

# Are You Tracking?

**To track, as defined by the dictionary:** to observe or follow the course of progress of; keep track of.

What are you tracking? Anything? Nothing? Are tracking your goals... your progress? What should you track? Why Track?

Why *Track*? Most people don't like to track because it reminds them of what they wanted to do, but haven't done. Tracking serves as a reminder to take action.

Now, don't you think tracking sounds like a good thing? So why do so few people track their activities and results? Because they are afraid to face the music.

Tracking keeps us honest with ourselves and, most importantly, it shows us when we are off track and need to adjust. The more often we track our activities and ourselves, the easier it is to make those adjustments. If we don't track ourselves we can spend days, weeks, months, years, even decades, off track.

What should we track? I recommend that you track lots of things —how much you spend, how many sales calls you actual make, how much you are saving, how many calories you consumed, how much you exercise. In other words, track any area of your life you want to improve.

Tracking seems like a good idea, right? So why don't people track themselves? If you don't keep track, then you can pretend, yes pretend, that you are doing what you need to do. Tracking = Accountability.

Most of us are lax in tracking ourselves. But, rather than feeling guilty about it, get energized! Make a promise to yourself to do a better job of working on you each day.

Find a tracking buddy; someone who cares about you and your results, and help each other. Be open, honest, and supportive. Change, good or bad, can create feelings of fear, so walk into this process with that in mind. Start slow, find a buddy, and track, track, track.

## **Good things to track:**

- Progress on your goals
- Spending
- How much you are saving
- What you eat
- How much you exercise
- How you spend your time
- YOUR LIFE PROGRESS

Make it your goal in 2010 to track yourself, and to stay on track. You will be amazed by your results. A sample tracking sheet can be found at [www.find-away.com](http://www.find-away.com)

Find A Way  
Dennis