

# CREATE YOUR BEST YEAR EVER

A person wearing a red jacket and dark pants stands on a rocky mountain peak, looking out over a vast valley. The scene is set during a sunset or sunrise, with a warm, golden glow. The background is a mix of natural landscape and digital elements, including a starry space background and a grid pattern. The overall mood is one of achievement and looking forward.

HOW TO ACHIEVE YOUR MOST IMPORTANT GOALS

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# INTRODUCTION



In this guide, you will learn how to create your best year ever by identifying what you want and setting challenging goals to achieve this. You will learn why you are not successful now and the benefits of setting goals and taking action every day to achieve them.

The guide will explain how you can create a goal-achieving mindset which is very important for your success. You will also learn how to set the right goals by using the SMART process and how to create plans for the achievement of your goals

To achieve your goals and prevent yourself from giving up, you will need to develop mental toughness so that you can overcome any obstacles you encounter and the steps are covered in this powerful guide. You also need to establish an empowering daily ritual. The guide reveals 8 best practices that you need to follow to provide you with the maximum chance of success.

Everything that you need to know about deciding what you want, setting inspiring and challenging goals, and creating your best year ever is in this powerful guide. So please read every word and apply what you learn. The steps outlined in the guide require practice, patience, and persistence.

# REASONS WHY YOU ARE NOT SUCCESSFUL NOW



This powerful guide will explain how to set life-changing goals that will help you to create your best year ever. We do not want to be negative in this guide, but you need to know the reasons why you have not experienced the success that you want to this point.

Let's be real. There are so many reasons why you're not successful right now, but there is only one reason why you won't be successful in the future. You have to let go of all the excuses and stop being your own worst enemy. If you want to be successful in life, you have to stop limiting yourself with these unproductive thoughts and beliefs, and start thinking like a successful person.

As Albert Einstein once said, "You can't solve a problem with the same mind that created it." If you don't change your way of thinking and keep procrastinating, nothing will ever change for the better. This guide will help you to change your thinking. Let's get into it and see the main reasons why you aren't successful right now:

## You don't know What you Want from your Life

This is the root of all problems when it comes to achieving success. If you don't know what you want out of life, you will never be able to achieve it. Life is a journey, and before you can even start your journey, you have to have an idea of where you're going. You have to know what you want and where you're trying to go in life.

Life is a series of choices, and if you don't know what you want, you will end up making the wrong choices. Without knowing your destination and purpose, you will never have a clear idea of what's important and what's not.

That is why you need to identify what you really want and set goals to achieve this. Life is short, and you don't have enough time to waste doing the wrong things. You have to figure out what you want,

so you can start making the right choices and move forward. You will learn proven techniques to identify what you want later in this guide.

## **You don't have a Clear Purpose and you are Winging it**

When you live your life without a clear purpose, you're just "winging it", and you won't ever be successful that way. You need goals and plans for both the short and long term to be successful. Without clear goals and plans, you will never reach your full potential, and you will be stuck in mediocrity all your life.

Use the techniques in this guide and take the time to sit down and think about what you want out of life, so you can set goals to achieve this. If you don't have a clear vision, you will have a hard time seeing results in your life. Without a clear purpose, you will be wandering around aimlessly without any direction, and that's not a good way to live.

A person without a clear purpose is like a sailor without a map - they'll get lost at sea, and it will be difficult to find their way back. If you don't have a clear purpose, you will never know when you're doing things right or when you're doing things wrong. Without a clear purpose, you will get nowhere in life.

## **You have a Negative Mindset**

When you're constantly thinking negative thoughts and feelings, it is extremely hard to succeed with anything in life. You have to let go of all your negative thoughts and emotions, and start thinking positive thoughts that will help you succeed in life. If you are sabotaging yourself with negative thoughts, there is no way you will ever be successful.

A negative mindset is like a virus that spreads and infects all areas of your life, making it hard to succeed. When you're thinking negative thoughts and emotions, you're setting limits for yourself and putting up barriers you don't even know about.

When you develop a positive success mindset, which we will show you how to do later in this guide, it is like a gateway to success and abundance. You have to stop letting your negative emotions and thoughts control you and start thinking positively so you can start moving forward in life.

When you have a negative view of the world around you, you are essentially sabotaging yourself and closing the door on opportunities and abundance in all areas of your life. You have to stop being negative and see the positive side of everything around you. Also, you have to see how everything that happens to you is happening for a reason.

Understand that all the negative things in your life are there to make you stronger and teach you valuable lessons that will help you evolve as a person. Everything happens for a reason, and although it might not make sense at the moment, there is a reason behind everything.

You have to see the positive side of all the negative things that happen to you and understand that they are helping you grow as a person. If you have a negative view of the world around you, you will

never be successful, no matter what you do. Stop being so pessimistic about everything and start seeing the positive side of everything around you.

## **Your Fear of Failure Prevents you from Taking Action**

If you're afraid of failing and you're letting that fear hold you back from taking action, you will never be successful. Fear of failure keeps you stuck and stops you from doing anything. You have to understand that failure is a part of life, and it's a necessary process in which we learn and grow.

Learn how to let go of your fear of failure by using the techniques in this guide and let it go once and for all. If you want to be successful in life, you have to stop being afraid of failing and take action even when you feel afraid.

You have to understand that if you don't take any action, you will never achieve anything in life. Taking action when you are afraid takes courage and perseverance, and if you have those two traits, nothing can stop you from being successful in life.

