



## *How to Avoid Distractions and Stay Focused on Your Financial Goals*

First, let's start with giving yourself credit for taking the time to actually think about this. If you got to this document that means that you were on OneStopFinancials.com so again pat yourself on the back for taking a stance on improving your financial situation!

Now that you're here and serious about your money let's talk about something we have all struggled with "Staying Focused!" It's a job day in and day out, and it's so easy to get distracted, this I will agree with. Think of your financial goals as a marathon, a marathon where the only competition is yourself, you vs. you. GET TO THE FINISH LINE BY ALL MEANS!

1. **PLAN PLAN PLAN!** All great things at some point had a plan to start off. Talk through your plan, bounce ideas off others, always have a fool proof plan that you can reference back to if you ever get off track. Maybe even consider running your plan by someone who is well versed in financial literacy.
2. **Run at your own pace**, a pace that works for you. Figure out things that works well and eliminate anything that doesn't help you reach the finish line. Remember it's just you on this journey so any wins or losses are all on YOU.
3. **Visualize** yourself finishing the race! Everyday spend a few minutes thinking about the feeling you will feel when you reach the finish line. If you can picture yourself doing it, it will help keep you motivated!
4. **Re-Evaluate** as necessary! If things are not going as planned, YOU are doing something wrong and you need to change it FAST! Mistakes are ok, just make sure they are corrected and don't become a habit
5. **Execute!!** The goal that you have set for yourself is obviously something you want, stick to it, be the best you, get it done! We are all only as good as our last performance.

In closing, remember we are talking about how to avoid distractions and stay focused. Changed action starts with changed mentality. You have to change the way you think to see different results. Stay focused and finish strong!