

The 7-Step PowerPlan to Success™

By Susan Lasky, MA, BCC, SCAC

Get Out of Your Own Way and Get Things Done: The 7-Step PowerPlan for Success™ is a blueprint of specific steps, designed to help you clarify and accomplish your goals while appreciating your uniqueness.

It is my paradigm for coaching or self-coaching, based on more than 25 years of helping clients to achieve success and observing WHAT WORKS.

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What Is The 7-Step PowerPlan to Success™?

Creating positive change requires SETTING GOALS and TAKING ACTION, which can be challenging for *anyone*. This becomes more difficult if we are confused or unsure about:

- HOW to clarify and prioritize our goals
- WHAT actions to take and HOW to get them done

It gets even more complicated when our attitudes/beliefs/feelings get in the way:

- If we think of the needed actions as tasks we would rather avoid
- If we don't believe we truly *can* accomplish the end goal, even if we try

If we have the additional challenge of ADD/ADHD, or difficulty with Executive Function (critical for organization, time perception, activation, focus, working memory, etc.), it is easy to feel overwhelmed by even the relatively small tasks that can keep us from starting or completing the work needed to successfully accomplish our goals. We may desire the results, but sadly, our ability to clarify Do-Able GOALS and take the ACTIONS needed to achieve them often eludes us.

The **7-Step PowerPlan for Success™** is a blueprint of *specific steps*, designed to help you clarify and accomplish your goals (while accepting and appreciating your uniqueness, strengths, and challenges). It is my paradigm for coaching or self-coaching, based on more than 25 years of helping clients to achieve success, and observing WHAT WORKS.

Your ability to successfully strategize, and then act, is dependent on understanding, and working with, the way you think. Many of my clients, while exceedingly bright and creative, are challenged when they need to activate (get started) on certain types of tasks, then stay focused to complete them. **Motivation is not the same as activation** – you can *want* to do something, but still find it incredibly difficult to get going on it. For many people, the 'Just Do It' phrase popularized by Nike® is not often an option. ***If we could, we would.***

The **PowerPlan to Success™** is an externalized system that will help you through the process of making internal changes. Learn to work *with* your unique mind – your strengths AND challenges, to **get out of your own way and get things done.**

Take the next seven days to explore these 7 PowerPlan to Success™ steps.

Each step includes a basic exercise. Begin with WHO you are and move on to WHAT you want.

You will find that **it IS possible to transform the way you think, work and live!**

Here's to an easier, more fulfilling life!

– Susan **DR:TL - In a rush? Skip to Page 17 for the 7-Step Summary.**

About Susan Lasky MA, SCAC, BCC (Just so you know where this is coming from!)

As a Productivity Coach, Master ADD/ADHD/EF Strategist, Professional Organizer and Business Consultant, I am totally committed to helping people



who feel overworked, overwhelmed or disorganized to close the frustrating gap between potential and productivity. Life can be tough, but it doesn't have to be painful.

My clients learn tools and develop strategies that enable them to clarify and attain their goals, get and stay motivated, reduce stress, stop the struggle and effectively manage their time and priorities, papers, projects, attitude, relationships, systems, space and stuff. They have more time, energy and focus to get things done, grow their business, succeed in school or the workplace, balance work/home/self-care, maximize their unique potential and live a life they love.

For more than 25 years I have brought a creative and non-judgmental approach to helping entrepreneurs and solopreneurs, professionals, parents, executives, artists, writers, teachers, homemakers, couples and students to overcome overwhelm and lead more fulfilling, less stressful lives, through individual and group coaching, workshops, writing, seminars and custom training.

As an adult with ADD (ADHD-I), having raised a child with ADHD (juggling family and career), I get it. The gap between ability and accomplishment is often frustrating – brilliance may get buried by challenges with the more mundane aspects of life. Self-respect and relationships suffer. It doesn't have to be that way. Discover new strategies to transform the way you think, work and live!

My background is diverse, having been a corporate VP of marketing and creative director, a small business consultant and owner, and, in 1989, the co-founder of the New York City chapter of CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder), followed by The A.D.D. Resource Center and then Susan Lasky Productivity & ADHD Solutions.

