

Sample Measurements

In my January 2008 episode, I present a technique for overcoming procrastination using Marshall Goldsmith's "buddy system." You and a buddy meet daily for a few minutes and ask each other for measurements about your most important goals. No criticism or judgment allowed; you ask with no agenda other than providing unconditionally supportive accountability for each other. You will make tremendous progress simply by having a supportive accountability partner to share daily feedback on your progress (feedback that *you* generate).

Work-related

- How many times did you praise someone for doing a good job?
- How many pages of your report did you get done?
- How many days late was your weekly status report?
- How many expense reports are you in the middle of?
- How long on average did it take you to return your client's phone calls?

Self-improvement

- How many times did you get angry without real justification?
- Did you offer at least one apology for a past wrong?
- How many times did you justify or over-explain to try to change someone's impression of you?
- How many minutes did you walk on your stairmaster?
- Did you do something (however small) to put a smile on the face of your snuggle-bunny, kids, or friends?
- How many new things did you learn today?

Home

- How much time did you spend cleaning up the living room?
- Did you spend at least 30 minutes being fully present with your family?
- How much time did you spend doing non-work things that are fun, exciting, and stimulating?
- How much time did you waste (by your definition) surfing the web or answering e-mail?