



***THE  
Long-term Benefits from Your Holidays  
TOOL***

**Enjoy your holidays and then profit from them to boost your goal setting and claim your success!**

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# ***Long-term Benefits from Your Holidays Tool***

The greatest long-term benefit from your holidays is that you are able to take distance from your daily routine. By that, you can see if there are things you wish to change, reconsider or reorganize, when you finally return from your holidays.

The present tool is here to help you spot these long-term benefits and begin the procedure of putting them into the action. Don' t lose any more time from building your own success and establishing your well-being!

Let' s start!

How to proceed:

Do the following tasks. Write with sincerity your answers. They will help you clarify your goals and the next steps to follow towards your success.

1. Here you are, gone on holidays, took your distance from your daily routine! Has this new perspective provided you with any insights about what you want to do differently upon your return back home?

2. Describe five [5] situations of your daily routine BEFORE your holidays, which cause you stress or discomfort.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



3. Now, energized by your holidays, think of a –even small– tweak you could apply to each one of the five aforementioned situations. Keep in mind that this tweak could provide amelioration to them –even a bit. Write them down below:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

4. Write down all the new resolutions you made during your holidays.

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5. Now, write the 1<sup>st</sup> step you feel you can do to begin realizing these resolutions. Choose a feasible first step, so that you are eager to do it!

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## Assessing your progress

We usually tend to disregard or not pay enough attention to the small daily progress that we make. Yet, the sum of these daily “baby-steps” leads to the big progress that brings you to the biggest achievements of your life.

That’s why I am proposing to you to keep a journal for each “first step” of these resolutions that you realize.

The journal will help you keep track of your progress. Below are some points to keep in mind during your journal writings:

- Has this post-holidays decision-making been easy for you?
- Do you have new ideas or insights about your goals and your current quality of life, thanks to the post-holidays resolutions?
- Are there any results from the first tweaks and steps of your change?
- Write down even the smallest change that you have spot. It is very important!

You can use this Tool every time you return from holidays. It will help you spot your new resolutions, write them and organize them. By doing this, it will be much easier for you to proceed to their realization and their follow up.

Don't forget: you have all the potential to reach your highest goals and achieve anything you wish for!

I will be very happy to receive your feedback about the performance of the ***Long-Term Benefit from Your Holidays Tool*** and the progress you have made by using it, as well as any suggestions you may have for the Tool. You can contact me at [panagiota@uplifepsychology.com](mailto:panagiota@uplifepsychology.com).

Always Claim Your Success! It's rightfully Yours and You deserve it!

***Panagiota***