



# How to Create Sustainable Success in 6 Steps



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SUSTAINABLE SUCCESS COACH-CONSULTANT  
— FOR ORGANIZATIONS AND INDIVIDUALS —



### How to Create Sustainable Success in 6 Steps

Are you wondering what to do to create sustainable success? Does it happen that you define your goals, make a plan to achieve them and start taking action but after a few days or weeks your enthusiasm decreases, you lose motivation and you even question if those goals are really important to you ...?

Well, it's not just you, it has happened to me and to many of us.

It is a cycle of *motivation* → *action* → *reluctance* → *abandonment*; that you repeat once and again either with same or other goals.

*Would you like to change that cycle and create a continuous line of achievement?*

#### Why this is happening

This happens because, by focusing only on achieving the goals, you disconnect from:

- Your long-term vision.
- The underlying reason why you want to achieve the goal.
- How you want to feel every day.

#### Why are these 3 aspects important?

They are important because:

- Your long-term vision is the compass that shows your North, where you are going to.
- The underlying reason is the real drive behind your desire and your vision.
- Your emotions and feelings are the lighthouse that tells you if you are going in the right direction.

Having a clear long-term vision, connecting to what moves you from within and how you want to feel, gives you a sense of purpose and direction, helps you move forward when things get tough, and allows you to take intentional actions to create sustainable success, rather than one-off successes, followed by lack of motivation and direction.

#### How to Create Sustainable Success

I propose 6 steps to reconnect with you and create sustainable success.

##### 1. Define your Vision

Pablo Picasso said: **“Everything you can imagine is real”**, for me that is the magic of defining a Vision.

Everything is created twice, first in the mind of the creator and then in reality through his actions.

Defining your Vision is creating in your mind what you want to achieve; is to clearly see the result you want in the future, in your life, career or business.



*If you could create the life you want, what would that life be like?*

To start creating your Vision, take a few minutes, take a deep breath, relax, let your imagination travel to the future without limitations and imagine that you are living the life you have always wanted to live.

Delight yourself in the details (where you are, what are you doing, who are you with, what you see, what aromas you perceive, what you say to yourself, what others tell you, how you feel, what you have achieved, etc.).

In the space below, describe that life which you already created in your mind, include as much detail as you can.

## **2. Create an Emotional Connection**

*"If you don't have an emotional connection to why you're trying to accomplish your goals, the odds are you won't reach them or will quit trying."* Brett Hoebel,

As I see it, the Emotional Connection is the source of motivation and enthusiasm that pushes you to take action, even when you do not feel like doing it.

To create that Emotional Connection, read the Vision of the life you want and answer the questions.

*How do you feel living the life you want to live?*

*What is the most important thing that life provides you?*

*How do you want to feel every day?*



### **3. Create your Roadmap**

*"Planning is bringing the future into the present so that you can do something about it now", Alan Lakein.* A Roadmap is key to connect with your Vision in the present, plan how you will get from where you are to where you want to be and take action with intention.

For this, it is important to define the stages in which you will make your journey, the best way is to think in the long, medium and short term. These stages, like your Vision, can be reviewed and updated when necessary.

#### **The long-term**

Visualize your journey towards your Vision and define where you want to be in 5 years.

*What goals do you want to achieve in the next 5 years?*

#### **The mid-term**

*What do you want to achieve in the next 2 years?*

#### **The short term**

Considering your Vision and your objectives for the mid-term.

*What do you want to achieve in the next 12 months?*

### **Plan your action**

Planning how to achieve your objectives and goals for one year can be misleading. Thinking that you have 12 months or 365 days to achieve them, favours you to postpone your actions and have disappointments at the end of the year.

That is why I suggest you use the model proposed by Brian Moran in his book [The 12-Week Year and plan a 12-week year.](#)

A shorter time to take action creates a sense of urgency and makes every day and every action count.

To begin, connect with the Vision of what you want to reach in a year and also with how achieving it will make you feel. This is the starting point to defining your goals and objectives for the next 12 weeks.



*What are the 3 most important goals you want to achieve in the next 12 weeks?*

**Goal 1:**

**Goal 2:**

**Goal 3:**

*Why are these goals important to you? How will you feel once you achieve them? How will you celebrate when you achieve them?*

#### **4. Take Action with Intention**

Now it is time to plan the actions that will lead you to your goals. According to Robert Collier, *"Success is the sum of small efforts, repeated day in and day out"*, in other words, to make your Vision come true, you have to take intentional action every day. Actions that make you feel the way you want and bring you closer to your goals and your Vision.

The vision of what you want to achieve in 12 weeks is the starting point for deciding what you will do each week to make it happen and for defining your daily actions.

#### **Action plan**

What actions will you take in the next 12 weeks?

Goal 1: \_\_\_\_\_

<b>Actions</b>	<b>By week</b>



Goal 2: \_\_\_\_\_

Actions	By week

Goal 3: \_\_\_\_\_

Actions	By week

*Daily intentional action*

Every morning you will review your achievements from the previous day, identify 2 or 3 actions that you will take that day to feel how you want and get closer to what you want to achieve that week and you will include them in your plan/agenda for that day including the time you will take them.

**5. Measure your Performance**

It is well known that, as Peter Drucker says, *“you can't improve what you don't measure”*. The best way to improve your performance is knowing what worked and what didn't. Therefore, it is important that for your goals, you define Advance and Result Indicators and use them at least weekly to evaluate your performance.

This way you will identify actions you have been avoiding and why; what worked and what didn't and above all, you'll realize how much you have achieved in a week.

Sometimes, although you are busy every day of the week, you feel that you have achieved nothing, the performance indicators help you to clearly see the results and identify what you can improve.



*¿What progress and outcome indicators will you use?*

<b>Goal</b>	<b>Advance Indicators</b>	<b>Result Indicators</b>

### **6. Celebrate your Achievements**

I agree with Oprah Winfrey that *"The more you praise and celebrate your life, the more there is in your life to celebrate."*

Every action you take big or small brings you closer to your Vision. When you celebrate your accomplishments your motivation and enthusiasm increase, helping you to keep taking action towards your goals.

To celebrate, you don't need something complicated or expensive, the important thing is that you give yourself permission to celebrate and congratulate yourself on your achievements. A walk in the park, a coffee at your favourite place, an ice cream, a half-hour nap are all easy ways to celebrate your triumphs.

*How will you celebrate reaching your goals?*

<b>Goal</b>	<b>Celebration</b>

How will you celebrate your weekly achievements? Will you celebrate at the end of the week or will you celebrate it daily? Will you reward yourself for any special action?

You create your life and your experiences. You have the power to create the life you want to live. You are the CEO, Director and General Manager of your life, you can always decide what to do to create the sustainable success you want.

### **Continue Creating Sustainable Success**

At the end of the 12 weeks, you will evaluate your progress and results, and repeat the 6 steps. You will start by reviewing your vision and connecting emotionally with it and then update your roadmap, create a plan for the next 12 weeks, update your performance indicators and celebrate your achievements.



## Como Crear Éxito Sostenible en 6 Pasos

Going over these steps, you are implementing a process that with each action will get you closer to life you want and deserve to live.

If you need help? well, do not hesitate to make a space to take a virtual coffee and chat over it. Here is my link to the coffee with me! [Virtual Coffee](#).