

Make 2007 your best year yet!

(Free Bonus Offer from Anth Quinn and Empirical Coaching)

Dump those Resolutions!



New Year's Eve is one of the few times that most people take a step back and reflect on where they've been, and where their life is heading. The end of one year and the beginning of a new one seems to pull us out of the "the moments of our lives" and help us get some perspective.

This can be one of the most powerful times of the year; the problems start when people decide something needs to change and resolve to change it by setting ill thought out New Year Resolutions.

New Years Resolutions are the worst of all goal-setting approaches. We all know that you're not expected to keep them, so it's easy to give up and fall back into your own ways. This reinforces people's belief that it's hard to change and so they carry on just as they always have, accepting far less than they would like to have.

Setting New Year's Resolutions this way is wasting what could be a fantastic opportunity to take control of your life. So, how else can you do it?

Below, I've listed a simple step-by-step guide to making 2007 a fantastic year for you. Work through these steps and I'm sure you'll be amazed at how soon your goals become reality.

The hardest bit is getting started; most people aren't used to taking time out to plan their day-to-day life. They have vague hopes and dreams, but are too busy reacting to other people's priorities that they forget about their own desires – until New Year reminds them, or worse reminds them!

Some people don't like the idea of having a plan, they feel it will restrict the spontaneity in their lives and they'll be slaves to it. This couldn't be further from the truth! The truth is that if you don't have your own plan, you will be reacting to someone else's. Having a plan to guide you will help you see more opportunities, have more fun and allow you to help others with their plans too. Also once you're clear about what you want, you can sit down with others and work on joint goals and plans, this is a great way to build partnerships and reinforce relationships

Once you get the hang of this way of living, you'll wonder why you waited so long.

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So, when you're ready find somewhere quite where you won't be disturbed and then work through the exercises below in your own time. Trust me on this and give it a go, then hold on tight, you're attitude to your life may be about to change forever.

A step-by-step guide to getting what you want in 2007

First focus on what's most important



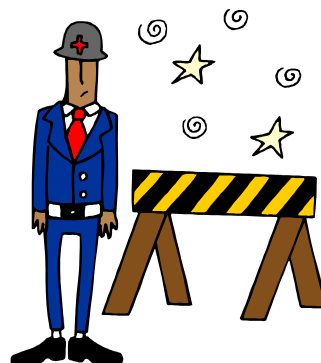
1. *Begin by brainstorming out your top 10 wants; I'm not talking specific goals here yet, just jot down the top 10 things you want to achieve during 2007.*
2. *Next narrow this list down to three. If these three aren't in three different areas of your life, you may want to consider revising the list. That is unless you're happy for the rest of your life to suffer as you go after your goals. Make sure they are big enough, they don't need to be important to anyone else, but they do need to be something that is important to you.*
3. *Write your top three goals down in as much detail as possible, including when you will achieve it. What will you see, hear and feel like when you've achieved it?*

Get motivated

4. Now take these three goals and write down in a paragraph or more, what achieving them will do for you. Take your time and describe as clearly as you can what **why** you want to achieve this goal. This step is important as the more powerful the "**why**" the more motivation you will create within yourself.
5. Next what is achieving this goal going to cost you? How will it effect your relationships, your free time etc. Is it worth it? Write down your answers and tweak your goal until it is acceptably ecological to the rest of your life (Now watch out here for limiting beliefs that may tell be telling you can't have both).

So what's going to stop you? Using a timeline to break out

6. Imagine you are at a New Year party to usher in 2008 (that's right, 12 months from now) and imagining someone has turned up with the list of three goals you created in steps 1-3 and is asking how you got on?



- What would you be saying about these goals?
- Which ones did you achieve and what are the next steps for you?
- Which ones didn't you achieve?

Write down all the reasons you come up with, be honest with yourself and get it all down on paper.

7. Now imagine being the person you are talking to at this party asking how you could have done it differently knowing what you do now? Write this down too.
8. You now have all the information you need to create a powerful plan to ensure that 2007 is the springboard into a powerful goal setting lifestyle. If you take the time to work through, you'll never look back.
9. Write down each of the reasons you got out of your visualisation of next years party and then put down on paper how you will deal with it.

Maintain momentum – “Your Plan”

10. Form your strategic plan by breaking your key goal down into between 3 and 9 key sections. For example if looking to move house they could be:



- i. Sell House,
- ii. Define the requirements of your new home,
- iii. Decide on location of new home,
- iv. Find new home,
- v. Sort out finances,
- vi. Buy new home,
- vii. Arrange move,
- viii. Hold a party to celebrate :o)

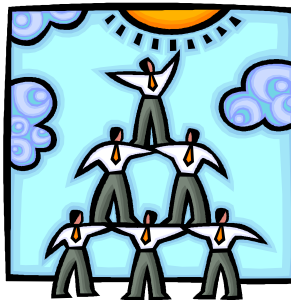
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- Forming a plan like this is the “secret” key to goal achieving used by successful people, businesses and teams in every area of life across the world. Why not give it a try in your life?
- You can then break each section down into micro goals, such as get 2 valuations and de-clutter bedrooms etc. This will prevent you getting overwhelmed and allow you to assess overall progress.
- *Review your progress and plan your actions weekly* focussing on what’s important first – then you can let the urgent stuff fit in around it (This is analogous to putting your savings in the bank at the start of the month and living on the rest, rather than trying to save what is left at the end of the month – namely nothing).

Extra tips for living your plan

- **Build in some accountability**



You can do it on your own, but it’s more fun and generally easier if you do it with a buddy who’s on working on his or her own goals too.

- **Reward yourself** for your efforts, your successes and from having the courage to take a chance, not got the result you wanted but learn and move on.
- **Make a chart and put it somewhere you’ll see it often**, mark off your progress as you move through your plan.
- **Take Action! And learn from your successes and your “failures” – by asking, what did I do well? What specifically can I do better next time?**

Extra free gift to help you achieve your goals

Check out this gift for when you’ve set you’re goals for 2007

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I've added a free goal reminder service to my website, If you'd like the extra motivation a regular reminder will provide you can sign up for the free reminder service below. (There is also a link in the email accompanying this document).

<http://www.empiricalcoaching.com/2007goals.htm>

Please note that we have removed the “tell a friend” functionality from our website to help fight SPAM. Therefore if you know anyone who would like a little extra free help in setting goals you are more than welcome to pass this on along with the free goal reminder offer, the more empowered people in the world the better – Best wishes for a happy, passionate, adventurous and successful 2007, Anth.

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