## **You are Scared of Taking Calculated Risks**

If you're scared of taking risks, you will never achieve anything in life. You have to understand that risk-taking is an important part of success, and if you don't take any risks, you will never achieve anything. Taking risks is the only way to achieve greatness in life, and you have to be willing to take risks if you want to succeed.

Most people are stuck in their comfort zone and are not prepared to take risks to improve their life. Risks are nothing more than you putting something at stake. If you win, you get something great, and if you lose, you don't lose anything. It is all about calculated risks rather than taking big risks for the sake of it.

## **You are letting your Past Dictate your Present and Future**

Many people allow their past to dictate their present and future, and they will never be successful. You have to distance yourself from your past, learn from your mistakes, and move on. Understand that you are in the present, and where you are right now is the only thing you can control. Learn to let go of your past and start living in the present.

You have to let go of the past so you can move forward in life, and start living life to the fullest. So, stop dwelling on the past, learn from your mistakes, and let go of any resentment or anger you might have against other people. These things are holding you back, forgive yourself and others, and move on.

## You Lack Discipline in your Life

When you want to achieve a challenging goal, you have set for yourself you need to be disciplined. This means that you need to take action every day and overcome any barriers that present themselves to you. Successful people have the right traits that empower them to be disciplined each day so that they work towards achieving their goals.

Without discipline, you will never achieve your goals. You are not going to achieve your goals by spending hours each day on social media for example. Breaking out of your comfort zone is usually always required to change your life for the better. With the right amount of discipline, you can do this. More on this later on in the guide.

In the next chapter, we will discuss how to identify what you really want from your life...

## HOW TO IDENTIFY WHAT YOU REALLY WANT FROM YOUR LIFE



You need to know what you really want from your life so that you can set the right goals and achieve them. This is essential for creating your best year ever. The only time that a lot of people think about what they want is at New Year's. Often this is done in a drunken haze and never followed up on.

It is pointless just writing a list of goals. Any goal that you set must be to achieve something that you really want. The reason that people don't know what they want is that it takes time and effort to think about this. But you must do this if you want to change your life for the better.

In this chapter, we will guide you to identifying what you really want from your life. Use the techniques that we reveal here to create a list of things that you want to achieve. You can then whittle the list down to the things that are "burning desires" for you and focus on these first.

### What does Success mean to you?

You need to define what success means to you. The most effective way to do this is to ask yourself a series of questions. Questions are very powerful, and your conscious and subconscious minds will help you to find the answers. Here are some questions that you can ask yourself to identify what success means to you:

- What does success look like in your life?
- What does it mean for you to be successful?
- What does it mean for you to live a successful life?
- How will you know when you've achieved success?

These are all important questions to ask yourself. Only you know what success means to you. And only you know what will make you feel successful. You have to define success for yourself and decide what is going to make you feel like you've reached the finish line through the achievement of your goals.

Success isn't a one-size-fits-all kind of thing. It is different for everybody. Think of success like a fingerprint. Your success is unique to you and nobody else. This is why it's important to figure out what success means to you as it helps you get clear on what you want from your life.

## Write down your Core Beliefs and Values

Next, you need to write down your core values and beliefs. To help you to do this, ask yourself the right questions again. Asking yourself the right questions is critical to identifying what you really want from your life. It will be a constant theme in this chapter. We also have a powerful technique for you to use when you are asking yourself questions.

Here are some important questions to ask yourself. They're important for you to think about, consider and reflect on. Because they will help you get clear on what you truly want out of life. The answers to these questions will help you determine where you want to focus your time and energy.

- What are the things that are important to you?
- What are the things that are non-negotiable for you?
- What do you value most in life?
- What do you truly believe in and care about?
- What do you stand for?

Setting goals that do not conform to your values and beliefs is not going to turn out well for you. You need to identify what is most important to you and use these things as a guide to help you make the right decisions in your life. Also, they will remind you why you are pushing through when things get tough.

## The Key Question Technique

When you are asking yourself important life-changing questions, you must approach them in the right way to get the best results. We recommend that you use the "key question technique" as it will help you to get the right answers.

You probably already know that you have two minds (some experts say we have three minds but we will keep it simple here). There is the conscious mind that you use during your waking hours to process everything. Then there is your subconscious mind which is like a giant storage facility.

This storage facility is very important and crucial for your success. All of your habits are stored in your subconscious mind and some of these are good and some will be bad. As humans, we do a lot of things on autopilot which means that we do not have to think about them to do them. If we had to think about breathing all the time this would be a disaster for us.

Your subconscious automates your breathing. It also automates things like walking, eating, cleaning your teeth, driving a car, and much more. Over time, your subconscious has stored many habits for you that you use regularly without having to think about them.

It is much more important that you hold beliefs about your goals in your subconscious mind and not just your conscious mind. Your conscious mind is subjected to a lot of noise each day. This is external noise and your self-talk. The subconscious mind does not have to contend with this. Your subconscious is working for you even when you are sleeping.

The reason that this is important for you to know is that the key question technique is designed to draw on both your conscious and subconscious minds for answers to your questions. To use the key question technique to identify what you really want, you need to find a quiet place with no distractions and take a pen and lots of paper with you.

Write down the question you want to ask yourself at the top of a blank piece of paper. For example, if you ask “what does success look like to me?” write this down first. Conjure up strong emotions when you ask the question as this will help generate answers for you. Be sure to write every answer down that comes into your mind.

Do not judge any of the answers you receive at this point. Just write them all down. This will make more sense later on. If you find that you are no longer getting answers, re-focus by asking yourself the question again with strong emotion. The key question technique works so use it.

