

**NEVER
SAY LATER**

**RESOURCE
CHEAT SHEET**



To help you further, here are some top resources and guides that we've gathered.

Goal Setting

Person Goal Setting – Planning to Live Your Life Your Way

<http://www.mindtools.com/page6.html>

An article about why goals are important and how you can go about setting goals that you'll be able to actively work towards each day.

Developing a Vision & Goals for Your Career Plan

<http://hrweb.berkeley.edu/learning/career-development/goal-setting/career-plan-vision>

This is more focused on setting career goals and aims to make you think big and aim high.

The Beginner's Guide to Goal Setting

<http://michaelhyatt.com/goal-setting.html>

5 tips that can help you set actionable and useful goals.

The Biggest Mistake People Make When Setting Goals

<http://greatist.com/happiness/how-to-achieve-goals>

Everyday people set goals and everyday people fail to move any closer towards them. The problem lies in how you set your goals and what plans you create to allow yourself to move closer every week.

Goal-Setting Skills Test

http://psychologytoday.tests.psychtests.com/take_test.php?idRegTest=160

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Find out whether your attitude and behaviors are conducive towards reaching your goals.

Michael Jordan

<http://www.gifted.uconn.edu/siegle/selfefficacy/jordan.html>

A segment about goal setting that Jordan wrote in his book "I Can't Accept Not Trying".

Dealing With Fears

How to Deal With Fear: Lessons from Fighters

<http://www.readlantern.com/ready-how-to-deal-with-fear-lessons-from-fighters/>

This interesting article discusses how professional fighters can learn to control their fear and prevent it from paralyzing them.

Dealing with Fear

<http://www.dealingwithfear.org/>

This Buddhist website talks about the different types of fear and how to address them. Becoming comfortable with the fact that we are all fearful is crucial in overcoming your fear and accomplishing your goals.

Five Helpful Attitudes for Dealing With Your Fears

<http://zenhabits.net/five-helpful-attitudes-for-dealing-with-your-fears/>

5 ways that you can conquer your fears.

Overcoming Fear of Failure

<http://www.mindtools.com/pages/article/fear-of-failure.htm>

Mind Tools is an excellent website that has many articles on honing and enhancing all the different skills that we use in the workplace. Fear of failure can be crippling and prevent us from striving for our goals.

33 Powerful Ways of Overcoming Fear... Right Now

<http://www.wakeupcloud.com/overcoming-fear/>

An actionable list of methods to help you overcome your fear and release yourself from its grasp.

Procrastination

15 Ways to Beat Procrastination

<http://dailyinfographic.com/15-ways-to-beat-procrastination-infographic>

This is an easy to consume infographic, discussing different tips and methods for dealing with procrastination and preventing it occurring.

Overcoming Procrastination – Manage Your Time. Get It All Done.

http://www.mindtools.com/pages/article/newHTE_96.htm

An article explaining what procrastination is and why we experience it. The author also writes about how you can overcome procrastination and includes links to resources that can help you.

29 Ways to Beat Procrastination Once and For All

<http://www.lifehack.org/articles/productivity/29-ways-to-beat-procrastination-once-and-for-all.html>

29 ways that you can beat procrastination.

Can't Start, Won't Start: Tricks for Overcoming Procrastination

<http://99u.com/articles/7051/cant-start-wont-start-tricks-for-overcoming-procrastination>

With procrastination on the rise it's easy to see why larger news sites are starting to write about it. This article contains a detailed look into the different methods that you can use to help overcome procrastination.

Overcoming Procrastination

<http://www.stevepavlina.com/articles/overcoming-procrastination.htm>

Rather than looking at only the different methods, this article first looks at the root causes of procrastination and addresses the underlying issues.

Overcoming Procrastination

<http://www.overcomingprocrastination.net/>

This website is a great resource to help you address your problem and learn more about how you can help yourself.

Motivation

Seven Causes, Seven Cures for Lack of Motivation

http://www.naturalnews.com/042764_self_motivation_discipline_inspiration.html

This piece discusses 7 common ineffective motivation tactics and patterns, which are stopping us from staying motivated and on task. It also discusses more effective methods than we can use.

How to Stay Motivated

<http://www.lifehack.org/articles/productivity/how-to-stay-motivated.html>

How do you stay motivated? This site shows you what causes us to be motivated and what steps and methods we can use in order to stay motivated over a long period of time.

Overcome Lack of Motivation/

<http://www.carolinecarr.com/symptoms/motivation>

This is a list of the common symptoms of a lack of motivation and the causes of them. By learning why we aren't motivated we can take action to correct our habits and put ourselves back on the road to success.

How to Get Motivated When You Don't Feel Like It

<http://jamesclear.com/how-to-get-motivated>

By looking at a pre-game baseball ritual, the author discusses how you can create your own system to help motivate yourself.

Get Off Your Butt

<http://zenhabits.net/get-off-your-butt-16-ways-to-get-motivated-when-youre-in-a-slump/>

Staying motivated can be tough. It's even tougher to re-motivate yourself once you've fallen into a slump. That's why this guide for picking yourself back up and starting again is so useful. We all fall off the road to success at one point, what's important is that you get back on as quick as possible.

5 Ways to Get Motivated

<http://www.mensfitness.com/training/5-ways-to-get-motivated>

This is a list of 5 common methods that you can use to get motivated when you don't feel like moving!