



Your Best Year Yet!

Ten Questions for Making the
Next Twelve Months Your Most
Successful Ever



1. What Did I Accomplish?

- Think about the past year.
- Write down all your **achievements**, and the things that you **felt good** about.
- **Don't wait** for other people to notice how good you are; do it for yourself.
- Your accomplishments are a reminder that you **create your own destiny**.



2. What Were My Biggest Disappointments?

- You can't grow the way that you want unless you become **aware** of your own disappointments and failures.
- Realize that these **disappointments are in your past**, and the best way to deal with that is to learn from it.
- While it may be too late to do anything about the past, it is **not too late** to do something about the future.
- Regardless of how painful they were at the time, many **setbacks are just what is needed at the time** in order to grow and learn.



3. What Did I Learn?

- Did you **learn any lessons** from your successes or failures?
- Think deeply about your answers, and focus on the lessons that you have learned, along with the lessons that still lie ahead.
- Changing just a few behaviors can **radically improve** your chance of success.
- Think about the difference that it would make over the next twelve months if you learned just one of the lessons on your list.



4. How Do I Limit Myself, and How Can I Stop?

- Look at how your thoughts and actions have **limited you**.
- After identifying self-limits, such as,
 - “I procrastinate,” or
 - “I waste too much money,”
- Ask yourself what these limits have **cost you**.
- Once you have identified the costs and benefits of limiting beliefs, decide if you are **willing to stop limiting yourself**.
- A simple yes or no answer will do.



5. What Are My Personal Values?

- Knowing your **personal values** helps you understand what really motivates you.
- What are you looking for and why?
- The **more conscious you are** of your drives and motivations, the more you can make necessary changes in your life.
- Underlying your tangible goals are **intangible goals** that are based on what the object represents.



6. What Roles Do I Play in My Life?

- Everyone plays **many roles** in their life.
- Identifying the roles in your life helps to give you an overall view of all the aspects and responsibilities of your life.
- It also helps provide direction, generates balance in your life, and helps you create a connection between your roles and how you play them (or would like to play them).
- Think about the various roles you play in your life, such as: parent, son/daughter, husband/wife, student, artist, business leader, friend, etc.



7. Which Role Is My Major Focus for the Next Year?

- Think about your life and the roles you play.
- Assess the whole of your life before selecting an area on which to focus your efforts during the next year.
- Selecting and focusing on one role during the next year will create a breakthrough in your life.
- The model is a wheel with eight spokes.
 - At the end of each spoke, write down one of your roles.
 - Each spoke, or line, is marked from one to ten.
 - If you are completely satisfied with your performance in a role, place a dot at the “ten.”
 - If you are only fifty percent satisfied, place a dot at the “five.”
 - If you are not doing anything in that role, place a dot at “one.”
 - Once you have placed a dot for each role, connect the dots to see which role you are performing the best, and which one you are performing the worst.



8. What Are My Goals For Each Role?

- This next question helps you to develop **clearly defined goals** for each role in your life.
- The ability to set goals has far greater impact on your success than your education or intelligence.
- Set **powerful goals** for each role of your life.
- Your goals should be **specific, measurable,** and **time-framed**.



9. What Are My Top Ten Goals for Next Year?

- Select the **ten goals** that are the most important from the lists that you have generated.
- You can continue to work on other goals, but choosing the top ten will **focus your power** more effectively.
- If you can't figure out how to reach a goal, you may have to switch it for another.
- Have at least **one goal for each role** you play.



9. What Are My Top Ten Goals for Next Year?

- Make sure your chosen goals will lead to your best year yet and those goals are ones that you are genuinely enthusiastic about.
- Goals you delete for now can always be added next year, because every year can be your best year yet.
- Remember to think about the lessons that you have learned and the guidelines you've established for your next year.
- Remind yourself of your new paradigm and your personal values as you decide on these top ten goals.



10. How Can I Make Sure I Achieve My Top Ten Goals?

- Use the letters “ESP” to help you remember key topics.
 - E stands for external factors, what we need to do in order to move towards our goal.
 - S is for support, who can help us reach our goals.
 - P is for paradigm.
- Remove internal obstacles by changing our paradigm or internal beliefs.
- Here are three key questions.
 - E= what is the next step?
 - S= who can provide the support I need?
 - P= does the way I see the problem lead to success?