

HPCG High-Performance Coaching Newsletter #13, Ralf Wolter



Dear Reader,

Happy New Year! Did you start the year with good intentions? Have you reached your goal yet or even completed a major milestone? If you did – congratulations! You should share some of your secrets with the rest of us. However, for most of us, good intentions are not enough to initiate change.

Recently I came across a couple of quotes that made me think:

- **"The road to hell is paved with good intentions."**
~ Saint Bernard of Clairvaux
- **"The man who moves a mountain begins by carrying away small stones."** ~ Confucius
- **"Between talking and doing lies the sea."**
~ Italian proverb
- **"One who wants to do something will find a way; one who doesn't will find an excuse."** ~ Confucius



These quotes are pretty straight forward - so I started thinking about a better alternative to good intentions, and here is my structured six step plan. It works so effectively for me that I would like to encourage you to give it a try:

1. Identify a goal you want to reach in 3-6 months.
2. Define the first/next step towards your goal.
3. Set a reminder in your calendar for 1 week to hold yourself accountable.
4. After that one week, check how much you have achieved and repeat steps 2 and 3 multiple times.
5. Congrats - one quarter has gone by quickly and you have turned this method into a habit!
Now it's all about continuously executing this towards your next goal.
6. Hard work deserves a reward: celebrate success and share your achievements with friends.

From time to time we are invited to public speaking – and most people don't feel good about it. If you have to deliver an important presentation soon and you have mixed feelings, consider this advice from PowerSpeaking: "The Value of Discomfort and Dissonance in Presentations"

https://blog.powerspeaking.com/the_value_of_discomfort_and_dissonance_in_presentations

Have a nice weekend! And if you need to work during the weekend, make sure that it is fulfilling.

Best regards,

Ralf Wolter

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