

Studies have found that those most successful at following through can actually FEEL consequences. People with great follow through also tend to worry or feel anxious. These people seem to have a more intimate connection to the feelings associated with negative outcomes and therefore will be more likely to avoid them. I'm not suggesting you should believe the sky is falling, but I am suggesting you create a motivation that you can literally feel - good or bad.

For example, I previously shared that I have to shred a \$20 bill if I don't complete the sometimes unpleasant "tasks" I commit to do weekly with my accountability partner. This works well for me because visualizing \$20 being shred is something I can physically *feel*. I get a sense that an invisible force is pushing on my gut when I think about shredding \$20--an uncomfortable feeling I want to avoid, so I always make my commitment.

If you apply this technique to the things you want to accomplish, these feelings can help propel you to take action. What will do it for you? Will \$20 work or do you need \$100 or more? Maybe it's something else such as having to scrub your brother's toilet or washing everyone's dishes in the office break room for a week.

Some people respond better to positive rewards. Would the promise of an hour-long massage entice you into action? Perhaps treating yourself to a great dinner would work. Whatever you choose, just remember you have to *feel* the consequence of following through or not in order for this to work. Then of course, you actually have to commit to paying the price (maybe literally) if you don't follow through on your intention.

Be creative and come up with something you can really feel -- positive or negative, and then inspire others by sharing your ideas with us on our blog.

Many thanks to Steve Levinson, Ph.D., and Pete Greider, M.Ed., authors of *Following Through* for writing an amazing book and allowing me to share this information.