

Your 2021 Solution to Set YOU Up for Success & a STRONG & Joyful Year!

2021 is all about YOU

By Liza Doyle

Hello friends!

Sending a note to hopefully inspire you and set you up for success for 2021! ❁❁

Forget about resolutions that have a negative energy and are forgotten...

THIS YEAR is all about setting **2021 Goals & Intentions** in all aspects of life to set **YOU** up for a positive, strong, and intentional year, and **MAKING THEM HAPPEN!!** How? By implementing an easy, clear strategy and plan, and holding yourself accountable to make your dreams come to life as you imagine!



Personally, I find the energy of an intention practice to be much kinder than the rigid process of creating resolutions, which is why I've been more successful in achieving my goals.

—
TAMARA LEVITT

"...The "energy" around resolutions is a negative one. There is a much more gentle and compassionate energy around creating intentions than resolutions. While resolutions feel stern like rules, intentions feel like invitations. The strictness of a resolution likely brings us to an "all or nothing" mentality...When I create intentions, I often start with a letting go of what no longer serves me in order to create room for the new...We must make efforts to consciously let go of old patterns (understanding what is behind them first) in order to invite new ones into our lives... I find the energy of an intention practice to be much kinder than the rigid process of creating resolutions, which is why I've been more successful in achieving my goals."

~Tamara Levitt, Head of Content @Calm App

[Why Setting Goals & Intentions is the Way to Success!](#)

I know each of us learned a lot last year -- slowing down, living more simply, taking a breath to look around and see all that we have and can be most grateful for. We were able to make more time for ME, our loved ones, our passions, and what was most important to ME. As we take a moment to reflect, despite everything, there were a lot of positives gained unlike any other year. For me personally, I made a huge pivot in my life. I worked hard making my days most intentional and incorporating the things that I love to do for ME each day -- that bring me great joy. I want to be even more intentional this year and think big picture -- building a 12-month plan for 2021 to achieve my *goals & intentions* in ALL areas of life that are most important to me. And -- make them happen.

Grant yourself permission to enjoy life to the fullest.

I'm excited for all that's in store for each of YOU this year! Here's my challenge. Are you ready?

****Your 2021 Challenge****

Challenge Dates: Now until December 31, 2021

I challenge you to join me and set yourself up for success, create a plan, stay committed, and make it happen! Make each day count with consistent healthy habits (an AM and PM Routine that you do at the same time each day that you LOVE and look forward to every-single-day FOR YOU) and a commitment to a STRONG, inspired, joyful, mindful, and INTENTIONAL today, tomorrow, and year. You have the power to take another positive step forward today for a better tomorrow and year, and a happier and stronger you! You have the power to control your mind, your response, your attitude, your time, your effort, and push forward no matter what to achieve the life you imagine it to be. If you really want it and are consistent each day, YES you CAN and WILL succeed. I promise you.

Guidelines

- Below I have included **“my secret solution for taking control and leading your life with great intention and joy each day”** to set you up for success in 2021. It has served me very well in the last year. I FINALLY really get it after much hard work and dedication for a better and stronger me and more intentional life. I’ve never felt stronger, more centered, more ignited, more motivated, more inspired – ready to take on each day and make it count! Now, I’m sharing my story in hopes of helping and inspiring you. YOU CAN and WILL succeed. Believe it. **Follow the 5 exercises below and I assure you, you will be on your way to a strong, intentional, and joyful 2021 and YOU!**

Wishing you an ignited spirit and much inspiration and joy this year! This year WILL be the best yet filled with great intention to make each day most joyful, memorable, inspiring, motivating, adventurous, experiential, educational, creative, FUN, fulfilling...(you name it:) ALL THE POSITIVE and GOOD based on what YOU desire and what’s most important to you.

Imagine it. Believe it. Visualize it. Make a Plan. Make it Happen!

Joy is not in things;
it is in us.

-Richard Wagner

The secret is here in the present. If you pay attention to the present, you can improve upon it. And, if you improve on the present, what comes later will also be better.

