

# Gutsy Pivot Strategies Hacks

## Insight: **Establish a Morning Routine**

**Be kind to yourself every morning. Set yourself up for success with activities for you. Do things for yourself to recharge. Routines give us some predictability in our lives as well.**

### Tips:

- Whether coffee, a walk, listen to audiobook/podcast.
- Shower with favorite smelling soap.
- Sit for 10 minutes and write in your GPP.
- Get up 15 or 30 minutes before you NEED too.... For

## Insight: **Grateful Four**

**Daily gratitude strengthens our confidence and acknowledges our appreciation for the many things we tend to take for granted. It is human nature to minimize the value of something or someone who is always around. Break that cycle.**

### Tips:

- Write down four statements everyday starting with "I am grateful for ...."
- Go Basic... I am grateful for my health. I am grateful for my house/condo. I am grateful for my friend ....

## Insight: **GOALS – Monthly**

**Goals give us a roadmap to achievements. Plan each month so you have purpose above the day to day activities and distractions. Goals help us grow our skills, accomplish more and**

### Tips:

- List at least 3 little projects to complete this month.
- Decide on holiday family activities
- Determine 10 goals for 2021
- Lose 5 lbs to fit into my favorite slacks
- Send 4 "Just Thinking of You" notecards to your supporters, people you really appreciate.

## Insight: **GOALS - Weekly**

**Weekly goals are the stepping stones to achieve the monthly projects.**

### Tips:

- List the To Dos you have to get done this week
- drink 20 oz of water each day.
- Write / send 1 "Just Thinking of You" card or text each day.
- Reflect, write down some goals for 2021 in each category:
  - Professional – Career / Business
  - Personal Development
  - Finances
  - Health
  - Spiritual
  - Relationships
  - Community

## Insight:

## **Daily To Dos**

**We cannot remember everything!! Our lives are too filled, too fast, too many demands. Reduce your stress to remember and do everything by making a list of the daily To Dos that you want and need to do to live and serve yourself and others each day.**

### Tips:

- Create your own reminder list.
- Do laundry, clean ....
- Make Calls - Mary, Joe, Tiffany
- Pay Bills
- Do gratitude
- Take a walk, bike, hike, etc. supporters, people you really appreciate.

## Insight: **Wins / Accomplishments**

**Oftentimes we have big plans of a lot to get done each day, yet distractions, interruptions, and high priority needs arise. When the day ends, we can feel disappointed that we didn't get everything done! Track your wins and then celebrate. This will increase confidence and validation that you did not waste your time.**

### Tips:

- Jot down your accomplishments throughout the day.
- Review and reflect on the list at days end.
- Celebrate what was completed
- Acknowledge what was NOT completed
- Reflect if your priorities were good or any changes for the future.
- Move the incomplete To Dos to another day.