

New Decade, New Plan

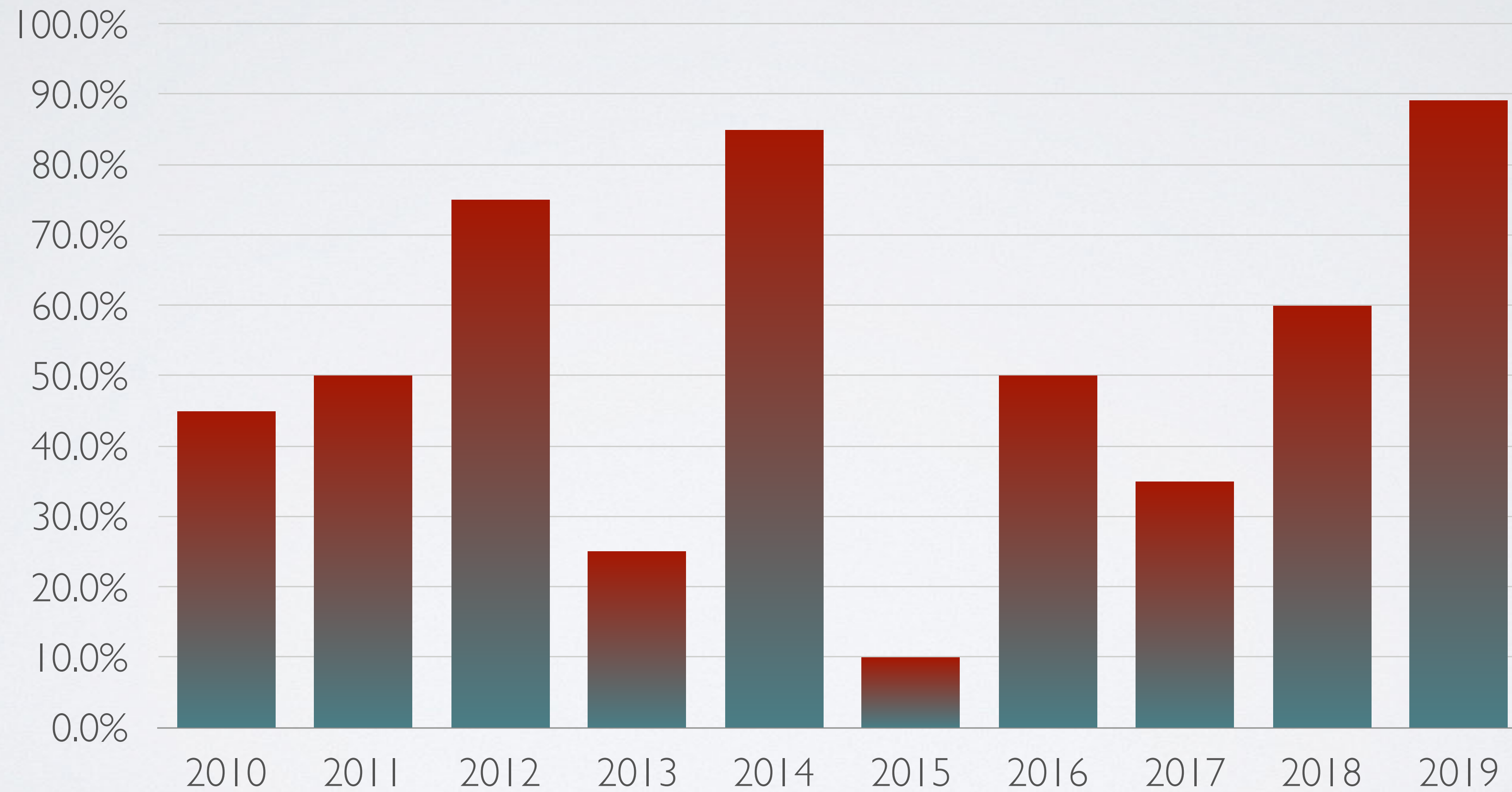
How to Make 2020 the Start of Your Best Decade Ever

Part I—Review and Plan

YOUR LIFE AS A WRITER

- There's more to it than writing. If there weren't, you'd write more and make more progress consistently.
- You need to take a wholistic approach to writing—look at your entire life to determine how to achieve the results and success you desire.
- Your habits need to include consistently examining and tracking your progress.
- Goals aren't enough. You need a plan for goal achievement and inspired results.

A DECADE OF RESULTS



YOUR 2010-2019 GOALS

- Do you remember your goals from 10, 5, 3, 1 year ago?
- Make a list of them (from what you can recall).
- Check them off as done or incomplete.
- Highlight those you want to carry forward into the next decade.

Goals	Complete	Incomplete
Publish Self-Help Book	✓	
Start Blog		✓
Build Platform	✓	
Write Daily	✓	
Get in Shape		✓
Earn 25K/yr		✓
Read book/wk	✓	
Publish Memoir		✓
Improve Marriage	✓	

WHAT YOU ACCOMPLISHED IN 10 YEARS

- Make a list of accomplishments.
- Celebrate your accomplishments.
- Appreciate your accomplishments.