-Paulo Coelho

It’s up to each of us to take that first step and see our small and big plans through to the very end. Once you form a consistent healthy habit, it will be something you look forward to each day. You will then continue to grow from there. Let’s make the very most of our days in 2021 so we can look back with great pride and say “2021 was the best year yet”.

YOU GOT THIS!! 😊🌟💪🙌

1. PREPARE FOR SUCCESS

Your Toolbox

1. Your “Dream Day” Notebook (blank pages, spiral-bound; have open next to “Today’s Goals & Intentions”)

2. Your “To Do List” Notebook (personally, I like this to be a separate spiral-bound notebook with blank pages – it’s very helpful. I pick only a few things from this list that I can focus on and get done TODAY and put in my “Today’s Goals & Intentions” Journal or Daily Planner.
3. Your “Today’s Goals & Intentions” Journal or Daily Planner (I love spiral-bound so I can have opened all day! Daily Planners are so helpful too and make you more intentional, mindful, and self-awareness about your goals and healthy habits. They help you prioritize and hold yourself accountable as you continue on your *health & wellness* journey).
4. Your “Weekly Planner” (to allow you to take a step back and see the week as a whole, so you can determine what is a priority over another and see you progress as you build consistent habits)
5. Your “Annual Goals & Intentions” (I like to see a full year in a printed planner, but really encourage you to take on the helpful exercise I talk about later in this article #5, which walks you through how to build a digital strategy and plan, so you can manage, track, and work towards achieving your goals.

What if I told you that 10 years from now, your life would be exactly the same? I doubt you'd be happy. So, why are you so afraid of change?

-Karen Salmansohn

**There are excellent helpful planners/trackers & notebooks on Amazon or at your local CVS to hold you accountable and keep you organized and on track to achieve your goals and intentions each day, each week, each month, each year. Take advantage!

[Daily Planner & Habits Tracker](#)

[Weekly Planner & Habits Tracker](#)

[Goals & Intentions and Dream Day Journal](#)

2. DESIGN YOUR DREAM DAY

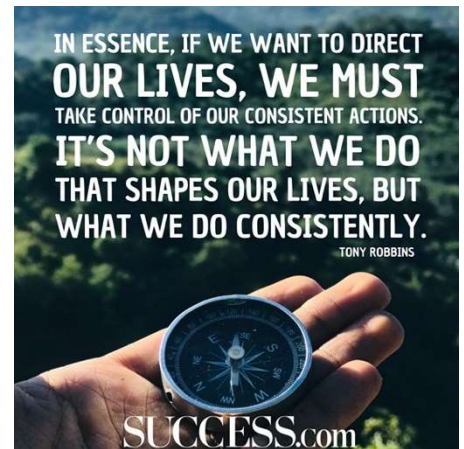
*Build **CONSISTENT** Healthy Habits & Routines (every day) to Set You Up for Success*

1. **IMAGINE:** Make each day count! Set yourself up for success and live out each day with great intention and joy, designing your “Dream Day” as you imagine with healthy and consistent daily habits top of mind. Where to begin? Take a quiet moment. Close your eyes and take a few deep breaths in....and out...to calm your mind. Imagine a day that you will want to do every-single-day (be realistic). Think of your life as a great adventure. Get creative. What will it look like? How can you bring more joy to each moment of your day and create experiences that you look forward to -- that you LOVE?

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

-Harriet Tubman

2. **PEN TO PAPER:** Now that you have a vision, pull out a notebook that you use specifically for your *Dream Day*. Design your “Dream Day” based on what brings YOU great joy -- that you LOVE – that you would look forward to doing every-single-day. Consider this like an Event Agenda or Run of Show...but for your life. ☺ Have fun with it! Include set times for each activity, prioritizing YOU and what brings you great joy, your *health & wellness* journey to strengthen and center your mind, body, and spirit, and what’s most important to you. A strong foundation in mind, body, and spirit is at the core of your happiness and joy – with a commitment to a consistent daily practice. Consistency is key.



