NanoHack #4

Stay On Track

Trust your guard rails and chase your goals



#4 Impact 15 Min Individual Team

Why

You want to get somewhere. You define a goal to achieve and focus and something you really want to improve. By defining milestones with measurable, attainable, realistic, and trackable steps you will get there.

But how do you make sure to stay on track if something unforeseen happens and disrupts your plans? Try setting up „guard rails" which keep you pointed in the right direction even if the road is rough or you get bumped off track.

What you will do

- Focus on your goal and stay on track.
- Adjust to unpredictable events.
- Maintain clarity, control and commitment.

How you will do it

Step 1
State a goal you want to achieve or something you want to change.
What is it? Write it down. Make sure the goal is measurable, attainable, realistic, and trackable.

Step 2
Think about possible steps you could take to reach your goal.
What might work? Write these steps down. Keep it basic and sequential.

Step 3
Think about things you should avoid if you want to reach your goal.
Write down 3 to 7 things you should avoid..

Step 4
Decide what you will do toward your goal. Be honest.
Choose from the „could do"-list and add something new, if you can. Create 2 or 3 „I will . . ." statements.

Step 5
Decide what you will not do.
Choose from the „should avoid"-list and add something new, if you can. Create 2 to 3 „I will not …" or „I must avoid…" statements.

LAST/ Hang it on the wall.
Put into your diary. Review it everyday and make updates. Talk to your colleagues and and friends so they can help you commit to your plans.

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1 State a goal you want to achieve or something you want to change. What is it?

2 What could or might you do?

I could...

3 What should you avoid?

I should not...

4 What are you going to do, honestly

I will ...

5 What are you committing to avoid?

I will not...