

## Make 2010 your best year yet!

Dump those Resolutions!



If you're like many people I speak to then you're so busy just getting through the days, that you only have fleeting moments of awareness of the passing of time.

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 poorly 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 any old belief you've been carrying that it's hard to change and so you carry on just as you 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 2010 a fantastic year for yourself.

Work through these steps and I'm sure you'll be amazed at how soon you begin to see measurable progress towards your goals.

The hardest bit is getting started; if you're like most people you aren't used to taking time out to plan your day-to-day life. You might have vague hopes and dreams that you pretend are goals, but you're probably too busy reacting to other people's priorities that you've forgotten about your own desires – until New Year (or something harder hitting like redundancy, divorce or illness) reminds you.

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!

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The truth is that if you don't have your own plan, you will be reacting to someone else's plan, guess what they've got planned for you?

Not much!

Having a plan to guide you will not only help you stay on track it will help you see more opportunities, have more fun and allow you to help others with their plans too.

Remember the power of focus? Here's a link to a little video to remind you of the importance of getting clear and focusing on what you want.

<http://empiricalcoaching.com/blog/goal-setting/where-are-your-opportunities/>

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 (but that's beyond the scope of this guide & for another day). Once you get the hang of this way of living, you'll wonder why you waited so long

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, it's more powerful than you think.

# A step-by-step guide to getting more of what you want in 2010

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 2010.*
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.*

One Simple way to do this is to make sure your goals are SMART

- Specific – Remember the power of getting specific: What will you see, hear and feel like when you've achieved it? (Video is a reminder of importance of clarity)
- Measureable (with a date attached)
- Accountable – Make yourself accountable in some way to something or someone
- Resonant – Aligned with your values and something you truly desire
- Thrilling – If you're not excited about the goal you're going to struggle to follow through – so make sure it's something that excites you.

## Get motivated

4. For each of your three goals write down where you are now.

Remember motivation is another word for the creative tension that comes from being very clear about the gap between what you want and where you are.

Here's another short video to act as a reminder

<http://empiricalcoaching.com/blog/motivation/how-to-find-motivation-and-how-you-can-lose-it/>

5. 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.

Next ask yourself 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.

Remember time is limited so when you say yes to something you are saying no to something else. (But watch out here for limiting beliefs that may tell be telling you can't have both -- when with a bit of creativity -- who knows what's possible for you?)

So what could have stopped you? Using a timeline to break out



6. Jump forward in your minds eye and pretend that you are at a New Year party to usher in 2011 (that's right, 12 months from now) and imagine 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. Put contingencies and plans in place to bypass these habitual excuses.
9. You now have all the information you need to create a powerful plan to ensure that 2010 is the springboard into a powerful goal setting lifestyle. If you take the time to work through, you'll never look back.
10. 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. Becoming mindful of how specifically you are preventing yourself achieving more of your potential and systematically dealing with these issues – is a powerful way of releasing yourself to move more freely towards your goals.

## Maintain momentum – “Your Plan”



11. It's all very well getting started, but how are you going to maintain momentum? Forming a strategic plan is a powerful way of helping yourself to rise above your day-today activities and assess your progress. You can easily 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:

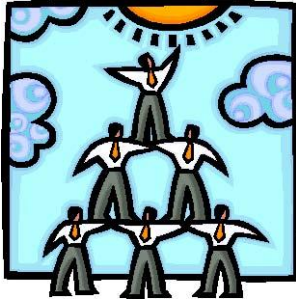
- i. Sell House, (Get 3 Valuations, de-clutter bedrooms, choose estate agent (realtor), etc.)
- ii. Define the requirements of your new home,
- iii. Decide on location of new home,
- iv. Find new home,
- v. Sort out finances,
- vi. Buy new home,
- vii. Arrange move,
- viii. Hold a party to celebrate :o)

Can you see how taking the time to break what could be an overwhelming goal down makes it so much easier to know where to start taking action. 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 3 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* focusing 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 – Or as Jim Rohn used to say “too much month left at the end of the money”).

## Extra tips for living your plan

- Build in some accountability



True, you might be able to achieve some things 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.

The truth is that we live in an interdependent world and while mastering yourself is a crucial first step – learning to work well with others is essential to achieving almost anything of value.

- Create a picture or collage that represents your achieved goals and hang it somewhere you see it often. I'm no fan of the "Law of Attraction" but creating a vision board like this is very powerful because the visual image is something that your unconscious-mind/body can lock onto – remember what we said about the importance of focusing on what you want?
- Reward yourself for your efforts, your successes and for having the courage to take action, if you don't get the result you wanted learn and move on. As human beings we are motivated most be consequences that are certain and immediate – so plan in certain immediate good things when you've taken action.
- 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? (Plan → Do → Review)

If you know anyone who would like a little extra free help in setting goals or taking more control of their life then please pass this guide on along with the link to the Daily Action Tips

<http://www.dailyactiontips.com>

Or the free goal reminder offer; the more empowered people in the world the better – Best wishes for a happy, passionate, adventurous and successful 2010.

My intention for this free guide is to help you begin to get more of what you want in life during 2010.

I'd love to hear how you get on, or maybe help you on your way. But if we don't get to speak personally then please accept this gift and go out and have a great year. All the very best,  
Anth.



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