I am a Board-Certified Coach (BCC), Senior Credentialed ADHD Coach (SCAC), Edge Certified Student Coach, Level II Specialist in Chronic Disorganization, Trained Organizer-Coach™, Certified Career & Life Planning Specialist, Productive Environment Specialist™, Holistic Time Management Coach and a Golden Circle member of NAPO (The National Association of Productivity & Organizing Professionals).

Need extra support to achieve a specific goal? Talk to me about individual or group coaching, help with productivity or even virtual organization.

Check out my website, SusanLasky.com, the useful tips on my [Blog](#) and helpful [Resources](#).

Contact me at Susan@SusanLasky.com or schedule a no-obligation Initial Conversation at <https://susanlasky.com/schedule>.

Step #1: Cultivate Self-Awareness – Reality Check

Take a realistic inventory of your strengths and challenges: Who you are... and aren't, what you are likely to do... or not.

Avoid sugar-coating things, but also acknowledge all you *have* accomplished, even if not quite up to your sometimes overly critical standards of what you 'should' be able to do.

Think about the things you do well, your talents and areas of competency. Be mindful of what 'gets you going' AND what 'shuts you down,' and how this impacts your self-identity and relationships with others. There are many coaching exercises that help with this process. Experiment with the one on the next page.

Where you give your attention increases your awareness and grows in importance. The ability to take **effective and sustainable action** is directly related to starting from a place of self-awareness (not wishful thinking!).

Without self-awareness, you risk designing a life that may look good conceptually, but doesn't work for *you*.

When you know *who you are* and *how you function* (or not), you can develop effective strategies that work *with* your strengths and compensate for your challenges, **to create a life that fits!**

"To reach a specific destination, you have to know where you are standing when the journey begins." – Susan Lasky

QUICK EXERCISE: STEP #1 – SELF-AWARENESS

List 3 Things You Really **Enjoy** Doing:

List 3 Things You **Dislike** Doing:

List 3 Things You **Do Well**:

List 3 Things You **Tend to Do Poorly**:

How Much Time Do You Spend on Things You Enjoy?

How Much Time on Things You Dislike?

It helps to have a clear understanding of what we like, and don't like; what we are good at doing and what we aren't. That doesn't mean we should avoid doing things we enjoy because we aren't naturally talented at them. Nor should we concentrate our efforts on doing things we dislike, only because we have the skills to do them.

There are also things we may need/want/have to do that we don't particularly enjoy, or may find challenging. Knowing and accepting this makes it easier to develop the work-arounds that will enable us to succeed.

This exercise is designed to help you think about the differences between what you enjoy, what you do well, what you dislike and what you do poorly (again, not necessarily the same).

These distinctions help you to better understand *your* real goals and will be helpful in designing useful interventions (the tools, strategies and mindset shifts) you will need to accomplish those goals *you* determine are worthwhile.

Step #2: Self-Acceptance: Accept Yourself – “I ‘yam what I ‘yam”

Accept who you are, how you think, and the way you do (or don’t) do things. Let go of how you think you ‘should’ be. You are who you are – a wonderful blend of personality, history, ADD, LD, IQ, EQ, types of intelligence, co-existing mental or physical issues, birth order, astrological sign, Chinese birth year animal... you get the idea!

As Popeye the Sailor man said, “I ‘yam what I ‘yam.”

When we truly accept ourselves, warts and all, we open our minds to new ways of being. Instead of reacting, we are better able to act.

This is critical, as when we are in reaction mode our brain is often in the ‘fight, flight or freeze’ mode, viewing *any* intervention or change – even positive ones, as a threat to our way of being. Instead of taking action, we switch into avoidance mode. Current research shows that self-acceptance is critical for both happiness and increased productivity. **Be kind to yourself and gain the ability and energy to create a life you love!**

Even if you can’t ‘just do it,’ you CAN take control and do *something* towards accomplishing your goals.

I am a proponent of the Morita School of Psychology (also known as the psychology of action), which focuses on taking actions, even tiny ones, *despite* your emotions. Dr. Shoma Morita said:

“Begin taking action now, while being neurotic or imperfect, or a procrastinator or unhealthy or lazy or any other label by which you inaccurately describe yourself.

Go ahead and be the best imperfect person you can be and get started on those things you want to accomplish before you die.”

Sometimes, the best way to begin writing a book is to just open to a blank page.

QUICK EXERCISE: STEP #2 – SELF-ACCEPTANCE

List 3 Things You **Like About Yourself**:

Do You Believe What You *Like* is True?

