

Annual New Year, New Plan NFWU/NFWU-M Training

Assess Your 2018 Progress and Results

- **Assess the 5 Pillars of High Performance** (Use a scale of 1-5)
 - **Clarity**
 - I knew what to work on every day.
 - I identified my needle-moving tasks and projects.
 - I gained the information necessary to give me clarity so I could make important decisions about my writing and career.
 - I knew my next steps to progress my writing project(s) and other writing-related tasks.
 - **Energy**
 - I showed up to my writing blocks feeling positive and enthusiastic.
 - I showed up to my writing blocks feeling rested and energized.
 - I took care of myself consistently by exercising, meditating, sleeping 7-8 hours per night, hydrating enough, eating a healthy diet, and destressing.
 - I raised my energy so I could write any time I wanted.
 - **Courage**
 - I moved forward with my writing project(s) even when it felt scary or uncomfortable.
 - I shared my writing with new people in my target market.
 - I stretched myself on a weekly or monthly basis.
 - I made myself visible to my potential readers.
 - **Productivity**
 - I blocked time out daily or at least 4 or 5 times per week on my calendar for writing.
 - I wrote daily or at least 4 or 5 times per week consistently.
 - I remained focused during my writing periods.
 - I met my writing goals.
 - **Influence**
 - I was a good role model.
 - I taught people to think or see the world differently.
 - I challenged people.
 - I offered value and service to my audience.
 - **Possible score:** 100
 - 0-20—F
 - 21-30—D
 - 31-40—D+
 - 41-50—C
 - 51-60—C+
 - 61-70—B
 - 71-80—B+
 - 81-90—A
 - 91-100—A+
- How will you raise your lowest scores in each pillars?

- **Evaluate Your Writing Progress and Results**
 - What were the 3 major writing related projects you wanted to accomplish in 2018?
 - Project 1
 - On a scale of 1-10, how would you rank your progress?
 - To what would you attribute your progress?
 - To what would you attribute your lack of progress?
 - What do you still need to do to complete the project?
 - Project 2
 - On a scale of 1-10, how would you rank your progress?
 - To what would you attribute your progress?
 - To what would you attribute your lack of progress?
 - What do you still need to do to complete the project?
 - Project 3
 - On a scale of 1-10, how would you rank your progress?
 - To what would you attribute your progress?
 - To what would you attribute your lack of progress?
 - What do you still need to do to complete the project?
- **Set 2019 Writing Goals**
 - Top 3 Goals
 - Goal 1
 - Why is this goal important to you?
 - 3 Action Steps
 - What could stop you from achieving this goal?
 - How will you plan for those challenges?
 - What is your deadline?
 - Goal 2
 - Why is this goal important to you?
 - 3 Action Steps
 - What could stop you from achieving this goal?
 - How will you plan for those challenges?
 - What is your deadline?
 - Goal 3
 - Why is this goal important to you?
 - 3 Action Steps
 - What could stop you from achieving this goal?
 - How will you plan for those challenges?
 - What is your deadline?
- **Identify Ways to Improve Progress and Results in the New Year**
 - Based on your assessments, what 3 things do you need to do to increase your ability to meet your goals and succeed in 2019?
 - How will you make sure you take action?