

Inside Stylists After Lockdown Success and happiness Planner

Issue #3



After lockdown

The ~~2019~~

SUCCESS PLANNER

How to chieve your work and life goals

So, here we are

This isn't the Masterclass I was planning to bring you this month, but I think it's the one we could do with right now. A regroup. A re-think and a re- plan.

Lockdown has shaken the interior styling and writing world and now it's almost over and shoots and features are starting to come out of the woodwork it's the perfect time to reassess where you are and more importantly where you want to go.

What's it all about?

I've been putting together new year planners for members for a few years now. They're usually in depth, thought provoking and take time. This planner is not like that!

This planner is aimed at a quick recap and a refocusing of how you want to live your life for the rest of 2020.

There's still time to shine

This quote by Dr. Gail Matthews, a psychology professor at the Dominican University in California, studied the art and science of goal setting says it all. She found that...

“ You become 42% more likely to achieve your goals and dreams, simply by writing them down on a regular basis and goals are better achieved if you share them with a trusted friend or colleague.

Fail to plan and you plan to fail!

”

So, let's get planning ...

Reviewing your work before lockdown

Where did you hold yourself back

Really thinking about where you stopped yourself from moving forwards before lockdown will give you a clear way to ensure you don't repeat that action moving forwards. Think about all areas of your life.

Why did you hold yourself back?

Questions about work

Working in the last 18 months

What was your most successful piece of work in the last 18 months why?

What did you not accomplish in work this year and why?

What were your three biggest challenges and how did you overcome them?

What have you learnt about yourself in the last 18 months from your work?

Reviewing Routines

Routines are the cornerstone of success

Having routines in place- whether they're personal or work-related, is the easiest way to achieve success. We've all fallen off the routine band wagon during lockdown so now's the time to get back on that horse and re energise your routines.

What works for you? What doesn't. Just writing this down is massively motivating.

What was a new habit or routine that has improved your efficiency?

Plan your morning routine

Plan your evening routine

What little thing do you enjoy most in your everyday life? What simple pleasures? Make sure you add these into your daily routines.

Who do you surround yourself with?

Let's get happy

It's easy to set goals for work but personal goals are much easier to put to one side and think about "later". But remember, when your personal goals get ticked off the list the work ones will automatically follow.

By thinking about who you spend time with and how they make you feel you can see where you need to make changes.

You are the sum of the 5 people you spend the most time with

-whether that's in real life or virtually on Zoom or Social Media. Surround yourself with 5 overweight people and you'll be the 6th - but surround yourself with 5 happy, supportive people and you'll be the 6th one smiling too! This has been one of the biggest transformations in my life. I only surround myself with people who lift me up. If you're toxic - you're out. Try it and see how much happier you are.

Here are four questions about your personal life and connections to answer.

1. Which three people positively influence you the most?

2. Which three people do you enjoy spending time with?

3. Which three people do you not enjoy spending time with?

4. Who do you need to cut out of your life to be happier?

How grateful are you?

How to get happy

Okay, I know this sounds a bit woo woo but how grateful are you really?

Practicing gratitude is one of THE quickest and easiest ways to be happy - whatever your situation.

Regularly thinking of things that you're grateful for releases all kinds of happy chemicals in your brain. It's literally a natural antidepressant

Practicing gratitude stimulates more neurotransmitters in your brain and boosts dopamine and serotonin. So, why wouldn't you give it a try?

List below as many things that you're grateful for as you can think of - in work, at home, at play - anything. How many can you list?

To keep this going start everyday by writing down three things you're grateful for - and one **must** be something you're grateful to yourself for.

Go!

Dream big

What are your biggest goals for the rest of this year

Imagine it's December 31st 2020. Write down what your ideal rest of the year would look like if everything went to plan. Dream big here, don't hold back for a second. Having the vision for what you want your year to look like is a game changer.

Making 2020 your best year yet!

It's goal time

What are the most important things you want to achieve in the coming months?
Write them down here.

What's your number one goal for 2020

What do you want to do differently

What skills do you want to achieve

What do you want to earn in 2020?

What do you want to achieve in your
career this year

Which personal quality do you want to
develop or strengthen

What are your health goals

How would you like to relax this year

Planning for a successful 2020

Three things I will do by December 31st 2020..

Three things I want to achieve most...

Three things I will let go of to move forwards

Three things I will be brave about this year...

Three things I will no longer procrastinate about ...

Three things I will say no to...

Planning for a success

Three things I will do in 2020...

Three ways to start my morning routine...

Three ways to end my day with an evening routine...

Three ways I will celebrate my achievements this year...

Three gifts I will give myself this year are...

Work goals- The Who

Who do you want to work with?

There are always brands, magazines and photographers/stylists that we dream of working with. This is the time to get a plan in place and make it happen. Fill out this page, print it off and put it up on the wall where you will regularly see it and take action throughout the months.

List three brands/people you want to work with this year

ONE

Brand:

PR Contact:

In-House contact:

Instagram handle: @

TWO

Brand:

PR Contact:

In-House contact:

Instagram handle: @

THREE

Brand:

PR Contact:

In-House contact:

Instagram handle: @

List the actions you will take to make contact with your chosen brands / people and how you can work with them. Be inventive.

- 1.
- 2.
- 3.
- 4.
- 5.

Work goals- The What

What are your big work goals for 2019?

What big, hairy, audacious goals do you have for work for the rest of this year? Do you want to do more spec shoots, write a book, work on your website, get up to 10,000 followers on Instagram? Whatever it is write it down here and make a plan.

What is your goal:

List what actions you need to take to make it happen

-
-
-
-
-
-

Date you will complete this by:

What is your goal:

List what actions you need to take to make it happen

-
-
-
-
-
-

Date you will complete this by:

Work goals- The What

What is your goal:

List what actions you need to take to make it happen

-

-

-

-

-

-

Date you will complete this by:

What is your goal:

List what actions you need to take to make it happen

-

-

-

-

-

-

Date you will complete this by:

Your Plan Summary

My biggest personal goal for the year

My biggest work goal for the year

Financial goal for the year

My biggest health goal for the year

Today's date

---/---/---

Well done for making it to the end.

You're all set to succeed in 2020

Making the most of this planner

- Once you've completed every page of the planner find a trusted friend or family member to share your findings with. This alone can set your mind into taking more action. They may also be able to help or advise on how you can achieve your biggest goals.
- Find an accountability partner to work with. Regularly checking in with a goals partner will give you a deadline to work to - especially if you meet every week. Skype/Zoom/Facetime?Insta are made for this.
- Keep this planner where you can see it and reflect on it regularly, whether that's every month or every quarter. Set a reminder in your diary to re-read your goals and ambitions.
- Writing your biggest goals down daily will keep them at the forefront of your mind and you will automatically make decisions to move towards achieving them. If you journal, write your goals down in your notebook. Otherwise, add the goal you are working on at the top of your to-do list each day.
- Stay positive, some objectives take longer than others. Treat everything as a marathon, not a sprint. You'll get there.

Wishing you amazing success after
lockdown 2020