List 3 Things You **Dislike About Yourself**:

Do You Believe What You *Dislike* is True?

List 3 Things **Others Like About You**:

Do You Believe What They *Like* is True?

List 3 Things **Others Criticize About You**:

Do You Believe What They *Criticize* is True?

Sometimes our self-perception is skewed. It can be distorted by what we *wish* was so (but isn't) or by what we *think* others believe (often incorrectly). We may have a negative distortion that wrongly believes we are 'less than,' dismissing our strengths and talents.

Self-acceptance does not mean we can't strive to change certain things about the way we are, or aren't. However, we should be clear about **WHAT** we would like to be different, and **WHY**. Change is an internal process – it requires you to 'buy-in' to **WANTING** things to be different.

This exercise is designed to help you think about the qualities that matter to you, rather than what you believe other people want from you.

Step #3: Believe in Possibility & the Power of Choice – *Decide You Can!*

Until we believe that what we want is truly possible, we can't effect real change or create new ways of being.

We *always* have the power of choice, which means taking personal responsibility and **getting out of the blame game**. Our problems may be compounded by biology, history, environment, experiences or even the other people in our lives, but we can still *choose* how we respond to any situation.

Let go of the guilt trap of being overly self-critical, which keeps us caught in a web of failure and regret (or unproductive perfectionism), instead of allowing us to **move forward in action**.

If you don't believe in the possibility of change, you are a victim, and you would benefit from working with a therapist, not a coach... seriously.

We aren't perfect, but **we can choose** to make changes that transform the way we think, work and live!

Our attitude about the future, and our ability to change it, can make the difference between success and failure:

*As Henry Ford said, "Whether you think you can,
or think you can't – you're right."*

QUICK EXERCISE: STEP #3 – BELIEF IN POSSIBILITY & CHOICE

List 3 Things You Would Like to Change about Yourself: List 3 Things You *Don't* Want to Change:

List 3 Things You Think You COULD Change:

List 3 Things You Believe CAN'T Change:

(Choose 1 of the above)

(Choose 1 of the above)

List 3 Reasons Why You COULD Change:

List 3 Reasons Why You CAN'T Change:

After Exercises #1 and #2, you have greater clarity as to what YOU enjoy doing, and dislike; what you are talented at doing, and are not; what you like about yourself, and don't; what others like about you, and don't.

This next step is to explore what you actually WANT to change, and **what you believe you COULD change** about yourself.

Many things we believe CAN'T change are due to the fallacies of self-limiting beliefs or inaccurate perceptions. **You don't have to know HOW to effect change** (that happens in the following Steps). Your goal here is to **decide whether you truly WANT to change**.

This exercise is designed to help you examine your thoughts as they relate to the POSSIBILITY of real change, and whether you believe you have CHOICE in the matter (you do, but you may find this challenging).

Keep in mind that things are not black or white, all or nothing. Sometimes **a new perspective** is needed to effect change, before you can begin to create effective strategies to help bring the change about.

Step #4: Clarify Your Goals & Prioritize – Decide What You Want or Need to Do

Now that you are more aware of who you are, accept yourself and believe you have the power to make changes in your life, it is time to decide *exactly* WHAT you want to change.

Choose *specific* goals to work toward. Trying to do too much (our natural tendency) is setting yourself up for failure.

"Unless you have definite, precise, clearly set goals, you are not going to realize the maximum potential that lies within you." - Zig Ziglar

Clarify *specific* objectives and avoid goals that are too broad.

- Take the goal, *"I am going to become healthy."* Excellent goal, but if you want to achieve it, **focus on more doable specifics.** Even *"I will eat better"* is too nebulous, so start with, *"I will create a weekly meal plan."*
- Instead of *"I will exercise 3x week,"* be more specific: *"I will take a 9am swim class on Saturdays and a 6pm yoga class on Mondays and Thursdays."* Those goals are **specific and measurable.**

Prioritize your goals by ***what is important:*** *"I will complete and hand in my expense reports by the payment deadline so I will be reimbursed,"* and ***what brings you joy:*** *"I will spend Saturday afternoons doing fun activities with my children, rather than catching up on work or doing housework."*

Most of us tend to think we can accomplish more than reality would indicate.

Successful multitasking is mostly a myth. I can work on multiple projects and get them done, as long as I focus on doing only one task at a time!

