



## FIVE USEFUL TIPS FROM RICHARD BRANSON

Virgin Group founder shares simple steps for achieving your goals.

New Year's resolutions are a great way to set goals for the coming year. For some people they have to do with health, for others – with money and business. However, many end up failing on the follow-through side of things. Billionaire Richard Branson gave some advice (<https://www.virgin.com/richard-branson/new-years-resolutions-making-lists>) on how to stay the course and see your self-improvement plan through.

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Along with thousands of people around the globe, Virgin Group founder Richard Branson started the year with making a list of resolutions for the following 365 days. This year, the businessman resolved to put his health first.

“You only get one body so it’s important to look after it. I’m going to make sure I’m getting enough rest, staying fit and healthy and eating well,” he wrote.

Branson’s tip for sticking to resolutions and goals is quite simple: write it down. For him, it is a way to make sense of his ideas, as well as to track the progress on things.

Here are Richard Branson's five simple steps for making a list that you will be able to stick to:

1. Write down every single idea you have.
2. Have a few lists. One of far off, outlandish goals and another of manageable tasks to complete every day. This way you can set your vision and be taking steps to get there each day.
3. Mark off every completed task. Celebrate your successes.
4. Make your goals measurable so you know if your plans are working.
5. Share your goals with others. You can help motivate each other further and hold each other to account.

