

*Prioritize YOU in what's next*

***HOW TO  
TACKLE  
WHAT'S  
NEXT***



# HOW TO TACKLE WHAT'S NEXT

## **STEP 1: Accept that you will need to put in the work - just like you did in sports.**

Nothing in life comes easy. Remember how hard you worked and how long it took you to get to the highest levels of your sports career?

Well that's how you'll need to treat this next chapter too. A career isn't built overnight, so approach your next chapter just like you did your sports career.

Work hard, put in the extra effort and most importantly **show up** and **engage**.



# HOW TO TACKLE WHAT'S NEXT

## **STEP 2: Give yourself grace to not be perfect, to try and fail and to not have it all figured out.**

Instead of putting pressure on yourself to have everything figured out right away, give yourself time to try new things, get new experiences and figure out what works for you.

None of us have it all figured out, so give yourself grace and kindness to fail and try again. We are always a work in progress.



# HOW TO TACKLE WHAT'S NEXT

**STEP 3: Be a sponge - ask questions, soak up everything you can around what's next and what opportunities are out there.**

Learning from experts and peers is the fastest way to success. Surround yourself with mentors, friends and peers doing things that inspire you. Ask questions and share your journey.

Join that webinar, sign up for that free class, read lots of books and articles. Be a sponge.





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## **STEP 4: Do the work with yourself AND your loved ones to figure out what lights you up.**

Part of the work it takes to enter your next chapter is to learn about YOU. What do you love? What lights you up and what motivates you to get out of bed in the morning?

This self-discovery process is hard and takes time. So ask your friends and family for help. Ask them what they associate with you and what they see as your superpower, strengths and value you give to the world.



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## **STEP 5: Surround yourself with the right people that you can ask for help and count on.**

Create your inner circle - make yourself a team just like you had on the field and in the locker room. Don't go it alone - you don't have to.

Surround yourself with people who want to help you succeed and want to be a part of your journey. Add value to them when you can and never be afraid to ask for help.



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## **STEP 6: Align your goals, make a plan, execute.**

You've done the work to figure out who you are. You've committed to doing the work to achieve in your next chapter. You've given yourself time and grace to fail and explore. And you've surrounded yourself with a team who wants to help you succeed.

Now you're ready to execute. Create SMART goals - strategic, measurable, attainable, realistic and time bound. Align them with your strengths and purpose. Plan your next steps, and execute. No one starts with it all figured out. Grow through taking action.



# HOW TO TACKLE WHAT'S NEXT

## **STEP 7: Evaluate the results, adjust the plan, reset your goals, execute. Repeat.**

No one has it all figured out on day one. Your plan, goals and next steps will likely have to be tweaked and adjusted.

A key to success is adaptability. Be able to look at your results, adapt the plan to make the changes needed, adjust your goals and execute again.

Then, repeat. No rocket science here, just hard work and consistent effort.





# HOW TO TACKLE WHAT'S NEXT

**You will never be DONE.**

**The end goal is going to continue to change as you grow.**

**You will always have the opportunity to explore, learn and build on yourself.**

**THAT is tackling what's next.**



*Prioritize YOU in what's next*

***YOU***  
***GOT***  
***THIS***

**If you want support along the way, reach out to us at [info@tacklewhatsnext.com](mailto:info@tacklewhatsnext.com).**