Prioritization is essential:

"If you chase two rabbits, both will escape." - Anonymous

Focusing on specifics is critical, otherwise our minds run rampant, and overwhelm (with its lack of action) easily drowns our best intentions.

Specifying (*and sharing!*) your intentions will reinforce your **commitment to the process of change.**

Specific intentions are critical for achieving goals. However, stay mindful that **intention without action is either a dream or delusion**. To accomplish a goal requires taking action, which is often difficult, requiring commitment as to ***what, how and when***.

This 7-Step program definitely makes it easier.

"The first requisite of success is the ability to apply your physical and mental energies to one problem without growing weary." –Thomas Edison

QUICK EXERCISE: STEP #4 – SETTING GOALS & PRIORITIES

List 2 Specific **Long-Term** Goals
(What do You WANT to achieve?)

Choose 1 Long-Term Goal; List 2 **Short-Term** Goals that will help you achieve it:

Choose 1 Short-Term Goal, List 3 **Steps** to achieve it:

Choose a **Date** for Accomplishing Each Step:

When we aren't clear about specific goals, attaining them is more difficult. When we have too many (often conflicting) goals, it is easy to get confused about what to do and may wind up doing very little.

ALL goals need to be broken down into 'do-able' baby steps, or specific tasks. To accomplish a specific task, it helps to have the accountability of setting a specific date for getting it done. (Don't say 'yes' unless you can say 'when.')

*This exercise is designed to help you identify YOUR most important (priority) and specific (clarity) short and long-term goals. You'll then practice **breaking down a goal into projects and/or tasks, with due dates that CAN be accomplished!***

Examples:

Long Term Goals:	Feel financially secure	Be an industry leader	Run a marathon
Short Term Goals:	Increase my income	Become more visible online	Improve my fitness level
	Decrease my expenses	Earn additional credentials	Learn the best way to run
Steps to Achieve Goal:	Get a part-time job	Guest-write blogs	Cardio workouts 4x week
	Bring lunch from home	Post to social media regularly	Join local Roadrunners Club

Step #5: Strategize for Success! – *Determine How to Get It Done*

You now know where your challenges lie, and you've accepted they aren't going to just vanish (despite your mastery of magical thinking ☺).

You believe that you have the power to transform your life (*Step #3*) and have determined specific goals. Now it is time to **develop the strategies that will enable you to compensate, conquer and excel.**

Be a detective. Explore what has worked, and what hasn't. Build on your strengths. Read, or listen to podcasts or audio versions of books and articles on Neurodiversity (Brain Differences), Organization, Time Management, Decision-Making, Relationships, Communication, Self-Care, Self-Empowerment, etc.

Listen for what resonates – there is a reason you have that reaction.

Visualize the benefits to help create the best path to achieve your goals.

Declare your Intentions in the POSITIVE, Present Tense – If you declare that you are *healthy, sexy and energetic*, you are less likely to reach for the cookie jar and more likely to take the stairs instead of the elevator, because it is WHO you are. You have made the CHOICE to *operate from abundance* – what and who you *want* to be, *instead of scarcity* – a feeling of loss about what you don't have.

You will need two types of strategies. It isn't enough to **accomplish a task** (*the 'doing'*). You will also need tools, strategies and mindset **to get going when you don't feel like it.** This includes ways to self-motivate (*keep the desired end goal in mind*), to activate (*get started in action*), to remain focused on the task and to stay with it until completion (*the 'getting it done'*).

"Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything." – George Lois

Think: How can you get more done by being realistically creative!

For individualized support and compassionate accountability, one of the best investments you can make is to work with an experienced coach (of course, being one, I'm biased!)

QUICK EXERCISE: STEP #5 – STRATEGIZE FOR SUCCESS!

List 3 Things You Can Do that Might Help You to Accomplish Your Goal:

What are 3 Things that Have Helped You to Get Things Done in the Past?

List 3 Things You Can Do to Self-Motivate, When Having a Difficult Time Working Towards Your Goal:

This exercise is designed to help you develop SPECIFIC strategies for both the DOING, and the GETTING GOING. Explore Tools, Strategies and Mindset Shifts.