## Identify what you want to Improve in your Life

Now it's time to identify what you want from your life. To do this, we recommend that you focus on the different areas of your life that you want to improve. Here are some life areas that you may want to improve:

- Your career or business
- Your finances
- Your personal life
- Your health and fitness and general wellbeing
- Your contribution to others

These are just examples and if you have another area of your life that you want to improve then you need to use this with the key question technique. You need to ask yourself the right questions that will help you get clear on what you truly want from your life. The answers will help you determine where you want to focus your time and energy.

For your career or business life you could ask yourself:

- Am I happy with my current income?
- Do I need to improve my skills?
- Do I enjoy my job or the business I am in?

And for your financial life you could ask yourself:

- Do I have enough money saved for the future?
- Am I in control of my finances?
- Do I have too much debt?

Here are some ideas for your health and fitness:

- Do I need to lose weight?
- Am I eating healthily?
- Do I exercise enough?

You get the idea. Think about the different things in each area of your life that you want to change. Then write down the questions that you need to ask yourself and use the key question technique to come up with answers and ideas.

At the end of this exercise, you should have several different ideas for your goals. The problem is likely to be that you have too many ideas and you need to whittle these down. It is never a good idea to have too many goals as it will frustrate you if you cannot achieve them all.

## Identify what you Really Want

This is where the process gets really exciting. You have a list of ideas that you generated from using the key question technique and asking yourself the right questions. Now you need to whittle down this list by identifying what you really want.

But how do you do that? The answer is testing your emotions and feelings. Take each of the ideas on your long list and visualize that you have already achieved the idea. For example, if one of your ideas was to increase your income, believe that you have already achieved this and note how it makes you feel.

For this to work properly, you need to make your feelings as strong as possible. Imagine that you have already earned the additional income that you desire – how does this make you feel? Make a note of how the achievement of each of your ideas really makes you feel.

The ideas that provoke the strongest feelings are the things that you really want. You can turn these into your goals for creating your best year ever. It is OK to only have one goal, and we would not recommend any more than 3 goals. Each goal should be for a different aspect of your life such as career or business, finances, and health.

In the next chapter, we will discuss the benefits of setting challenging goals...

## THE BENEFITS OF SETTING CHALLENGING GOALS



The aim of life isn't to simply follow the path that you think will lead you to happiness. Instead, it should be about creating your path and making choices that align with what makes you happiest. To do that, however, it helps to create goals that are specific and measurable.

Working towards a future is essential for every individual because it sets standards for your success in life. Having goals gives you something to work towards and something to look back on when things get tough. Goals also bring clarity and meaning into your life.

They are essentially small markers along the way pointing you toward your end destination - the happy place you want to be once all the hard work has been done. If you're ready to get started on this road trip of life, read on for details on how setting goals for your life can benefit you in ways even greater than you may currently realize...

### **You will Gain Clarity and Focus**

If you've never really set goals for your life, you may currently feel like you're just floating through the world aimlessly, with no real sense of direction or purpose. Goals provide you with a much-needed sense of focus and clarity. They help you to keep your eyes trained on the prize while letting you enjoy the journey.

When you know where you're headed, you're less likely to get sidetracked and lose focus on what's important. You can spend less time dwelling on the past and more time looking forward to the future. Knowing what you want to achieve helps you know to identify the steps you need to take to get there.

## **Goals help Build your Self-Confidence**

Having life goals can help you build self-confidence. The process of setting a goal for your life can help you to discover more about yourself and what you want out of life. It can help you to understand the kind of person you want to be and the type of life you want to live. This self-discovery can give you more confidence in yourself and your abilities.

When you know what you want to achieve, you know what you have to do to reach that goal. Getting there may be hard work, but you'll feel more confident in your ability to get the job done. You may even find that having a life goal helps you overcome certain insecurities or fears that you may have about yourself or your place in the world.

## **Goals provide you with the Motivation to Get Started**

Having goals for your life will give you the motivation you need to start taking steps toward achieving them. It can help you to overcome any feelings of doubt and resistance you may experience along the way.

Setting challenging goals also gives you something to work toward as you continue along your journey. It gives you a reason to keep going when things get tough. Your goals keep you focused on the future and help you to ignore any distractions that may come your way along the way.

## **You can Develop New Skills**

Setting goals for your life helps you to develop new skills that you require to achieve each goal. As you work toward reaching your goal, you'll naturally encounter new challenges along the way. These challenges often prompt you to develop new skills that can help you to overcome them.

For example, let's say your goal is to lose weight. To reach that goal, you may decide to add a daily workout routine to your schedule. Working out regularly can help to boost your metabolism and increase your overall energy. It can also help to strengthen your muscles and bones. If you have not done this before, you will develop new skills to achieve this.

## **Achieving Goals brings Happiness and Fulfilment**

As you work toward achieving your goals, you will probably notice a shift in your mood. You should start to feel more optimistic. Also, you may feel more fulfilled with your life as a whole, and you may even feel a greater sense of purpose and belonging. It is also possible that you feel happier with your life as a whole.

Having goals for your life can help to give you a sense of purpose and meaning. Goals can make you feel like you're contributing something meaningful to the world around you. When you reach your goal, you can feel fulfilled with your life as a whole.

You can look back on your life and know that you've done everything you can to make the world a better place. In addition to this, you can look back on your life and know that you've done everything you can to be the best person you can be.

## **Establish New Empowering Habits**

Setting goals for your life can help you to develop new habits that can help you to achieve those goals. Goals can help you to break down really complicated and seemingly impossible tasks into manageable pieces. When you break down your goals into smaller, more manageable pieces, it can help you to establish new habits so you have a better chance of achieving your goals.