Reference: [3 Tools I Use to Clarify My Vision & Goals by Camille Styles](#)



****Pro Tip:** If you **build CONSISTENT healthy habits that you do every-single-day** and have a regular sleep schedule, waking up and going to sleep at the same time each day, maintaining a healthy Circadian Rhythm, you are already well on your way to optimal health and a strong foundation to set you up for success. Circadian Rhythm plays a significant role in your physical and mental health for short-term and long-term health and is essential. Too much or too little sleep limits you from being your best, strongest, most healthy self, and can be very dangerous to your health. It takes dedication and practice each day, but you are capable to reset your body and change your lifestyle habits for the betterment of you and your overall health.

See Sample Below

This is “My Dream Day”.

****For each activity, I have added or subtracted to my environment to create an experience that I LOVE. That inspires and motivates me. That I look forward to -- every-single-day. GET CREATIVE. HAVE FUN!**

6:00 AM	AM Routine	Wake Up & Get Out of Bed
6:15 AM	AM Routine	Drink Water & "Daily Mantra" with my Accountability Buddies
6:30 AM	AM Routine	Mindfulness Practice & Reflection (@Calm App)
6:50 AM	AM Routine	Coffee & Review Goals & Intentions List for Today (in my <i>Goals & Intentions</i> notebook; and check off throughout the day)
7:00 AM	AM Routine	At-Home Workout Program with Fitness App (@ToneltUp App) (My at-home meditation/workout space faces the window with lots of natural light – yoga mat, an iPad, 3lb & 5lb weights, bootie bands, ankle weights, and a foam roller – that's it!)
7:30 AM	AM Routine	Breakfast – Superfoods & Protein-Packed Smoothie & SuperYou Supplement (@MoonJuice)
7:45 AM	AM Routine	Creative Writing & Inspiring Reading (@Medium App)
8:40 AM	AM Routine	Shower & Prep for Work
9:00 AM		Work (Hardest task first)
10:00 AM		BREAK - Stretch & Short Workout or Walk Around
10:30 AM		Mid-Morning Snack
10:45 AM		Work (Respond to emails, send emails, calls)
12:45 PM		Make Lunch
1:00 PM		Lunch & Vitamins
1:30 PM		Work (Respond to emails, send emails, calls, meetings, etc.) **No more caffeine.
3:15 PM		BREAK - Stretch & Short Workout or Walk Around
3:30 PM		Mid-Afternoon Snack
4:30 PM		Prep / Write Out / Review Goals & Intentions List for Tomorrow (write in my <i>Goals & Intentions</i> notebook)
5:00 PM		Finish Work & Put Away Computer for the Day
By 5:30 PM	PM Routine	Walk & Podcast or Run (@Spotify App "How I Built This" or @Verv Running App)
6:30 PM	PM Routine	Return Home & Make Dinner
7:00 PM	PM Routine	Dinner & Relax
8:00 PM	PM Routine	Evening Wind Down Begins **Finish water for the day <ul style="list-style-type: none"> • Drink calming hot tea (Sleepy Time EXTRA and Ashwagandha Powder) • Shower (if needed), get ready for bed • Read in bed
9:00 PM	PM Routine	Avoid Screen Time (set "Screen Time" on phone to put specific apps to sleep)
9:45 PM	PM Routine	Evening Wind Down Exercise (Calm Body in my @Calm App – a few times a week)
By 10:00 PM	PM Routine	Lights Out & Sleep Meditation to fall asleep into dreamland (Calm App)

****Special Note:** I do my best to stick to this mindful day every day because it makes me feel GREAT and be my best. I look forward to it! If I don't follow this exact schedule on a day, it's no worries. With mindfulness, comes self-compassion. I practice self-compassion and get back to it later that day or the next day with anticipation and excitement, ready to make today count!

