

# CREATE YOUR BEST YEAR EVER

A person wearing a red jacket and dark pants stands on a rocky, dark terrain, looking up at a vast, starry sky. The sky is filled with colorful nebulae and stars, creating a dreamlike atmosphere. A digital grid of small blue dots is overlaid on the lower part of the image, suggesting a digital or technological theme. The overall scene is a mix of natural beauty and futuristic elements.

HOW TO ACHIEVE YOUR MOST IMPORTANT GOAL

# Create Your Best Year Ever – Cheat Sheet

## How To Achieve Your Most Important Goals

### Step 1: Reasons Why you are Not Successful Now

- You don't know what you really want
- You don't have a clear purpose and you are winging it
- You have a negative mindset
- Your fear of failure prevents you from taking action
- You are scared of taking calculated risks
- You are letting your past dictate your present and future
- You lack discipline in your life

### Step 2: How to Identify What you Really Want

- It is pointless to just write a list of goals
- Ask yourself "what does success mean to you?"
- Write down your core beliefs and values
- Use the key question technique
- Identify what you want to improve in your life
- Assess each idea to see how achieving them makes you feel

### Step 3: Know the Benefits of Setting Challenging Goals

- You will gain clarity and focus
- Goals help build your self-confidence
- Goals provide you with the motivation to get started
- You can develop new skills

- Achieving goals brings happiness and fulfilment
- Establish new empowering habits

#### **Step 4: Develop your Mindset to Achieve Goals**

- Finding your WHY
- Don't dwell on the past
- Be realistic with your goals
- Be determined to achieve your goals
- Change your thought process
- Cultivate a gratitude mindset
- Step out of your comfort zone
- Develop a daily empowering ritual

#### **Step 5: Use the SMART Process to Set Inspiring Goals**

- Specific, measurable, achievable, relevant, time-bound
- Understand why SMART goals are so effective
- Set SMART goals properly
- Look for examples of SMART goals online
- Make your goals SMARTer

#### **Step 6: Create Plans to Achieve your Goals**

- Break your goals into tasks
- Identify the skills you need to learn
- Identify your strengths and weaknesses
- Commit to a daily plan of action
- Add accountability to your plan

#### **Step 7: Develop Mental Toughness to Achieve your Goals**

- Mental toughness helps you overcome adversity

- Don't be afraid of failure
- Always make a start
- Prioritize your tasks
- Focus on your tasks for the day
- Get organized
- Never give up

### **Step 8: Create a Daily Routine for Goal Achievement**

- Read your WHY statement and your goal
- Create daily tasks to achieve your goal
- Find a time for your routine that works for you
- Create and use positive affirmations
- Express gratitude daily

### **Step 9: Best Practices to Create your Best Year Ever**

- Understand why you are not successful now
- Identify what you really want from your life
- Know the benefits of setting challenging goals
- Develop a goal achieving mindset
- Use the SMART goal-setting process
- Create plans to achieve your goals
- Develop your mental toughness
- Create a daily ritual to achieve your goal