Having something that you need to do regularly usually means you're more likely to keep doing it even when it gets hard. When you build a new empowering habit, you're strengthening the neural pathways in your brain. You're essentially retraining your brain to do the things that you want it to do to help you achieve your goals.

In the next chapter, we will discuss how you can develop your mindset to achieve your goals...

## HOW TO DEVELOP YOUR MINDSET TO ACHIEVE YOUR GOALS



When it comes to success, many different factors come into play. While some might think that success is all about luck or being in the right place at the right time, those who have managed to attain their measure of success know that this isn't always the case.

Resilience, dedication, and hard work are just a few of the factors that come into play when we are talking about success. The truth is that we all have the potential for greatness buried somewhere deep inside of us. But the trick is unearthing and developing these qualities so we can achieve our goals and live a happy and successful life.

Developing a mindset that will allow you to achieve your goals isn't always an easy task. You might feel like you don't have enough motivation or drive to succeed, or perhaps you feel like you've hit a wall and cannot find your way past it. If this sounds like you, don't worry! Follow the steps below to develop a mindset that will allow you to achieve your goals.

### Finding your WHY

The first thing you need to do is find your "WHY." This is the reason you want to achieve your goals in the first place. It's the reason you want to get up in the morning and you want to keep going even when things get tough and you feel like quitting. Finding your "WHY" is the most important thing you can do when it comes to achieving your goals.

What drives you and lights you up? How will achieving your goals make you feel truly alive? Why do your goals make you jump out of bed in the morning excited to go after your dreams? This is your "WHY."

Once you know your “WHY,” everything else naturally falls into place. It is recommended to create a WHY statement for each of your goals. You can use your “WHY” as a guiding force to help you make the right decisions and stay focused and motivated. And it will remind you why you are pushing through when things get tough. More on this later in the guide.

## **Don't Dwell on the Past**

When we start to dwell on the past, it becomes very easy to slip into a negative mindset. This mindset can then lead us down a dangerous path, whereby we start to spiral into a pit of despair and self-loathing.

This is not healthy and can be very damaging to your mental and emotional health. Sometimes, it can even lead to depression and anxiety - which are two things that nobody wants to deal with. Dwelling in the past will not help you to achieve your goals so you must stop doing this now!

## **Be Realistic with your Goals**

When we set goals for ourselves, these goals must be realistic. If you set something that is too difficult or too far out of your reach, it can easily lead to frustration. This can not only make you feel bad about yourself but can also cause you to lose motivation. It is so important to set goals that you know you have a good chance of achieving.

If you set something that is slightly out of your reach, you will still be able to accomplish it. At the same time, it will still be challenging enough to keep you interested and engaged in the process. This will allow you to feel successful and will leave you with a feeling of pride and accomplishment.

## **Be Determined to Achieve your Goals**

The more determined you are to succeed, the more likely you are to achieve your goals. It's that simple! If you have a goal to lose weight, for example, being determined to succeed will help you stay focused and on track. It will also allow you to push past the times when you feel like you can't go on or that you just aren't good enough.

If you give up or lose focus, you will not be able to achieve your goal. This is why it is so important to stay determined and focused on the task at hand. There will be times when you feel like giving up. When this happens, you must fight through it and remind yourself why you are doing what you are doing. Use your WHY statement to help you here.

## **Change your Thought Process**

You can change your thought process and the way that you view the world. This is a very powerful thing because it will allow you to see the positive side of everything. Dwelling on the negative aspects of life and situations can be dangerous and unhealthy.

This is why it is so important to change your thought process and positively view the world. Life can be difficult, but that doesn't mean you can't enjoy the process of getting to where you want to be. Everything that you have, or don't have, today is a result of your thoughts. Believe that you can change your thoughts to achieve your goals.

## **Cultivate a Gratitude Mindset**

It is human nature to focus on the negatives and things that are lacking in our lives. This happens to us all but you can do something about this. If you want to develop a mindset that will allow you to achieve your goals, it is very important to cultivate a gratitude mindset.

When you have a gratitude mindset, you will begin to see the positives in what is around you. It will allow you to focus on the things that you do have in your life, rather than what you think you don't have.

Having this type of gratitude mindset will allow you to be thankful for the opportunities, people, and experiences that have come into your life. This can go a long way in helping you to push past the times when things get difficult and achieve your goals.

## **Step out of your Comfort Zone**

Life is all about stepping outside of your comfort zone and challenging yourself. This is how we grow and learn and discover new things about ourselves. If you want to achieve success and grow as a person, you must be willing to step out of your comfort zone. When something is outside of your comfort zone, it will help you to grow and learn in new ways.

It will allow you to challenge yourself and discover new things about yourself. Having a mindset that will allow you to achieve your goals means taking risks and stepping outside of your comfort zone. You must be willing to do things that you may not be used to doing or things that may scare you.

## **Develop a Daily Empowering Ritual**

A daily empowering ritual is something that many people are beginning to implement in their lives. It is a simple thing that you can do every single day to help you along the path to success. Having an empowering ritual can help you to get your day started on the right foot and can help you to stay focused and motivated.

Your ritual can also help you to determine your plans for the day and prepare yourself for the challenges ahead. There are many different types of empowering rituals that you can create for

yourself. You must find something that is relevant to your life and goals and something that resonates with you on a deep level. More on this later in the guide.

In the next chapter, we will discuss the SMART goal-setting process...

## USE THE SMART GOAL SETTING PROCESS FOR INSPIRED GOALS



You've probably heard about SMART goals before. They're everywhere, especially at the beginning of the New Year, when everyone is resolving to be more organized, productive, and accountable in their lives. The SMART goal-setting process is used by people all around the world because it is very effective.

