

The Year Ahead

What Does Your Best Year Look Like

- ✓ The first step is to get a good idea of what your goal is so that you have a clear result in mind
- ✓ What matters to you?
- ✓ What do you want more of?
- ✓ What's your passion?
- ✓ Is there something that would bring joy to your life?
- ✓ What would you most like to accomplish?
- ✓ Allow yourself to dream

Focus on What Matters

- ✓ Research has indicated that real, lasting change comes through commitment
- ✓ What do you value most about your current life?
- ✓ List your commitments and prioritize them
- ✓ De-clutter
- ✓ Remember the "me" time
- ✓ Set the right goals for the right reasons

The Action Plan

- ✓ Take an inventory of last year
- ✓ Skip the New Year's Resolutions
- ✓ Make your goal quantifiable and measurable
- ✓ Create breakthrough goals
- ✓ Give yourself room and permission to fail