Accomplishments	Celebration/ Appreciation
Published 520 blog posts	
Published 2 ebooks	
Wrote 2,500 words per week	
Wrote 5 days per week	
Lost 15 pounds	

IDENTIFY CHALLENGES

- List the challenges that kept you from achieving goals. (Are they excuses?)
- How will you overcome these challenges in the future? (Create "if this, then that" rules.)
- How will you eliminate these challenges? (What will you do differently?)

Challenges	Overcome	Eliminate
Illness		
Travel		
Distractions		
Unexpected Tasks		

(Examples of challenges: sick children, divorce proceedings, recurring car problems, responsibilities, elder care, keeping to a schedule, social media, full-time job, lack of energy, lack of focus, etc.)

IDENTIFY SUCCESS TRAITS

- List the the behaviors and habits that helped you accomplish your goals. (Ex. Writing first thing in the morning, using an accountability buddy, having a daily word quota, submitting work weekly, etc.)
- List the mindsets that helped you accomplish your goals. (Ex. Positivity, gratitude, “I can do it,” etc.)
- Identify how you can better use these behaviors, habits, and mindsets to overcome challenges and increase success in the new decade.

10-YEAR PLAN

- What are your new goals?
- What would you like to accomplish in the next year?
- What would you like to accomplish in the next 3 years?
- What would you like to accomplish in the next 5 years?
- What would you like to accomplish in the next 10 years?

CREATE A 10-YEAR PLAN

- Break each goal down into manageable pieces—small steps you can take daily, weekly, monthly, and yearly.
- Give each one a deadline—put it on the calendar.
- Continue chunking down each step into smaller pieces.
- Create daily, weekly, and monthly goal evaluation strategies.

Goal

Complete book manuscript by December 20, 2020

Daily Tasks

- Write 1,000 words per day
- Conduct necessary research for next day
- Writing ritual
- 50-minute breaks (hydrate, move, refocus)
- Assess progress and strategize improvements

Weekly Tasks

- Revise 5,000 words
- Day off to refill well
- Read book related to manuscript
- Assess progress and strategize improvements

Monthly Tasks

- Submit a chapter to editor
- Assess progress and strategize improvements
- Celebrate successes

THE NEEDLE MOVERS

- What 3 behaviors, habits or mindsets will move the needle most for you in the next year—help you achieve your goals and the success you desire?
- How will you implement them? What's your plan or strategy for doing so?
- Are there other behaviors, habits or mindsets that you need for achieve your 3, 5, and 10-year goals?
- How could your success traits be applied—or leveled up to help?

Needle Movers	Implementation Strategy
Get up an hour earlier to complete morning pre-writing routine.	<ul style="list-style-type: none"> • Go to bed an hour earlier. • Get up at designated time no matter what. • Prepare for bed an hour earlier • Develop pre-morning routine
Block time for all writing/publishing related activities (daily and weekly), and stick to that schedule.	<ul style="list-style-type: none"> • Get a planner • Create a daily schedule every Sunday for entire week • Evaluate and strategize improvements every Friday
Accomplish a word-count quota of 1,000 words Monday, Tuesday, Wednesday, Thursday, and Friday.	<ul style="list-style-type: none"> • Mark starting point at beginning of writing block • Conduct word-count after an hour and again every 30 minutes as necessary • Block out more time daily for writing than necessary

(Examples of needle movers: sleep 8 hours per night, exercise daily, meditate daily, write first thing in the morning, drink 8 glasses of water per day, designate a time for social media use, use a planner, use writing sprints, or take a break every 50 minutes.)

PURPOSE + PASSION = INSPIRATION

INSPIRATION + ACTION = INSPIRED RESULTS

- What's your purpose? Does it align with your new-decade goals?
- What were you passionate about 10 years ago? Did you maintain that passion over the last decade?
- And now—what are you passionate about? How will you maintain your passion?
- What inspired you 10 years ago? Did you maintain your inspiration?
- And what inspires you now? How will you stay inspired for the next 10 years?
- What inspired action do you need to take to get the inspired results you seek in the new decade?

QUALITY OF THE NEW DECADE

- What qualities do you want this new decade to have?
- Choose three words to describe those qualities. (Ex. peaceful, purposeful, successful, exciting, passion filled, etc.)
- Why are those words important to you?
- List 1 way in which you can live into each of the words. (What action, habit, mindset, etc., do you need to commit to to create that quality?)

THE NEEDLE MOVER



What one writing project will help you create the quality you want to bring to the new decade and live into it as a writer?

10 YEARS TO GO DEEP

- Commit to going deeper with your work—your writing and your personal development.
- Stop scratching the surface.
- Be bold and vulnerable.
- Align your writing with who you are at your core—your soul—and move toward achieving your soul purpose.
- Have the intention of making a positive and meaningful difference with your words—and actions. Focus on service.

THE NEEDLE MOVER



What is the one thing you can do to take your writing deeper so it has more impact on your readers and makes a greater difference?



THANKS FOR BEING A NFWU OR
NFWU-M MEMBER!



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Let's make this new decade the best 10 years of
your writing career...and your life.