The principles of SMART outline a process that makes it easier to set goals that are effective and lasting. Here's everything you need to know about this useful framework and why it works so well. By using the SMART goal-setting process, you can set inspiring goals that you are more likely to achieve.

### What does SMART stand for?

The letters in SMART goals stand for:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Measurable means that you can put a number to the goal. If you say "I want to be more creative this year", there's no way to measure that. If you set a goal of writing one short story per month, you can track your progress and see if you're on track.

You can use SMART for almost any goal in life - whether it's a work goal, fitness goal, personal goal, or goal related to your relationships. Specific means that you have a clear idea of what you want to achieve.

Instead of a goal of “starting an online business”, choose a more specific and actionable goal like “create a website to sell my products” or “make a product that solves a problem people have”. A specific goal will provide you with much-needed clarity.

## SMART Goals are Very Effective

Why do SMART goals work? When you set goals, you make a promise to yourself to get certain things done. But not all goals are equal, and not all goals will help you achieve what you want in life. SMART goals are a useful framework for setting goals that are effective and lasting.

Why? Because when you set goals with the SMART criteria in mind, it’s easier to make sure your goals are:

- Specific: You know exactly what you want to achieve
- Measurable: You have a clear idea of how to measure your progress
- Achievable: You have the resources and skills to achieve your goal
- Relevant: Your goal has meaning and helps you get closer to your life’s purpose
- Time-bound: You know exactly when you want to achieve your goal

These five criteria make it easier to set goals that are effective and lasting. A lot of people set goals that are too vague or have no deadline for achievement. You do not want to make this mistake as it will severely hamper your chances of achieving your goals.

## Learn to Set SMART Goals Properly

Make sure you use all the SMART criteria as you set your goals. Take your time - you’re setting your goals for your best year ever, so think them through. You have identified what you really want by using the techniques in the second chapter of this guide so you will now use the SMART process to turn these into goals.

We recommend that you start with one goal to create your best year ever. Set a maximum of 3 goals for different aspects of your life. If you try to achieve too many goals, you won’t achieve any. You’ll be too busy trying to get everything done. To make it simple, choose one goal that you really want to achieve in the next year.

This is the goal you’ll use to set your SMART goal. Here is what you need to do:

1. Make the goal specific: What exactly do you want to achieve in the next year? How will achieving this goal move you closer to where you want to be in life? What will it do for you?
2. Make the goal measurable: How will you know when you’ve achieved this goal? How will you measure your progress toward the goal?
3. Make the goal achievable: What resources do you have? What skills do you have? Do you have the support you need to achieve this goal? If not, what can you do to get it?
4. Make the goal relevant: Why do you want to achieve this goal? How does achieving this goal fit into your life’s purpose? How does it help you move toward your deepest desires?

5. Make the goal time-bound: When do you want to achieve this goal? What are your milestones for this goal? What actions can you take today to get closer to achieving your goal?

## Look for Examples of SMART Goals

What does a SMART goal look like? After you've set your goal using the SMART principles, it will look something like this:

- Specific: I will attend two networking events per month.
- Measurable: I will write down 5 new contacts' names at each networking event.
- Achievable: I will prepare a short introduction for myself and practice it before each event.
- Relevant: I will meet like-minded people and use their expertise to help me with my business.
- Time-bound: I will achieve my goal in one year (specify the exact date).

This is just an example. You can find other examples of successful SMART goals by searching online. You must understand and apply the concept of the SMART goal-setting process so we would recommend that you search for more SMART goal examples to inspire you.

## Make your Goals SMARTer

If you've set your goals using the SMART principles but they still don't feel like they're quite there, here are some techniques and questions to ask yourself to make your goals SMARTer:

- Make them more specific. General goals are broad and lack the specificity needed to achieve them.
- Find a way to make your goals more measurable. What are the quantitative ways you can track your progress toward your goal?
- Make your goals more achievable. What can you do to make sure you have the resources and skills you need to achieve your goal?
- Find a way to make your goals more relevant. Why do you want to achieve this goal? How does achieving this goal fit into your life's purpose?

In the next chapter, we will discuss creating plans to achieve your goals...

## CREATE PLANS TO ACHIEVE YOUR GOALS



To create your best year ever, the most important things are action and follow-through. There's no point in setting goals if you don't have a plan for achieving them. It's very easy to think about what you want to do and be inspired by other people's success stories, but following through on your plans is much harder.

For success in life, career, or personal growth, you need a strategy that works for you. The process of creating plans can seem daunting at first, but when broken down into simple steps it becomes much less scary. Creating plans isn't just about checking boxes; it's about creating a blueprint for the life you want so that one step leads directly to the next.

### Break your Goal into Tasks

As they say, the devil is in the detail. Many people set big, vague goals like "become more confident" or "write a book," but unless you break down your goal into smaller, more manageable tasks, you'll never know if you've achieved what you set out to do or not.

Goals are high-level statements of what you want to achieve and you need to break that down into specific tasks that include when you need to start them, how long they are expected to take, and what you need to do to complete them. If you want to start an online business, that's a similarly large goal, but it can be broken down into smaller tasks like:

- Decide on what niche you will operate in
- What products or services will you sell or promote?
- Create your own products or services or find related ones to promote as an affiliate
- Choose the right domain name
- Sign up for the best web hosting plan for your needs

- Install a website or blog development platform like WordPress
- Choose the best theme for your website
- Decide what pages to add to your website and create them
- Determine the best content to add to your website and create it
- Drive targeted traffic to your website

There are many other things that you need to do to create a successful online business. But the list above gives you some idea of how to break your goal down into smaller tasks. Once you have done this, you can prioritize the tasks so that you complete them in the right order.

