

## It's Time for Halftime!

Can you believe that one quarter of the year has already come and gone?? Let that sink in for a second. Just the other day I noticed that we still had some Christmas decorations that I hadn't put away and store yet! Honestly, a part of me was tempted to leave it where it was until the Holiday season, since the time seems to fly so quickly, anyway!

Can you relate? I find I'm often so focused on trying to get through my normal everyday stuff, that I don't always take the time to pause and reflect on where I've been and where I want to go. Then I look up from being busy and more of the year has passed by and I wonder where the time went!

We could all use a halftime!

During this past Super Bowl (how long does that seem now in some ways??) much of the post-game attention was on the halftime show. I'm not going to start another controversy about the show, but I will say this; while Shakira and J-Lo were performing, the coaches and players weren't just hanging out and watching the show, they were at work planning for the second half of the game. After all that is what halftime is for! To reflect on what worked, what didn't work, and then create a plan to win the game.

In the same way, I'm going to suggest you take some time-right now-to reflect on what's worked for you and what hasn't worked so that you can create your game plan to make 2020 your best year yet. In other words, I'm encouraging you to take your own personal "halftime."

I want you to answer the following questions:

- What are my goals for 2020?
- Am I on track to accomplish my goals?

In the areas where you are on track

- What do I need to do to stay on track?
- What goals to I need to readjust?
- Did I set some goals too low? Too high?
- Has my situation, wants, needs, desires changed since setting those goals?
- What are the new goals that I want to set?

Then be sure to schedule time throughout the year to pause and reflect on your progress. Identify what is working so you can keep doing that. And determine what isn't working, so that you can make the adjustments you need to get the results you want.

In the areas where you are NOT on track:

- What is the obstacle(s) to my accomplishing that goals?
- What is one thing I can do right now to get unstuck? (Pause and listen to your internal voice that will tell you exactly what you need to know.)
- What am I committing to doing?

- Once I've done that, what is the next step that I can take? (Then take the step! Don't worry about the speed, pace or results. Just focus on taking the steps you know you need to take.)

Once you have your game plan you need to regularly pause to reflect on where you are and where you want to be. Are you on track? Are you off course? What do you need to do to ensure that you accomplish your goals? What do you need to do to close the gap between where you are and where you want to be?

I am so passionate about helping people succeed-so if you have any questions; if you need resource recommendations; or would just like some advice on what steps to take next, reach out to me! Visit my website at [www.rommelanacan.com](http://www.rommelanacan.com) and send me an email through the contact link! I'd love to hear from you!

Lastly, be sure to register for and attend this year's VAMACON! With so many amazing speakers, with great sessions and content, I know you'll take away at least one thing that you'll be able to apply immediately to make 2020 your best year yet! I'm looking forward to seeing you there!

*Bio: Rommel Anacan (Roh-mel Ana-kin) is an award-winning motivational speaker, consultant and is the president of The Relationship Difference. He has powerfully impacted thousands of people by providing the education, clarity, and motivation they need to break through their limits and achieve the success they desire. Rommel is very proud to be a member of the famed Apartment All-Stars team! Learn more about him at [www.RommelAnacan.com](http://www.RommelAnacan.com).*