take care of your health

**Incentivize**

* Set up prizes for mini deadlines
* Set up rewards for friends & Family
* Let yourself feel accomplished

**Identify & Let Go of Limiting Beliefs**

* I Can’t
* I’m not …. (smart, cool, etc.)

**DO IT**

* Set your intentions
* Persevere
* Keep going

Register now for my *Quick-Start Coaching Intensive* and get the support and guidance you need to reach your goals.

Learn more at <http://www.quickstartfreelancewriting.com>.