Tips for How to Improve Sleep Quality

[Why a Good Quality Sleep is Essential?](#)

1. Adopt a regular sleep schedule.
2. Avoid alcohol late in the day and evening (if desired, save for a couple nights a week only).
3. Avoid caffeine after 2pm.
4. Avoid exercise at night.
5. Avoid eating 1.5-2 hours before bed.
6. Avoid screen time. Shut off the blue light 1 hour before bed.
7. Create a restful, cool, and quiet environment.
8. Create an "Evening Wind Down Routine" with a calming tea and relaxing activity.
9. Follow a Guided Sleep Program with your Health Tracker i.e. @FitBit Premium Plan. Such a great help!
10. Turn on a Sleep Meditation App that focuses on muscle relaxation and breathing to calm your mind and body and soothe you into dreamland i.e. @Calm App.

Good morning is not just a word.
It's an action and a belief to live the entire day well.
Morning is the time when you set the tone for the rest of the day.

Life will only change when you become more committed to your dreams than you are to your comfort zone.
-Billy Cox

Why I Love My FitBit Charge 4:

First things first, the reason why FitBit stands out over other trackers or smartwatches is because it is entirely focused on health. It helps you to prioritize *health & wellness*, and continue to learn with daily prompts and guidance.

Why Sign Up for the FitBit Premium Plan? Here's Why:

- **Access to "Sleep Cycle".** Just wear your FitBit to bed to get your **Sleep Score / Sleep Analytics** to track where you were strongest and areas for improvement. I LOVE THIS!
- **Access to Guided Programs to help you build healthy & consistent habits.** The Guided Programs help you bring mindfulness, self-awareness, and intention to your day to achieve your goals and build healthy habits. Take advantage. Trust me – this works!

Go to the "Discover" tab or "Premium" tab at the bottom of your screen > Select "Guided Programs" > select from the many Guided Programs available i.e. Habits for Restful Sleep, Intro to Healthy Habits, Get More Sleep, Mindful Eating, Kick Your Sugar Habit, Eat to Beat Cholesterol, Kick Your Salt Habit. Take a short evaluation quiz when you start your program, then a customized plan will be created for you with a couple habit tasks that you select from the list, based on what is most important to you. Each day, you check off your dedicated habit tasks on your FitBit app dashboard. The sleep programs are a game changer – I continue to use each week to hold me accountable to build healthy sleep habits.

Ways to Increase Inspiration & Motivation to Keep You on Track!

- **Group Text** with your accountability buddies. Reach out every morning and inspire each other!
- **Download "Motivation" App** and Follow @MotivationApp on Instagram
- **Listen to an inspiring and motivational story** (i.e. podcast, social media, blogs or YouTube).
- **Join an Inspiring & Experiential At-Home Workout App with a Series of Guided Programs (4-6 week each)** around *health & wellness* that YOU LOVE and inspires you every-single-day. Join one that is more of a lifestyle program and plan designed for you. Leave it to the experts to tell you what to do each day to be successful, instead of putting it in your hands. Other key factors for choosing an app: 1) **a fun, inspiring, and motivating experience** with excellent educational content and video; 2) **has a strong community with continued communications** on social media, email, and in-app to keep you learning, motivated, inspired, and engaged for the long-term.
- **Read an inspiring and insightful digital magazine** on topics that inspire you (i.e. @Medium)
- **Set reminders and notifications** on your mobile apps and health tracker.
- **Avoid distractions** to increase productivity and focus. Enable "screen time" on your phone to help.
- **Turn on uplifting music.** I LOVE the music section on @Calm for work, creative, and downtime.
- **Design your environment as you imagine** it to be to ensure that you have the most joy and ease doing your habit.
- **Continue to explore ways to create special experiences and moments** that you look forward to every-single-day. That bring you great joy and calm!

Good things come to those
who believe,
better things come to those
who are patient and the
best things come to those
who don't give up.

It's your road and
yours alone.
Others may walk it with
you, but no one can walk it
for you.
Rumi

The person who masters
himself through self-control
and discipline is truly
undefeatable.
-Buddha

Remember to do everything
with an abundance of love,
so that one day you will
remember the beauty of
every moment lived.
-Mimi Novic



****Special Note:** I always say..."continue to explore", "seek experiences", "try something new", "experiment". These apps have so many resources to help you succeed! Many of us only experience a fraction of the benefits of a mobile app. We don't take full advantage and enjoy the full experience. I challenge you to continue to learn, explore, and experience with trial and error to see what works best for you. If you haven't tried it, how do you know? You may surprise yourself!