Don't limit yourself to how you think something *should* be done – put on your detective hat to discover strategies that work for *you!* Some people, especially those who are highly creative or have ADHD, tend to be 'out of the box' and non-linear thinkers. USE this mindset to accomplish your goals. **Look for strategies that will work *with the way you think; not the way you (or others) think you should think.***

Explore tools and techniques that have helped others and decide if they are worth trying. Use a timer for boring tasks (*you can do anything for 15 minutes!*), speak into word-recognition software to write papers, mindmap instead of outline, turn a chore into a game – be creative!

Create a toolbox of options, since not everything will work, and what does work today may not work tomorrow. Also, strategize ways to self-motivate when your emotions, ADHD or other stuff gets in the way and makes it difficult to turn on your ignition switch and get going on those strategies that will help you accomplish the actual task.

Remember that LESS is MORE. Succeeding at just two tasks is much better than freezing when attempting to accomplish a laundry list of tasks. Success actually breeds success, whereas feeling stuck in failure can shut you down.

Distinguish the dreaded (and so often avoided) 'TO-DO' list from a realistically do-able ACTION LIST (*Step #4 – Prioritize*), so you are strategizing realistically.

Step #6: Take Action – *Actually DO It!*

Now that you have strategies to accomplish specific objectives, you are ready to move into Action. Unfortunately, knowing is not doing, and **the ability to do what you have planned is often the challenge**. That is why, in *Step #5*, you have created strategies for both *the doing* and *the getting it done*.

"An idea not coupled with action will never get any bigger than the brain cell it occupied." – Arnold Glasow

Sometimes we think, because we are doing things that need doing, we are accomplishing our goals. **Ask yourself if your actions are directed at completing your prioritized goals (Step #4), or are they another way of avoiding them?**

"One way to get someone to do something is to ask them to do something they consider even more boring. They'll quickly prioritize the original task." – Harold Meyer

Transitions are challenging, including moving from inaction, other actions, or avoidance actions into specified, productive activity. The greater clarity and commitment we have as to what we need to do at a specific time, the easier it is to focus on that one task. Sometimes, even with all of that, taking appropriate action is painfully difficult.

Stay mindful of prioritized goals and avoid low-priority tasks (which we often do to avoid more challenging, or boring tasks). *Remember Steps #1-3:*

- *Awareness* that you are having a hard time.
- *Acceptance* that you are feeling this way.
- *Belief* that it could be different.

Then just do *something* to begin the process. **Transition from *thinking to doing in baby steps***: Pick up the pen. Open the computer file. Put on your sneakers. Even that small action transitions you to the activity. Write just one sentence, read one paragraph, walk 10 steps – you've made progress!

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl... But whatever you do, keep moving."
– Dr. Martin Luther King, Jr.

QUICK EXERCISE: STEP #6 – TAKE ACTION!

List 3 **External** Things That Might Get in the Way of Taking Action:

List 3 Things You Can Do If Those External Things Happen:

List 3 **Internal** Things That Might Get in the Way of Taking Action:

List 3 Things You Can Do If Those Internal Things Interfere:

There will always be things that interfere with your ability to successfully take those actions that will accomplish your goals. Some of these are created by other people (sick child, priority request from boss) or circumstances (the thunderstorm cancels plans for an outdoor picnic or you lose power while writing a report). Other distractions are self-generated.

This exercise is designed to keep you in Action, by anticipating possible problems, so that you can also strategize workarounds or acceptable alternatives.

Step #7: Review – Evaluate – Revise

Expect Backsliding and Adjust!

One of the most difficult things about behavior, especially if you have issues like ADD/ADHD, executive function disorder (EFD), anxiety or depression, **is its inconsistency**. Because you can do something – even excel at it – *some of the time (maybe the sun and the moon are perfectly aligned)*, **people don't understand why you can't do things consistently**. Teachers think students are being lazy. Bosses think their employees don't care about deadlines. Spouses think their partner is intentionally forgetful. Even you will get frustrated when you can't predict whether you'll be on a roll and get things done... or not.

What works today may not work tomorrow... just one more reason to have a large toolbox of strategies. Also a reason NOT to get down on yourself when things don't work the way you planned. It is helpful to remember the ***The 7-Step PowerPlan to Success™ is a circular process***.

Begin by congratulating yourself on what you *have* accomplished, even if it isn't up to your high standards, it is a beginning. Then, if you ***expect that for every two steps forward, you'll take one step back***, backsliding won't disappoint you as much as if you had expected continual improvement, or to even maintain status quo. Think about it as a dance – it *is* a dance, and as you practice, your skills grow stronger. The 7-Steps are circular, keeping it ALIVE.

