

Setting Yourself Up For Your Best Goal 'Getting' Year Ever.

1. Do an annual review of last year.

- a. Health, wealth, relationships.
- b. Personal development, improvements, growth, and accomplishments.
- c. Life in general.

What did you do right? What went well? What were some of the great experiences and improvements?

Note: Do NOT focus on what didn't go well. You can ONLY build on success, NEVER on failure.

- Example: Your 2016 goal was to lose 40 lbs. You lost 5 lbs., then gained it back plus some.
 - So now you're heavier than you were last year.
- Who cares? You LOST 5 LBS.! That's great. You know how to do that. Now this year, you already know how to lose 5 lbs. Now you're just going to do that a few more times.

2. Make a HUGE list of goals. (I had about 500 this year.)

- a. Things you want, experiences and people to enjoy, ways you want to improve yourself.
- b. Think 'People, Places, Things, Experiences, Me.'

3. Now think about these goals in 3 major categories:

- a. Health
- b. Wealth
- c. Relationships
- d. (Massive 'extra credit' -- add 'Personal Development & Improvement' as a 4th category. Because ... if you get better, your whole world gets better.)

4. Set 3 (or 4) 'Primary Overarching Moving TOWARDS' Goals. One for each category.

- a. These 'Overarching Goals' will automatically encompass a lot of the 'sub-goals'.
- b. Example:
 - i. One of your goals is to lose 50 lbs.
 1. It used to be 40 lbs. but you gained an additional 10 lbs. last year, so now it's 50 lbs. ☹️
 2. You also want to exercise more, eat better, sleep better, drink less soda, and just a whole list of other stuff you want to improve in your health.
 3. Now THAT will be hard. You have WAY too many. It's overwhelming.
 - ii. You do NOT want to lose 50 lbs. That is a 'moving AWAY from' goal.
 - iii. What you WANT is to
 1. 'Enjoy my strong, healthy, lean, powerful, beautiful 175 lb. body.'
 - iv. Now THAT is Primary Overarching Moving TOWARDS goal.
 1. And to move towards that, a lot of the sub-goals will happen automatically.

5. Now you only have 3 goals to focus on.

- a. And you have statements that will 'pull' you towards them. The rest is just details.

**Know someone who could use help setting goals they will actually ACCOMPLISH this year?
Maybe YOU?**

Then I'm your guy.

An Anthony Robbins trained Professional Business & Life Coach.

I transform people's lives & businesses. I am one of the BEST in the world at it. (And humble too. ☺️)

Contact me today and let's build the Life and/or Business of your dreams.

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