

How do you...

# PUT YOUR BEST FOOT FORWARD?

It is easy to set goals that this year will be YOUR year – but the trick is turning those hopes into realities. Putting your best foot forward is the key to actually making this year YOUR year to move mountains.

## SET REALISTIC GOALS

- Set monthly goals that will allow you to achieve your big goals
- Assign budget, resources, time to each goal
- Join the Boss Chicks Authentic Mentorship Program, Monthly Nest Success Calls, and the Canadian Business Chicks Facebook Group for accountability and encouragement



## MAKE A PLAN

- Goals are great but action plans to achieve them are better
- Create checklists that track progress and push you in the right direction
- Take everything off your agenda that does not propel you towards being your best self



## SCHEDULE SELF-CARE

- Unplug at a set time every day  
Practice gratitude each day  
(*positive vibes always attract more positive vibes*)
- Schedule time for things you love and protect that time fiercely



## BE OPEN

- Opportunities can come in ways we do not expect – expect the unexpected
- Being open lets us see new possibilities
- Showcasing yourself and your business as open can be a magnet for businesses