You need to accept that your plan to achieve your goal is unlikely to be perfect when you first create it. This is fine; plans are supposed to be changed to reflect reality. Creating your initial plan for goal achievement will provide clarity and steer you in the right direction. Monitor your plan regularly and make changes to it where necessary.

## Identify the Skills you need to Learn

A challenging goal will push you out of your comfort zone. This is a good thing as you can use the achievement of your goal to grow as a person. When you break down your goals into tasks, you will probably notice that you need certain skills to complete them.

You may have no idea how to choose the right niche for your online business for example. So, you will need to educate yourself about this and there is a lot of helpful information online including videos on YouTube.

When you identify the skills you need to learn, you can use this information to help you decide how to structure your actions toward your goal. You must learn these new skills at the right time, so you can use that as a checklist to make sure you're covering all your bases as you work toward your goal.

All challenging goals will require a degree of learning new skills. If your goal doesn't require this then your goal is not challenging enough! Accept that learning and doing new things is an essential element in creating your best year ever.

## Identify your Strengths and Weaknesses

As you're taking steps toward your goal, you will come up against obstacles. You will struggle, and you will fail if you do not have the right traits in your character. It's not a sign that you're doing something wrong; it's normal. What's important is how you respond to those obstacles and failures.

An important part of responding to challenges is identifying your strengths and weaknesses. This will help you decide how to respond to challenges more effectively. Later in this guide, we will provide you with proven methods that will help you to achieve your goal. We will also show you how to develop the mental toughness that you need to achieve challenging goals.

Identifying your strengths and weaknesses and deciding what you need to do about them is not the same as identifying the skills you need to acquire to achieve your goal. We are talking about your character here and how you will keep going every day no matter what obstacles present themselves. This is different from knowing how to buy a domain name for example.

## **Commit to a Daily Plan of Action**

There is nothing more important when setting goals that you want to achieve than taking action. You don't have to jump into things head-first or dive in at full speed, but you have to move forward and put your wheels in motion. The most effective way to do this is to commit to a plan of action.

A plan of action is a short-term plan that includes the steps you need to take each day to move toward your goals. You want to have a daily plan or task list that you will follow to move you a step closer to the achievement of your goal.

You must add any learning or skills development into your daily plan. This includes any specific actions that you need to take to strengthen your resolve to achieve your goal. We recommend that you start and maintain a journal to write your daily tasks in and record your progress towards your goal.

## **Add Accountability to your Plan**

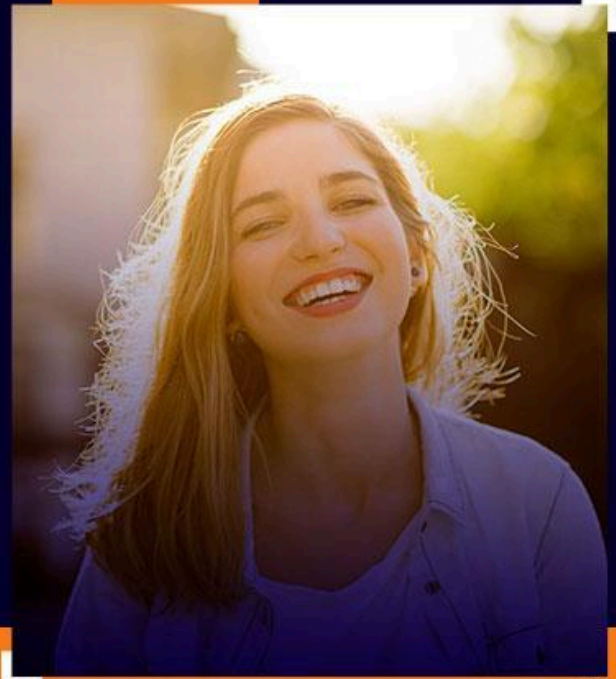
This is optional, but we do recommend it. There's nothing more crushing than setting a goal for yourself and then failing to follow through. If you're trying to achieve something, it can be incredibly helpful to find someone who will hold you accountable for your actions. Choose someone who has your best interests at heart and who you know will keep you on track.

Whether this is a friend, family member, or coach, ideally you can find someone who is working toward the same goal as you so that you can support each other. A lot of people also find it helpful to join online communities for like-minded people.

There are tons of online forums, Facebook groups, and Discord channels where you can meet like-minded people who are working toward similar goals and will keep you accountable. By having someone keep you accountable, you will be more likely to follow through with your daily actions and eventually achieve your goal.

In the next chapter, we will discuss how to develop mental toughness to achieve your goal...

## DEVELOP MENTAL TOUGHNESS TO ACHIEVE YOUR GOAL



Mental toughness is not something you are born with. It is a skill that must be practiced and developed over time. It will help you achieve your goals through challenging circumstances. You need to be aware that it's not easy to train your mind to be mentally tough, but it is possible. Follow the advice in this chapter to get there.

If you want to achieve your goal and create your best year ever, you will need more than just determination and willpower. Challenges come up every day and they can be very difficult to overcome at times. Without the right mental tools, it might even seem impossible at times.

We will explain what mental toughness is and why it's important if you want to live a happy life filled with achievements and positive experiences. You will also discover proven methods that can help you develop mental toughness so that you can tackle any challenge life throws your way.

