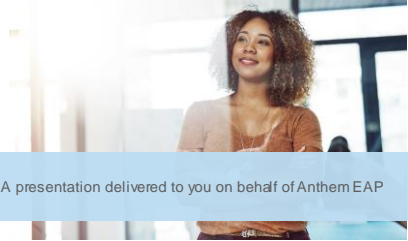


**Stick With It!**

A presentation delivered to you on behalf of Anthem EAP



AnthemEAP

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**Objectives**

- Dream
- Plan and Anticipate
- Nip 'Fear of Failure' in the Bud
- Identify Your Obstacles
- Just Start
- What To Do When You Fall Down
- Know Your Motivators
- Become More Flexible
- Keep Going

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**Dream**

- Decide what you would like to accomplish
- Allow yourself to create a vision who you would like to be
- Go big, bigger and biggest



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**Plan and Anticipate**



- Do your research
- List all of your goals
- Become an expert
  - Know every option, technique, system, resource
- Become a "yes I can" person
- Practice, practice, practice

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**Nip 'Fear of Failure' in the Bud**

- Expect to encounter some potholes
- Analyze where your fear is coming from
- Stop procrastinating
- Perfectionism is the enemy

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**Obstacles/ Myths**

What are your reasons for not sticking to it?

List all the myths:

- I don't have the time
- I just can't
- It's too hard
- I can't afford it

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### Just Start



- Small changes count
- Go full speed ahead
- Announce it to the world
- Write it down
- Check in regularly... several times a day
- Take it seriously

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### When You Fall Down

- Get up...right away
- Don't write off a whole day / week / month
- Have a support person / team
- Go back to step one and DREAM



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### Know Your Motivators



- Have a list of what works for you
- Ask others what motivates them

Ask yourself:

- Why is this goal so hard?
- What happens if you don't stick to your goal?

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**Become More Flexible**

- Maybe one way doesn't work so find another way
- Sticking to your goals might mean changing your goals
- Make it fun
- Be positive

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**How to Keep Going**

- Re-check your progress
- Re-set your goals
- Use apps to track your progress
- Admit what works and what does not
- Progress does not come without failure
- Celebrate your successes!

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**Anthem EAP**  
is here for you.

Visit the website: <antheemap.com>  
And enter company code: Fulton  
Call us: 800-999-7222

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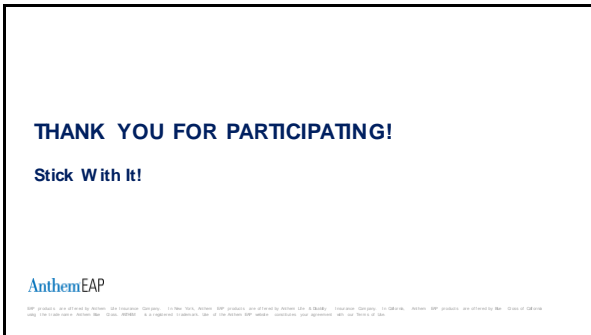
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