



AMY VETTER[®]

B³ Method: Business, Balance & Bliss

MONTHLY REVIEW

Rather than making a resolution once a year, think about making a commitment to keep a personal monthly review in place. We often spend time creating career goals, but not goals for our total self. To create business, balance & bliss, it's important to find ways to keep yourself aware of how you feel and agile enough to make changes throughout the year, not just every 12 months. Set a calendar appointment to review yourself each month so you don't forget. Divide your review into 5 areas:

1 - Joy - What are you doing in your life to create happiness - at work and personally. What monthly goal could you put in place to ensure you do that?

2 - Financial - What financial goals do you want to meet in your career and personally? Are there loans to pay off or less purchases on credit? Is there a raise or bonus you are striving for? If you are always wanting more financially or coming from behind keeping up, what can you change in a small way to make a big difference? How can you ensure you stay on track on a monthly basis and keep yourself accountable?

3 - Health - Are you making the doctor appointments you need to make that are routine to maintain your wellness? Are there areas where you can improve the choices in food you eat to reduce inflammation in your body and create a healthier lifestyle? How is your sleep and what could you do to improve it? What one thing can you do each month to keep you on track with your health?

4 - Marketing/Sales (personal brand) - What is one thing you can plan to do each month to ensure you are promoting the areas that will drive success for you in your business life?

5 - Creating Work/Life Harmony - Are you too stressed at work or at home or not taking enough time for yourself to reset through the day? What could you plan to schedule in on days you have more time or the days where time is limited so you achieve harmony in your life?

What have I learned? What didn't I like? What didn't work? What did I accomplish?

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