



The Now is Your New Next Challenge

An "Off the Wall" self-guided opportunity to generate a year of positive action!

Consider your download of this PDF your 1st commitment to positive change! You are already on your way to your new next!

It does not matter when you download this challenge, you can begin at any time—it is an ongoing opportunity designed to keep you accountable to and leading YOU! I celebrate your decision to take positive action NOW and to simply get things done!!! Too often you may find yourself dangling goals, and bucket lists, and New Year's resolutions out in front of yourself. Instead of inspiring you to do more they can overwhelm you and then you actually do less!

This quick, easy, and self-guided challenge will support you in changing that equation so that you use the power of the current moment to energize you in *not just having goals and dreams but actually living them!*

Follow these easy steps to begin...and congratulations on giving your intentions wings by committing to them one week at a time! DO IT NOW!

Step # 1 Create Your Space:

This challenge can be implemented in any space you have available. I recommend choosing a wall near your desk or work space or perhaps near a closet or dressing area so that you see your commitments often. This can be done off of any wall space, mirror, bulletin board, large white board, or flat surface.

Step #2 Assemble Your Tools:

You will need Stick It Notes and Sharpie Markers if you are using a blank wall, or dry erase markers and an eraser if you are using a large white board surface, or thumbtacks if you are using a bulletin board to illustrate your challenge.

You will need a large glass jar or other open container to store your successes once completed.

You will need a calendar (phone calendars work well) and a credit card. This challenge is free, yet the action steps you take will not always be! You will also need your phone to text or email, and your computer or laptop to do any potential research. True commitment has multiple steps!

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You will need a list of goals, bucket list items, New Year's Resolutions or business plans. If you do not have any of these lists, create them now.

You will need an open mind. Bring your full self to this challenge and it will support you in redesigning today!

Step #3 Activate Your Wall Space:

Take a look at your dream "lists" whether goals or bucket list items. Where can you combine personal goals? What overlaps in regard to relationships? *Consolidate them.* **You should have no more than 5-8 goals or wishes.** When you make everything important, by default nothing is!

Now create and label intention/commitment category headings for yourself on Stick It Notes, and place these headings on the top of your Commitment Wall:



Step #4 Begin:

Once you have your space and your tools assembled and your lists made you are set to begin! Every week for the next 52-weeks you will be creating a habit that puts you into action by implementing the following steps:

- Using the headings above as a guide, write out each of your goals, bucket list items, or resolutions and place them under the heading that is most appropriate. Keep in mind that you are looking to create balance so make sure that your goals reflect both the personal and professional sides of you!
- Schedule a weekly meeting with yourself. I know that you already have tons of meetings in your life, yet how many do you have with yourself?

Exactly!

Try to schedule your meeting with yourself for the same day and time each week. I recommend Sunday evenings. Give yourself 60-minutes to put your commitments into action for the week.

- Now the fun begins! **At your weekly meeting with yourself you will commit to one small action step that you can complete that week that will take you closer to each goal or resolution that you highlighted.** How will you lead? Write your commitment down on your commitment wall and place an end date for completion. Try to keep your end dates to the week at hand so ideally you should be completing this week's action steps **prior to** next week's meeting with yourself!

Remember that your action steps can be big or very small. No need to overload. *The object of the Now is Your New Next Challenge is to stay in action in the moment and to make progress on your goals so that you are actively and mindfully living them today.* **Small counts. Small steps create large growth.**

- **Once you have detailed your action steps, take out your calendar (phone calendars are great) and detail where, when, and how you are going to complete this task this week!** If you are committing to exercise more, research on your computer what classes are available and RSVP or purchase them and put them into your calendar NOW. That way there is no confusion in regard to you completing this step. If you are committing to closer relationships or more networking for business, then find an event to attend and RSVP and pay for that event now. If you are looking to spend time with your significant other and have a date night, put it on your calendar, text the baby sitter if needed, select a restaurant on OpenTable and get it done!!

Use your weekly meeting to make your action steps come to life. Every week that you do this, the process will not only become easier, it will become automatic and you will organically find yourself taking more action and focusing more energy on the what you can do NOW.

- **Once you have completed a step and gotten it done place a big check mark through that Stick It Note and move the action step note off of your commitment wall and into your waiting success jar! This is an important step**

- If you did not complete a task you detailed re-evaluate this in your next weekly meeting with yourself. Was it the task itself, or were there outside influences involved that interfered with you moving forward? Reposition that small step in a new way for the following week. If a task remains unaccomplished, it is not the right next step! Seek another way to get this done and make that your new action step.
- On a monthly basis determine if your goals or resolutions are shifting. This often happens and if you are pursuing a goal that no longer holds value for you, your lack of success may have a lot to do with that. **It is okay to rewrite your goals and dreams. They are YOUR goals and dreams. Make them work for you.**
- **If you complete an entire goal or bucket list item congrats! Check it off and move it off your commitment wall and into your success jar! If you have a new goal that has emerged, add it now.**
- Take a look at your success jar that contains your completed commitments! Take time to celebrate your successes! **Every one of those success steps taken represents energy in action and is a testament to your personal growth and legacy!** Great job!
- At the end of your 52-week cycle using this challenge evaluate the following:
 - **How do you feel now that you have taken positive action to committing to your goals?**
 - **What surprised you or shifted along the way?**
 - **What does your filled success jar with completed tasks say about your personal growth?**
 - **How can you continue to stay accountable to yourself?**
 - **Leadership begins with how you lead you. How do you now feel about your ability to lead?**

Why Does This Challenge Work?

Your goals and dreams have power and energy. Keeping your goals and wishes consolidated and front of mind allows you to envision and empower them and essentially to *work with them*. When you are the change in your life, your life changes! As I mentioned earlier, this challenge done week after week will become organic for you over time and you will more naturally step into the action steps necessary to lift your goals and resolutions off the paper and into your life.

You live a busy life. With so much going on at all times, it is often difficult to commit to the intentions you set. This challenge supports you in staying accountable to you by slowing down the process of being busy just long enough to commit to yourself in the 24-hours you are in. Your life is speaking to you, as is the Universe. Yet, it is often hard to hear your intuition, to see opportunity, and to live with impact. The Now is Your New Next Challenge brings a repetitive and simple approach into your life, supporting you in creating habits that drive change.

I welcome the opportunity to support you further in accelerating your commitments and in leading and living your legendary life today! Share your successes with this system and let me know your thoughts on how it has resonated with you. Please feel free to schedule a virtual coffee call with me:

<https://randilevincoaching.com/lets-talk/>.

If you liked the Now is Your New Next Challenge, then consider elevating your experience by purchasing my Personal Success Accelerator System! I designed this new program as a 12-month self-guided system that allows you to leverage your successes so that you are living your legacy today. It works in tandem with your free Now is Your New Next Challenge and offers you an extensive worksheet that will support you in celebrating and building upon your successes and your leadership skills...one success at a time. Since success breeds success, I am also offering a one-on-one Success Accelerator session with me that is included in your purchase of The Personal Success Accelerator System.

Click Here

for more details about The Personal Success Accelerator System

Cheers to Living Your Legacy!

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