

# JESS & CO

## WEEKEND WORDS OF WISDOM #19 GO BIG OR GO HOME!

### REFLECT

Where in your life do you need to dream bigger – think bigger – be bigger?  
What is holding you back?

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What do you want to accomplish (in the short run/ in the long run)?

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### ASK

What do you do to try to push yourself past your comfort zone? Does it work?  
What more can be done?

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What barriers stand in your way of accomplishing your short- and long-term goals?

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### DO

Look at your short- and long-term goals on a regular basis at a regular time. I like to do this weekly when I am planning out my week on Sunday evening. This helps to put into perspective where I want to be and what I need to do to get there by adding into my agenda processes and steps to make that happen.

When confronting barriers to desired achievements and experiencing some discomfort and lack of zest towards giving it your all, remind yourself of times in the past when you pushed yourself past your comfort zone – what did you do then that you can do now?

What will you accomplish today – tomorrow – next week – next month - next year – 10 years from now? The possibilities are endless!

“Dream bigger or get the f\*ck out.”  
“Anything worth doing is worth overdoing.”  
“Make it happen.”



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"What would you do if you weren't afraid?"

- Sheryl Sandberg -