### **Mental Toughness helps you to Overcome Adversity**

What is mental toughness? A person can cope with and overcome adversity or stressful situations. Mental toughness will give you the ability to stay focused and motivated when things are not easy. When you are mentally tough, nothing can stop you from achieving your goals.

You can push through any challenges that come your way and find a way to succeed. Mental toughness is a skill that can be developed through training and practice. With the right methods, you can learn how to stay focused on your goals even when things get tough and get yourself on the path to success.

## **Mental Toughness will make Achieving your Goal Easier**

Mental toughness is something that is needed for achieving any goal. You can't achieve your goals in life if you give up when things get tough. So, you need something that keeps you going, even when times are hard. Developing mental toughness allows you to do this.

There are many ways that you can develop mental toughness. We'll discuss how to do this below. With mental toughness, you can overcome any challenges that come your way and focus yourself on the path to success.

### **Don't be Afraid of Failure**

It can be easy to put off your actions to achieve your goals because you're afraid of failing. You might be scared of falling short of your expectations and not achieving what you hoped for. But, if you give up too soon, you'll never achieve anything at all. There will come a time when you will fail. Everyone fails at some point. Don't let fear of failure hold you back from trying.

If you never try, you'll never achieve anything in life. When you fall short, you have an opportunity to learn from your mistakes so that you can do better next time. Failure is a part of growing as a person. It happens to everyone at some point. You just need to use it as a learning opportunity instead of letting it discourage you.

### **Always make a Start**

Many people who struggle with procrastination also have trouble with mental toughness. If you are someone who always puts things off, you are not mentally tough. You are not used to pushing yourself and staying focused until the job is done. But, if you want to achieve your goals in life, you will need to learn how to work on them and push yourself until they are complete.

You can't expect to magically have all the skills and knowledge that you need for achieving your goals. It requires work and practice until you get better. Don't just put things off until later and expect them to get done. If you want to achieve your goals in life, you must get started immediately and not wait for anyone or anything.

### **Learn to Prioritize your Tasks**

If you have a lot of different tasks to complete, it can be difficult to know which one to start with. You may feel like you have too many things on your plate, and you don't know how you'll ever get them all done. The best way to deal with this is to prioritize the most important tasks.

When you are not sure how to prioritize your tasks, you can use the 80/20 rule. This rule states that 80% of your results come from 20% of your work. So, you want to focus on the tasks that will bring you the most results.

Another tip we will include here is to tackle any task as a priority that is causing you to stress because you haven't completed it. This can be something simple such as paying a bill or sending an email. The relief that you will experience by tackling these stressful tasks first will motivate you to continue and complete all of your tasks.

## Focus on your Tasks for the Day

It can be easy to get distracted by other things that come up around you. You might get sidetracked by something less important and not get as much done as you need to. If you want to achieve your goals in life, you need to focus on the tasks for the day until they are complete.

You are less likely to achieve your goal if you get easily distracted by other things. As an example, if you know that your phone is going to be a distraction for you, then put it in silent mode or leave it in another room. Be honest with yourself and identify those things that are most likely to distract you and avoid them when you are working on your goal tasks.

## Develop your Persistence

You will need a good level of persistence to achieve your goal. This is the ability to keep going, even when it gets tough. When something goes wrong or you encounter a setback, it can be difficult to keep going. The temptation may be to give up. But, with the right amount of persistence, you will keep going.

If you find your mind wandering when you are tackling one of your goal tasks, practice re-focusing on the task until you complete it. When things go wrong (and they will), commit to finding a solution that will enable you to move forward.

## Get Organized

If you have trouble staying organized, it can be hard to achieve your goals in life. You need to be organized so that you know what you need to do and when you need to do it. With poor organization, you will fall behind on your tasks and they won't get done. This can lead to you feeling overwhelmed and wanting to give up on your goals.

This is not just about organizing your tasks. You need to know where everything is that you need to complete your task so you can locate it quickly. For example, you may need a computer file such as a

spreadsheet or text document to complete the task. Make sure that you organize your computer so that you can find this easily.

## Never Give up

People that have mental toughness never give up. You must never give up as well. There are going to be challenges along the way and there might be times when it is easy to give up. You might feel like you have taken too long to get results or you may encounter a really big setback.

But, if you want to achieve your goals and create your best year ever, you need to push through these challenges. You will have to work hard to achieve your challenging goals. There will be times when it will seem like you are going nowhere. Never giving up means that you will get there in the end.

In the next chapter, we will discuss creating a daily routine to help achieve your goal...

## CREATE A DAILY ROUTINE TO HELP ACHIEVE YOUR GOAL



To provide you with the best chance of achieving your goal, you need to create a daily routine that will inspire you to take action and complete your goal tasks. This may not be easy for you at first, but after a short time your daily routine will become a habit and you will perform the routine on autopilot.

### Read your WHY Statement and your Goal

Before you can successfully develop a ritual to achieve your goal, you have to remember why you want to achieve it. Often, when we have a goal, we get so focused on the day-to-day activities that we forget about the why - the real reason why we're doing what we're doing. This is where your WHY statement is very important.

Your WHY statement is the reason why you do what you do. It's the spark that gets you out of bed every morning and keeps you going when times get tough. Be sure to read your WHY statement and your goal every morning so that you are motivated for the day ahead.

### Create Daily Tasks to Achieve your Goal

Write down the tasks that you need to do each day to get closer to your goal. By writing down your daily tasks and sticking to a schedule, you'll feel less stressed and more in control of your life. Your daily task list doesn't have to be a long, drawn-out document. If you're ambitious enough, you can create a calendar with tasks for each day of the week.

