



## My Personal SYSTEMS for Success!

Systems are the plans, reminders, calendars, goals, lists, habits, rituals and practices that provide structure and keep us on track toward our goals. Below I've shared a list of the "systems" I currently have established. Yours will vary based on your personal challenges or needs.

- **Love Sustainability Plan** – Word Document posted on refrigerator
  - Includes: *(because all these things are important for our relationship to self and others!)*
    - Our Purpose - career commitments and goals
    - Weekly exercise - type and frequency
    - Hours/week committed to horsemanship/training/riding
    - Hours/week committed to studying/learning/growing
    - Our individual specific household responsibilities
    - Time allotted for misc. household projects
    - Individual + couple daily/weekly practices
- **Live the Dream Plan** – Summary of financial + rodeo/horse goals for next three years, posted on refrigerator
- **Couples Morning Practice** – Share a compliment & short prayer
- **Personal Morning Practice** – ½-1 hour reading + uplifting music
- **My Weekly Recharging Ritual** – take a relaxing bath or go for a long walk on Monday evenings
- **Weekly Schedule** – Colored spreadsheet printed and posted on the wall above my desk, updated by season
- **Large Yearly Calendar** – above desk showing events, birthdays, important dates, etc.
- **To-do Lists** – Current tasks typed in a small font, printed and taped to my laptop and updated approximately every two weeks
- **Post-It Notes** – for making daily tasks lists/reminders!
- **Phone Reminders** – Several throughout the day set with inspiring words and fitting alarm sounds!
- **Preparation Sunday FUNday** - Grill meat to use for quick evening meals in the coming week, phone a friend + do something FUN
- **Personal Budgeting Spreadsheet** - Monthly expenses and categories for closely monitoring spending and saving
- **Financial Spreadsheet** - All transactions with a tab for each month and year end totals to track how much is spent in each category
- **Business Tax Deductions** – file folders in my office for receipts
- **Monthly Horse Goals** – written down on paper and kept in the tack room for quick reference
- **Date Night** – non-negotiable dinner date with every single Friday!
- **TV/Social Media** – no TV watching (we don't have cable) and no Facebook on my phone to cut distractions and use time efficiently