Take the dieter who really blows it when at a party. Alex has a choice: Choose to believe everything is 'ruined' (and likely continue to binge) or accept that it was just a tough diet day, powerfully enjoy the food (why not, at that point?), and then opt to get back on track in the morning, by following the 7-Step process.

Alex goes back to *Step #1, Self-Awareness*, exploring what went wrong, without getting trapped in self-remorse and criticism (*Step #2, Self-Acceptance*).

Practicing *Step #3*, Alex chooses to *believe in the Possibility* that things CAN improve, so creates a *goal (Step #4)* to stick with the diet, yet still enjoy parties.

Alex then *Strategizes (Step#5)* how that can be accomplished: The next time there is a party: Eat something first, to be less tempted by food best avoided, drink mostly water and low-calorie beverages, and bring some diet-friendly snacks – just in case. Alex may still indulge a bit, but will be more likely to stick with the diet plan.

We may not always be able to do things the way we would like, but the trick is to continue to keep on *doing*.

"As you begin to take action toward the fulfillment of your goals and dreams, you must realize that not every action will be perfect. Not every action will produce the desired result. Not every action will work. Making mistakes, getting it almost right, and experimenting to see what happens are all part of the process of eventually getting it right." – Jack Canfield

"I have not failed. I've just found 10,000 ways that won't work."
– Thomas A. Edison

QUICK EXERCISE: STEP #7 – ATTITUDE READJUSTMENT

List 3 Ways You Have Reacted to Setbacks, in Ways that Held You Back from Accomplishing Your Goals:

List 3 Ways You Can React to Setbacks, in Ways that Will Keep You Moving Forward on the Path to Success:

There will always be 'slippage,' where it seems that the effort you've put in and the progress you've made to date is no longer working.

The best strategy is to be proactive: *Expect* setbacks and acknowledge backsliding as part of the process of change. When you do, **temporary 'failure' loses the power to destroy your overall progress.** Acknowledge the success you've had, however minor, and you build the ability to sustain greater success.

This exercise is designed to help you prepare for the inevitable setbacks so that you don't give up when there is a lack of progress – just consider it part of the cyclical process of change, and go with the flow!

It is also helpful to look at what worked, and give yourself credit for your efforts and the results! Also, keep a record of your 'success strategies.' Conversations disappear and memories fade. So it is useful to have a '**success play list**' you can draw upon. What works for one goal may be useful to adapt for accomplishing other goals.

Summary: The 7-Step PowerPlan for Success™

Step 1: Self-Awareness

Be aware of your strengths and challenges; likes and dislikes; what you are doing... or not; what you are likely to do... or not.

Step 2: Self-Acceptance

Accept that this is where you are... who you are... at this time, without judgment.

Step 3: Belief in Possibility & the Power of Choice

Realize that you may not always be able to control your circumstances, but that you do have the power of choice in how you deal with them. Possibility exists, and you can *always* CHOOSE to transform your life – even with small changes that will work with the way *you* think (self-awareness!).

Step 4: Define & Prioritize Your Goals

Clarify what you want to change, determine specific objectives and prioritize your goals. Your end goal may appear unrealistic given your current circumstances, but your immediate goals should be do-able. *(A long-term goal might be to run a marathon; an immediate goal would be doing something to improve endurance.)*

Step 5: Strategize for Success

Explore targeted strategies that will jumpstart your brain and help change existing patterns. Be a detective. *(What would be the best ways for YOU to improve endurance? How are you going to incorporate them into your life?)*

Step 6: Take Action

Shift from thinking to becoming. Begin by taking action – even baby steps, towards achieving those goals.

Step 7: Review – Evaluate – Revise

Expect backsliding, even failures, but keep going. Embrace an attitude of change. Cultivate self-awareness, acceptance and the belief in possibility to keep you moving forward. If needed, reexamine and edit your goals and priorities while you continue to create new strategies for success. And take time to appreciate what *is* working.

Your NOTES: What Matters to YOU...

What have you learned that truly resonates for you?

How will you use the concepts you've learned from these 7-Steps?

In what specific ways are you willing to shift your thinking and your actions?

How can you keep these concepts alive?

What is ONE thing you will do differently, starting today?

Trust in Yourself. Keep the Conversation Alive and the Energy Flowing!

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