

# THE M.O.N.I.C.A B.O.O.S.T

*"You don't rise to the level of your goals, you fall to the level of your systems"*  
- James Clear 'Atomic Habits'

These are all areas that you can put systems in place.  
You can try this on your own or have an accountability buddy.

## M Manage

- Are you managing life or is life managing you?
- Who could help out? (you are not an island)
- Are your desires nagging at you like a squeaky door. Time.

## O Organisation

Organisation is a super power!

- Are you planning ahead?
- Spend 5 minutes planning the next day, then 10 - grow it until it becomes a habit.
- You will find you have more time and satisfaction!

## N Negotiation

- Life is about negotiating your time and energy
- Where are you sitting on the arrow?

## I Innovation

- How can we do things differently?
- Innovation is the key to 'improvement'.

## C Communication

- What are saying and doing? Be aware of your words.

## A Authorisation

- Be your own author and write write write daily - it's in our DNA.

## B Building

- Relationships that you have and like to have (including the one with yourself).

## O Overview

- Have an overview in place of how you want to feel and spend your time weekly.

## O Observe

- How your overview is connecting with what you want.

## S Structure

- Draw a 'food pyramid' triangle and write what you want to be doing the most, what you want to be doing the least, then be realistic and fill in the rest.

## T Time

- Time is finite but energy is not.
- Where are you going to place your energy?
- Tiredness is physical. Exhaustion is emotional. Exhaustion = a lack of support - either self support or an external support eg. other people, or a discussion with a boss. The goal is to avoid both.