Otherwise, a to-do list with a few items per day will be more than enough to keep you on track. Avoid adding tasks to your daily task list if you can avoid it. Your aim should be to complete all of your tasks each day. There will be times when you cannot achieve this, so don't beat yourself up when this happens. Just re-schedule the unfinished tasks.

## **Find a Time for your Routine that Works for you**

Cultivating a successful daily ritual is all about discipline, and discipline is all about finding the time that works for you and sticking to it. You might feel like you don't have enough time in the day to fit everything you want to do into your schedule, but you have to make time.

If you want to achieve your goals, you have to schedule time for them in your daily routine. Every person is different and has different needs when it comes to time management and scheduling. The trick is to find the time that works for you and stick to it as diligently as possible.

## **Create and Use Positive Affirmations**

This is optional but we strongly recommend it. Affirmations are positive statements about you and your future achievements. They can help reinforce the thoughts and goals you have for yourself and help motivate you along your journey.

Having positive thoughts and visualizations can help you achieve goals by reprogramming your subconscious to believe in yourself and what you are doing. We all have those days when it feels like the world is working against us and nothing good happens. These are the times when we have to dig deep to find the strength and courage to keep going.

Create positive affirmations around the weaknesses you have identified in your character. Recite these affirmations after you have read your WHY statement and goal. Anytime you feel that you need more motivation, read your affirmations out loud.

## **Express Gratitude Daily**

We recommend that you start and maintain a journal where you can record all of your daily goal actions. You can also use your journal to write down 3 things that you are grateful for in your life each day. Being grateful for what you already have will empower you to achieve your goals.

It will not be difficult for you to come up with 3 things you are grateful for each day. Be grateful that you are alive. Look around you and be grateful for the people that you have in your life. Think about the things that you have such as a job to pay the bills, a roof over your head, and so on.

In the final chapter, we will discuss the best practices that you must follow to create your best year ever...

# BEST PRACTICES TO CREATE YOUR BEST YEAR EVER



Follow these 8 proven best practices to give yourself the maximum chance of creating your best year ever:

## 1. Understand Why you are not Successful Now

Understanding why you don't have the success in your life that you want now is important as it will help you to identify what you need to fix. Most people are not successful because they don't know what they want in life. They have no clear purpose and are just "winging it". If you have a negative mindset then you need to change this.

For a lot of people, the fear of failure prevents them from taking action. Are you scared of taking calculated risks? Don't keep dwelling in the past and letting this influence your future. To create your best year ever you need to have discipline in your life.

## 2. Identify what you Really Want from your Life

You can use the "key question technique" to ask yourself the right questions to identify what you really want from life. Ask yourself "what does success mean to you?" and make a list of your core values and beliefs. Your goals need to be a good fit. Think about the areas of your life that you want to improve such as your career or business, your finances, your health, etc.

Use the key question technique to ask yourself what you want in these areas and write down all of the answers. These answers will be the foundation for your goals. Go through each idea and imagine that you have already achieved whatever it is. Those that provoke the strongest feelings within you are the things you really want.

### **3. Know the Benefits of Setting Challenging Goals**

Setting goals will provide clarity and focus and can help boost your self-confidence. The right goals will inspire and motivate you. You will develop more skills and be happier and more fulfilled. With the most challenging goals, you will establish new and empowering habits which will change your life for the better.

### **4. Develop a Goal Achieving Mindset**

Develop the right mindset to achieve your goals. Find your WHY for wanting to achieve each goal. Make your goals realistic. Be determined to achieve your goals, and change your thought process to neutralize negative thoughts with positive ones. Cultivate a gratitude mindset and be prepared to step out of your comfort zone. Create an empowering daily routine.

### **5. Use the SMART Goal Setting Process**

SMART stands for specific, measurable, relevant, and time-bound. When you set SMART goals, they are never vague. Set your goal and check that it complies with all elements of the SMART process. Use the things that you really want you identified using the key question technique as the basis for your goals. Setting one goal is fine – never set more than 3 goals.

### **6. Create Plans to Achieve your Goals**

You must have a detailed plan to achieve each of your goals. Break your goal down into specific tasks. Identify any new skills that you need to learn. Also, identify your strengths and weaknesses so that you can improve the areas where you are weak. Commit to a daily plan of action and add accountability to your plan.

### **7. Develop your Mental Toughness**

You will need mental toughness to achieve your goal(s). This will help you to overcome adversity when things go wrong. The more mentally tough you are, the easier it will be for you to achieve your goal(s). Don't be afraid of failure when you are pursuing your goals – failure is often necessary for success.

Successful people always start. They never wait for anyone or anything. You need to prioritize your tasks properly so you complete the most important actions first. Avoid distractions and keep focused on your tasks. Develop your persistence and get organized. Never give up as this guarantees failure.

## **8 Create a Daily Ritual to Achieve your Goal**

An empowering daily routine will help you achieve your goal faster. Read your WHY statement and your goal for inspiration. Create daily tasks to achieve your goal. Find the right time for your routine. Use positive affirmations and express gratitude daily.

# CONCLUSION



Now that you know what you have to do to create your best year ever it is time for you to take action. Don't just read this guide and then let it gather digital dust on your hard drive. This is your life, so follow the steps and apply what you have learned.

Most people never get the results that they want when they are trying to change their life for the better. They try to figure it all out by themselves and then give up very quickly. You know exactly what you need to do now and the steps that you need to take.

We hope that you enjoyed reading "Create Your Best Year Ever" and that you found this guide informative and inspiring. Start right now by understanding why you are not successful now. We wish you every success in creating your best year ever.