

# Making A Personal Plan For A Successful 2018

Effectiveness

## What are You Going to Stop Doing?

In planning for a great 2018 it is important to reflect on what has helped us in 2017 and what has hindered us.

The research on the success of making New Year's Resolutions isn't compelling. Apparently 41% usually make New Year's Resolutions and 42% absolutely never make them. Of those who do make resolutions less than 73% survive the first week and only 58% are still on track at the start of February. I'm not surprised! Most resolutions are alcohol fueled and some people make outlandish statements.

However, it is important, helpful and worthwhile to reflect on, and learn from the past if we want 2018 to be better than 2017.

## The best preparation for tomorrow is doing your best today.

H. Jackson Brown Jr

- What efforts produced disappointing results?
- If you went back, what would you do differently?
- What still frustrates you?
- What area is there for most improvement?
- What aspect of your work drains you of energy?

It can be helpful to let go of something old to make way for something new. I have adopted my good friend, education futurist Tony Ryan's practice, of only adding a new shirt to his wardrobe, when he identifies a shirt that is to be removed and donated to charity. Whilst suggesting that approach to my wife and her expanding collection of shoes, was not so warmly received, it is worth thinking about when reflecting on our 2017 behaviour.

What do you need to stop doing in 2018? (If you can't completely stop it, how might you do less of what drains you of energy or do it more effectively with less impact?)

## What is important for you to continue doing?

What did you do in 2017 that boosted your energy? When were you at your very best? What can you learn about yourself when you consider the times, events and situations when you were at your most energetic?

The **introvert vs extravert** continuum of the Myers-Briggs personality types is not about whether you are quiet, shy and reclusive or bubbly, outgoing and confident performing on a stage. Everyone spends some time extraverting and some time introverting. The continuum is about where do you get your energy. When you are running low on reserves do you need quiet time alone to reflect and recharge or are you energized by being around people. Do you prefer to have time to consider ideas, pictures, memories and events inside your head (introversion) or do you get your energy from active involvement in events and around people? Being self-aware of what gives you energy is advantageous and can set you up for an even better 2018.

## Forget what you want others to do

It is important to think about what YOU will do to produce the year you want. Forget about trying to control others. The only behaviour you can control is your own. What are you prepared to do – that you haven't already done – to get what you want?

Working in schools can be challenging. Having a successful year won't necessarily come easily. What are YOU willing to do to ensure that 2018 is as good as it can be?

References- [www.Statisticbrain.com](http://www.Statisticbrain.com), [www.myersbriggs.org](http://www.myersbriggs.org), Dan Rockwell – Leadership Freak

## Key points

Reflect on what has helped and hindered you in 2017

What will you do differently?

Let go of something old to make way for something new

What do you need to stop doing in 2018?

What gives you energy?

What are you prepared to do?

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