

# JANUARY: CREATING A SYSTEM OF STRUCTURE

## How To Use The Month of January

January is the month to create a system of structure for your life. You will take this month to establish a new protocol of living.

To achieve success, your life has to line up with a system that lines up with the success you are aspiring for. Most people become exhausted by placing more emphasis and momentum into front-loading this month rather than considering the process for the next 11 months of the year.

When we try to pack everything we want to accomplish at the beginning of the year and rush into January 1st, as opposed to adjusting our individual selves and lives to the transition of the new year, we set ourselves up for burnout.

We find ourselves exasperated before the next season arrives. For example, the gyms are full at the beginning of the year but by the end of February, there is no longer a crowd.

I witness this year after year. We are faithful to our goals, and very ambitious to get them done in January, but after real life happens a few times during the course of the first two months of the year, we've ditched everything until the next year.

This is the month that you really need to begin focusing on developing your time strategy and being more intentional about the way you are living.

## Strategy Exercises For The Month

- 1.) Be intentional in your weekly planning: I encourage that you delegate a specific day of the week to work in your planner, preferably Sunday Evening!
- 2.) Focus on Your Weekly Time Analysis: Be intentional about working your time strategy. As you plan your schedule out this week, make sure you are intentional about incorporating your goals and self-care (essential components).
- 3.) Remember the structure of your life determines the amount of productivity you will have in your life and business. These things will impact your overall success!