

Checklist for the long run:

- Ask yourself: why am I doing this? (Imagine your own funeral. How do you want to be remembered? What legacy do you want to leave behind? What do you want to achieve?)
- Are you comparing yourself to yourself? Treat yourself like you treat your best friend.
- What small promise can you keep today that will grow your emotional bank account? Don't ignore it. Remember the investment formula:

make a promise + keep a promise -> deposit = better relationship to yourself.

- Are you treating your mind like a radio station? Do you have a party song that can help you "switch the tape"?
- Making mistakes is totally okay. Perfection doesn't exist. It only stops us from doing the work. **80% of success is showing up!**
- Are you listening to your fears? Your enemy is an excellent teacher.
- Are your goals SMART: **Specific, Measurable, Attainable, Realistic, and Time-Sensitive?**
- Are you standing still because of Resistance? Make it incredibly easy to take action, because it gives you courage and confidence to move forward.
- Have you been sprinting a lot recently? Remember that our kind of growth is a marathon, not a race. Take the time to relax and re-evaluate your goals. Make sure the ladder is leaning against the right wall!
- Taking action is key: **Goals + Action → Results → Growth**

Small Promises I Know I Can Keep:

Checklist for planting a seed:

- Are you planting seeds that only you can grow? (Remember to **DIG: Get Deliberate. Get Inspired. Get Going.**)
- Do you have a family tree of ideas? Discover your favourite thinkers and learn from them. They can act as your mentors.
- Are you using your strengths and complementing your weaknesses?
- Have you adopted a growth mindset? You can develop your skills. Ask for help! You don't have to do everything on your own!
- Are you embracing your inner child? Be curious and ask questions.
- Are you taking baby steps? (Think of the healthy baby who's learning how to walk. Refuse to stand still.)
- Motivation is a powerful fertiliser. **The bigger the why, the easier the how.**
Fill in the blanks: "I want to _____ because/so I can _____."
- Have you gathered your support and accountability troops?
- Are you eating your frog early in the morning? (Remember to slice it up and eat one piece at a time.)
- Are you making the most use of your time right now? Is this activity getting you the results that you want? Successful people know their top priorities. They focus on growing their "seeds", helping others, and challenging themselves.

My Most Important Seeds:

More Resources

If you need additional help achieving your goals, you have a few options. I'm available on a limited basis to help folks "plant their seeds" and coach them through the ongoing process of leading a fun and meaningful life. (It might be a little while before I can take on your project, so I hope you will be patient with me!) You can email me at olle@ollelindholm if you want to talk more about that.

Of course, you can always get free tips and inspirational ideas on my blog www.ollelindholm.com/advice. You can also catch me on Lifehack <http://www.lifehack.org/articles/author/ollelindholm> about twice a month.

Finally, you can check out my latest books and courses in the store: www.ollelindholm.com/store. I intend to create more in-depth educational resources for you that also include audio lessons and next step action sheets. If there is anything in particular that you'd like me to cover, please shout me an email. I am always interested in hearing your feedback.

And if you want to hear my thoughts about breaking and creating new habits, you can find them here: <http://www.ollelindholm.com/wp-content/uploads/2013/06/Free-Special-Report.pdf>

Thanks for being a jolly good student.

Hope to see you again soon!

All the best,

Olle



P.S. If a friend sent you here, make sure to grab the full 10-lesson e-class: www.ollelindholm.com/free-ecourse.