3. **SCHEDULE IN YOUR CALENDAR:** Schedule your "Dream Day" in your calendar and make it a priority.
4. **MAKE A COMMITMENT TO YOURSELF:** Make today count! Stay positive, optimistic, mindful, consistent, focused, accountable, determined, motivated, and inspired. Trust the process. Be patient. And most importantly, follow the wise words of Winston Churchill, "Never, never, never give up!". Stick with it! This new lifestyle is all based on your mindset and drive going in. Remember, you have the power to control your attitude, effort, and response to each day, and make it happen. **YOU GOT THIS!**

3. REPEAT A DAILY MORNING "PUMP UP" MANTRA

Get in the right frame of mind each morning before you start your day – to set yourself up for a strong and intentional day!

1. **YOUR DAILY MANTRA:** Imagine yourself as a little girl or boy and your parent, mentor, favorite teacher, coach cheering you on as your biggest fan before, during, and after a big event in your life!

Or the time you were cheering on your child with so much pride, excitement, and anticipation as they take their first step, speak their first words, make their first stroke in the swimming pool with no floaties, ride their first bike with no training wheels down the pavement. What did you say? How did you respond or feel? Use this as the steppingstone for *Your Daily Mantra*. Write this on a post-it and put on your mirror or write in a notebook. Reference every morning and throughout the day to keep you focused, inspired, and motivated!

Smile in the mirror.
Do that every morning and
you'll start to see a big
difference in your life.
-Yoko Ono

See Below for Examples:

"A new day. A new you! Make it a strong, joyful, inspired, MINDFUL, and INTENTIONAL day. Continue to prioritize YOU, your health & wellness journey, and consistent healthy habits. Make it count! Be patient, stick with it, and don't give up! You have the power to take another positive step forward today for a better tomorrow and year, and a happier and stronger you! You have the power to control your mind and push forward no matter what. Good things will continue to come into your life when you make it happen. It starts with you! You got this!!!"

"Gooooood morning STRONG, wonderful, beautiful _____! Make it a STRONG, JOYFUL, inspired, mindful, and INTENTIONAL day. Make it count!"

4. SET YOUR DAILY GOALS & INTENTIONS EACH MORNING

1. **PEN TO PAPER:** Next, in your “Goals & Intentions” notebook, write down your goals and intentions each morning to make your day’s most intentional and joyful. A reminder to prioritize YOU, your *health & wellness* journey, your “Dream Day” with your *AM/PM Routine*, and practice consistent healthy habits. Focus on the 5 key areas each day (a mindfulness practice, fitness, nutrition, sleep, and hydration) to build a STRONG foundation in mind, body, and spirit, which are interconnected and essential to your happiness and success in life. Nourish your mind with a daily mindfulness practice and good-for-you Superfoods and Adaptogens. Nourish your body with more good-for-you Superfoods, vitamins, a daily strength-training workout that you LOVE, and get in those steps outside. The stronger you get both in mind and body, the stronger your spirit!

It's not about perfect.
It's about effort.
And when you implement
that effort into your life..
every single day, that's
where transformation
happens.
That's how change occurs.
Keep going, remember why
you started.

5 Core Areas of Health & Best Practice Tips

1. **Daily Mindfulness Practice** (Meditation i.e. [@Calm](#) App. This is everything to me! If only I knew sooner. I love it! I listen to first thing in the morning and to help relax me into dreamland).
2. **Daily Fitness** (At-Home Workout Program for Mindfulness & Strength Training, and 10,000+ steps outside i.e. [@ToneltUp](#) and [@FitBit](#))
3. **Daily Nutrition** (Vitamins, Adaptogens & Superfoods to feed your **Mind, Body, Spirit**. Food is Medicine. It is important to be mindful and look for healthy and fulfilling options that will make you feel good and be your best self -- short-term...and most importantly long-term)
4. **Daily Sleep** (7-9 hours of sleep per night, not including the 60-90 minutes it takes you to fall asleep. Lean into Guided Programs with a Health Tracker i.e. [@FitBit Charge 4](#) is awesome and so helpful!)
5. **Daily Hydration** (Water – at least ½ your body weight in oz. each day; invest in a water bottle to help stay on track -- the planet will thank you too!).

