

## Leap Forward on your Goals: Create a Leap Day



2016 is a leap year, and the end of February always reminds me that you can make a leap in your life at any time.

Maybe you're stalled on a project or bogged down with unrelated things grasping for your time. Pick a day, whether on a weekend or take a vacation day from work, and make it a Leap Day!

For your leap day, you should do a little **planning** – don't just wake up next Tuesday and decide to take a "mental health" day and turn it into a "leap day." If you need a mental health day, by all means, take one! You want to be fresh and focused for your leap day, so maybe take two days off as part of your planning and deeply rest the first day.

For your leap day preparation, think about the following:

- Which **specific project** or goal could use a leap forward?
- Which specific aspect of this project or goal **could you tackle in one day**?
- What are the **specific steps** you will accomplish on your leap day?

At this point, remember to **take baby-bites** and don't overcommit yourself for your leap day. Assign each step a timeslot and check if you really can take all of the steps you want in one day.

Other things to think about for your preparation:

- What **resources** will you need to accomplish your steps? If you need more supplies or some research books from the library, for example, get those in advance of your leap day or schedule going to the store/library as a step in your plan.



- Who do you need to **alert** that you'll be unavailable all day? Put your phone on do-not-disturb or silent if you can; put your email on out-of-office. Mention your leap day on Twitter and Facebook. Tell the people close to you that you need to concentrate on your project and you can't be disturbed. Don't let any interruptions derail your leap unless they are real emergencies!
- Write a **mission statement** for your leap day. This will help crystalize your focus for the day. ("My writing is important to me and I want to take a leap forward with it. For my leap day, I will take this leap by plotting out the last third of my novel. I will also write 1,500 words on this novel.")
- **Make a schedule** for your steps and their timeslots. Build in a couple of breaks if you like, but try to keep them quiet and restful, like taking a walk or doing a short meditation. Doing unrelated, active things on your break might distract your focus from your mission statement (see the next point).
- To keep from procrastinating, consider also writing a list of all the things you will not do ("For my leap day, I will not check Facebook. I will not watch Days of Our Lives. I will not do chores or laundry. I will not read any blogs. I will not call old college friends to chat." Etc.)
- If rewards motivate you, pick a prize to **award yourself** when you successfully complete your leap day. This could be a small box of gourmet truffles, a bottle of your favorite wine, a new pair of shoes, a massage, a new mp3 album, etc. Write this reward on the bottom of your mission statement. (Personally, I find the leap forward is its own reward, gifting me with renewed energy and excitement for my project, but adding a massage on top of that would certainly be nice too.)
- The last step is to actually **pick a day to take your leap** and request it off from work, if necessary. Put it in your calendar and notify your list of people to alert. If you have things to get ready in advance, like supplies or books, put those tasks on your calendar too.

Then get leaping!



## Mini-leap Lunch Hour

If you can't devote a whole day for a leap, you can, of course, take a mini-leap (a.k.a. a hop) forward. You still need to plan ahead for maximum effectiveness, but you can devote as little as an hour for a concentrated project session. Figure out your project of choice and determine what step you can accomplish in 60 minutes. Pick a lunch hour one day, or a Saturday morning before the kids are up, and hop to it!

### Plan Your Leap Day!

- Specific Project/Goal: \_\_\_\_\_
- Specific Aspect for One Day/Hour: \_\_\_\_\_
- Specific Steps to Accomplish: \_\_\_\_\_
- \_\_\_\_\_
- Resources Needed: \_\_\_\_\_
- People to Alert: \_\_\_\_\_
- Mission Statement: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Schedule for One Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time	Task	Time	Task
8:00a		12:30p	
8:30a		1:00p	
9:00a		1:30p	
9:30a		2:00p	
10:00a		2:30p	
10:30a		3:00p	
11:00a		3:30p	
11:30a		4:00p	Finish Leaping!
12:00p		4:01p	Get your award!

Schedule for One Hour: \_\_\_\_\_

Date: \_\_\_\_\_

Time	Task	Time	Task
0:00		0:40	
0:10		0:50	
0:20		0:60	Finish Leaping!
0:30		1:01	Get your award!

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**Cathy Carpenter \* Exploring Your Depths, LLC**

*Certified ARTbundance Coach and Practitioner*

*Tarot Reader and Teacher*



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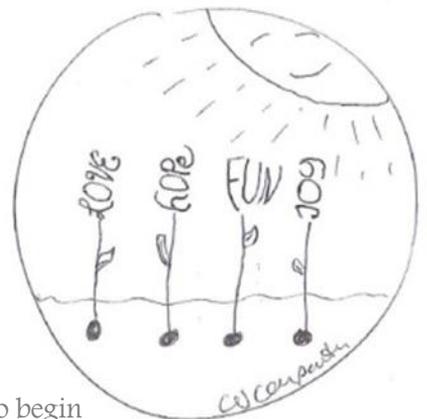
### Creativity and Life Coaching

I have four coaching options including a free session.

Free

**Free "Depth-Charge" Session**, 30-45 minutes.  
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

### Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

- \* **Fooling Around \* Magician Ignition \* High Priestess Secrets \* Empress Yourself \* Emperor Treasure \***
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*Cathy Carpenter, Exploring Your Depths, LLC, [exploringyourdepths.com](http://exploringyourdepths.com)*

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