

THE SMALL-BIG PICTURE PARADIGM

Get Down. Get Real. Get Going.

AMP'D RECAP

To make a difference, we have to know the difference. The first step to success is to “Get Down.”

The Small-Big Picture Paradigm:

The integral relationship between long and short term goal setting, stating that long-term goals must be broken down into smaller, manageable short-term goals to be achieved successfully.

Remember, there will come a time when you find yourself at a point where looking at your big picture is just too overwhelming. This is why the smaller short-term goals are imperative.

Know when to make the shift between the big and small goals.

Big Goals: Best for monthly and yearly planning, encourage motivation and perspective.

Small Goals: Best for daily and weekly planning, battling discouragement and overwhelm.

ACTION STEPS

STEP 1: Write down your five biggest accomplishments in the last 6-12 months. Writing them down makes them tangible and concrete. Reference this when you have to battle your “emotional self.”

ACHIEVEMENT 1: _____

ACHIEVEMENT 2: _____

ACHIEVEMENT 3: _____

ACHIEVEMENT 4: _____

ACHIEVEMENT 5: _____

STEP 2: Think about your goal setting strategy last year. What was one of your greatest goals that you accomplished? How did you accomplish that end goal?

ACCOMPLISHED GOAL: _____

HOW I MADE IT HAPPEN: _____
