

Success Starts with YOU: 3 Powerful Habits That Drive Results

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Success doesn't happen overnight—it's the result of showing up consistently, making intentional choices, and staying aligned with your vision. In this workbook, we're breaking down **three powerful habits** that create the momentum you need to transform your life and career. Ready to dive in? Let's go!

Habit #1: Set Clear Goals and Track Progress

"What gets measured gets done."

Having a vision is one thing, but without a roadmap, it's easy to get stuck in overwhelm. This habit is about turning your big dreams into tangible steps—and holding yourself accountable along the way.

Your Action Steps

1. **Set SMART Goals:** Write down one specific goal you want to achieve this month. Make it:
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound
2. **Break it Down:** Take that goal and break it into smaller weekly milestones. What can you accomplish this week?
3. **Track It:**
 - Use a journal, an app, or even sticky notes on your desk.
 - Celebrate small wins along the way.

Workbook Exercise

- **What's one big goal you're working toward?**
(Write it here)

- **What's one small step you'll take this week to move closer to that goal?**
(Write it here)

Habit #2: Commit to Lifelong Learning

"The moment you stop learning, you stop growing."

The most successful people never settle. They're always sharpening their skills, staying curious, and learning from their experiences. Whether it's through books, podcasts, courses, or conversations, learning is your secret weapon.

Your Action Steps

1. **Choose a Learning Source:**
 - Identify one topic or skill that excites you. (Leadership? Time management? Emotional intelligence?)
 - Pick a resource: a podcast, an audiobook, or a course.
2. **Schedule It:** Commit 30 minutes a day or 2 hours a week to learning something new. Put it on your calendar like any other appointment.
3. **Reflect and Apply:** At the end of each week, write down:
 - One key insight you learned.
 - How you'll apply it to your life or career.

Workbook Exercise

- **What's one skill or area of knowledge you want to grow in?**
(Write it here)

- **What's your plan to make learning a consistent part of your week?**
(Write it here)

Habit #3: Take Consistent Action (Even When It's Hard)

"Consistency is the bridge between goals and results."

Let's be honest—some days, it's tempting to put things off or give in to distractions. But success comes from showing up *every single day*, even when it's inconvenient. The secret? Focus on small, sustainable actions that build momentum.

Your Action Steps

1. **Create a Daily Non-Negotiable:** Choose one habit or task that aligns with your goals and commit to doing it daily. (Example: Reach out to one potential client each day or spend 10 minutes on mindfulness.)
2. **Track Your Progress:** Use a habit tracker to check off each day you stick to your commitment.
3. **Give Yourself Grace:** Consistency doesn't mean perfection. If you miss a day, jump back in without guilt.

Workbook Exercise

- **What's one action you can commit to every day, no matter what?**
(Write it here)

- **What obstacles might get in your way, and how will you overcome them?**
(Write it here)

Your Success Map

As you build these habits, remember: small, intentional steps lead to big results. Print this workbook, keep it on your desk, and revisit your exercises weekly. Success isn't about doing *everything* perfectly; it's about showing up, learning, and growing every single day.

Let's build success together! 🤝