

# IMPACT By Coaching

## Guide Posts To Success



April 2009

We all have them. **Our guide posts to success. They are the foundation for life-long achievement, peace of mind, and personal satisfaction.** What are they? It's simple, really. So simple that we tend to forget them. In our desire for something more: more money, more time, more vacations, more knowledge, more success, we often forget the basic four. So in case you've forgotten, here they are:

**Guide Post #1: Your Core Values.** Knowing what you believe, what you value, what you stand for, is essential. **Your values are your compass.** They are the touchstone against which everything else is measured. There are literally hundreds that compete for your attention. All important, but which ones are yours. **If you aren't clear about your highest values, your chances for peace of mind, happiness, and success are greatly diminished.** Failing to affirm your primary values limits choices and ultimately the degree of success that awaits you.

My own short list of values includes integrity, freedom, health, generosity, and love. I value persistence, consistency and reliability. Cooperation, responsibility, and curiosity are also high on my list of values.

**What's on your list?** Have you written it down? How recently have you reviewed your list? Does it need updating? Having a set of core values is your number one Guide Post!

**Guide Post #2: Your Long-term Goals and Priorities.** Where are you going? For some of us, **having a written plan is absolutely necessary.** Otherwise, we move through our days with daily task list and little else. Once again, knowing that what you are doing today is **a step in achieving a desired life goal provides a sense of accomplishment and fulfillment.**

Have you written your goals down and shared them with a reliable partner? Do you know why you're working so hard and how you'll measure

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your success 5 or 10 years from now? If you haven't reviewed it since college or since the kids left the nest, take time to update them as soon as possible. Guide Post #2 is essential.

**Guide Post #3: Your Short-term Projects.** Successful people **know their priorities** and work on short term projects with as much attention as given to their long term goals. They have weekly and monthly targets with deadlines. Do you have lists for weekly, monthly, and quarterly projects? **Successful people always have a list of items to propel them forward.** What are you working on? How much progress will you make by Friday at 5:00 pm?

**Guide Post #4: Your Daily Musts.** Your daily musts take priority. Successful people plan their days and **have a written list of their 'Daily 3 or their Daily 7'** that may include **things like exercise, meditation or prayer, planning time** as well as other daily behaviors that create the life they truly want. My personal list includes time to read and sending a note to family and friends.

**Are you on your 'Daily Must'?** Putting yourself first may not seem important, but after all, if you don't take care of your needs, then you may not be able to find life satisfaction. **What better way to create and build the life you really want than your "Daily Must" list?** Make it a priority to do them every single day.

Contact Sherry Greenleaf, RCC for Registered Corporate Coach Training, Leadership Development, and DiSC Train the Trainer programs at 440-899-9010 or [sgreenleaf@impact-dev.com](mailto:sgreenleaf@impact-dev.com).

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Values, planning, and actions are the Guide Posts that successful people keep close to their hearts, guide their actions, and inform their efforts. Write your Guide Posts on simple note paper, in a personal journal, or have them appear first thing on the desktop. **Make sure they are in a place where you are sure to see them every day.** Your Guide Posts are fundamental to creating and living the life you truly want!

### *Seeds of change:*

'We often spend so much time coping with problems along our path that we only have a dim or even inaccurate view of what's really important to us.' -- Peter Senge

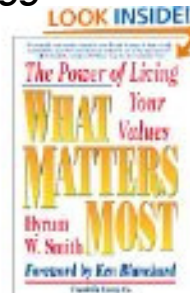
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"To earn trust you must have values. Values are about personal consistency. Values give you a rock solid sense of who you are--what you believe in--which side you're on." --Jeffrey Immelt

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"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you." -- James Allen

### Suggested Reading:



What Matters Most :  
The Power of Living Your Values (Paperback)  
by [Hyrum W. Smith](#)