The secret of health for both
mind and body is not to mourn
for the past, not to worry
about the future, or not to
anticipate troubles, but to live
in the present moment wisely
and earnestly.

-Buddha

5. SET YOUR 2021 GOALS & INTENTIONS (WEEKLY/MONTHLY/ANNUAL)

1. **CREATE A SIMPLE DIGITAL PLAN TO EXECUTE:** Finally, build out an easy and simple digital plan with your weekly, monthly, and annual goals and intentions for Year 2021! Make a list of the categories that are most important to you -- set your goals and intentions for each, determining what you want and need to accomplish

each day, each week, each month in order to achieve your goals and dreams! Work backwards from your target date.

If you set goals and go after them with determination, your gifts will take you places that will amaze you.
-Les Brown

Believe in yourself, push your limits, and do whatever it takes to conquer your goals.

Recommended Articles & Helpful Resources

****Below I have included 2 GREAT reads very worth your time!**

[To Crush Your 2021 Goals, Use This 180 Day Plan](#) by Tom Kuegler @Medium. Download app.

This article walks you through exact steps for creating a very easy and simple template that WILL no doubt set you up for success this year – it's then up to you of course to manage, track progress, and execute. 😊 I highly recommend you build your template as you read the article. I built mine in Evernote (instead of Google Doc., based on my personal preference). Holding myself accountable by sending this you. :)

[6 Habits of Highly Focused People](#) by Nick Wignall

Sample Personal Categories

Health & Wellness **Biggest Priority
Bike/Running/Other Training & Races
Creative Learning/Continued Education
New Skills/Creative Project
Passion Projects/Ventures
Hobbies
Books
Dating & Relationships
Family Time
Community/Networking Groups
Travel
House Projects
Volunteer Work
Finances & Retirement
Additional Revenue Streams

Sample Work Categories

Work
Community/Networking Groups & Events
Creative Learning/Continued Education
Board/Committee Organizations
Professional Books
Travel

If you're interested, check out my previous article, "[The Apps that Made Me the Strongest & Healthiest I've Ever Been in my Life](#)".

I hope you enjoy and find these solutions and tips helpful and inspiring – that's what it's all about!

I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of, 'Wow, I'm not really sure I can do this,' and you push through those moments, that's when you have a breakthrough.
-Marissa Mayer

Be proud of how far you've come and never stop pushing to be the best you can be.

Take a few steps at a time and enjoy the process.

Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.

Once you replace negative thoughts with positive ones, you'll start having positive results.
-Willie Nelson

You have power over your mind, not outside events. Realize this, and you will find strength.
-Marcus Aurelius

Never,
never,
never,
never give up.
-Winston Churchill

About the Author:

Liza is a creative, senior-level professional and leader with over 15+ years of experience and knowledge in project management, corporate event management, live event production, media production, creative services and solutions, audience engagement, mobile tech/web, marketing and communications, and customer service, serving a wide-variety of industries and Fortune 10 to 500 companies, through agencies to freelance consultant work. Liza is passionate about learning, creative ideas and solutions, brand strategy, unique/immersive/dynamic experiences, audience engagement, storytelling, communications, marketing, and technology that will help companies maintain their position at the forefront of engagement, design, productivity, and current trends.

Liza grew up outside of Philadelphia and got her Bachelor of Science in Travel & Tourism at Clemson University with a specialty in hospitality, event management, marketing, and business administration. Liza now happily lives in Chicago and loves to explore, travel, and live for the adventure, be outdoors and in nature, enjoy time with friends and family, meet new people, support the community and local businesses, create and share new experiences, escape in creative projects, and inspire and help others!

Please say hi. I look forward to connecting with you!

Let's Stay Connected: [linkedin.com/in/lizadoyle](https://www.linkedin.com/in/lizadoyle)