

Your Best Year Yet

"To accomplish great things
we must first dream,
then visualize,
then plan... believe... act!"
- Alfred A. Montapert

Review - Smart Goal Setting System

1. Vision of what & how you want to be
2. Plan for how to achieve it
3. Take action & Embody the results

Ideal Vision & Feelings

Reiterate your ideal vision for your life 6-12 months from now:

Re-list how you'll feel in your ideal life:

Getting Specific

Now that you know where you're going and who you intend to be, it's time to lay out a few details about how to get there.

1. What are the key components to achieving your vision?
For example, self-belief, the right connections, significant savings...
2. What steps can you take to move closer to your vision?
3. What big action or change could you take that would dramatically shift your life if you did it?

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List your categories of action and then next to each one, list the distinct tasks you will take to achieve it.

Category	Actions

Identify your first five actions. Write 1-5 next to your top priority actions.

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Getting Specific

1. What do you need to do to become the person who fulfills your mission?

2. What qualities will you cultivate in yourself to achieve your vision?

Who embodies these qualities now and can serve as a guide or reminder when you forget?

3. What habits, traits, and beliefs will you adopt to move towards who you most want to be?

What will you release?