

DESIGN A SUPPORT TEAM

Setting yourself up for success is so important if you want to truly make a change.

To do that, you need to look at the people around you and see who will support your efforts and who will not. And then fill in the blanks and add people to your team at home and at work.

Let's ramp up your support team.

Who can you count on to help you when you need some time for productivity or to recharge? List them out here:

Support person	What can they help with?	How often?

You may not be a writer, but you may have a project that you need to get done and could use an accountability buddy to help with. List off those projects here and who might help you:

Project	Accountability partner?

KEEP THE MOMENTUM GOING

This is where the rubber meets the road. It's time to get serious about not only implementing these strategies that you've laid out for yourself but also keeping the momentum going.

Here are a few ways to do it. Check off which ones will work for you:

- Accountability buddy
- An assistant
- Build out your calendar for the year
- Set a goal
- Give yourself a reward
- Say it out loud
- Tell someone what your goals are
- Put goals on your to-do list
- _____
- _____
- _____
- _____
- _____
- _____

Once you've picked the ways you're going to keep this going, let me know! Post it on social media using the hashtag #ListfulLiving and tag me @ListProducer.