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## Are You Ready to Make This Year Your Best Ever?

I was thinking about my New Year's resolution today. Out of curiosity, I decided to do a little research to see just how many resolutions are actually kept.

I found that 50% of resolutions are broken within the first two weeks. I went on to discover that by the end of January a full 95% of resolutions are abandoned. Only 5% of New Year's resolutions are kept beyond January.

Interesting.

Next, I looked for reasons why so many resolutions fail within such a short amount of time. I found that the majority of resolutions fail due to:

1. Procrastination
2. Lack of discipline
3. No game plan
4. Doing it alone

I concluded that the majority of resolutions fail because only a small percentage of people with resolutions ever put any effort into making them become reality.

Don't let this happen to you.

Whatever your goals are for the New Year, I urge you to put them into action. Don't wait. Action creates results.

If you're really serious about making some changes this year, here are some surefire ways to make them happen.



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## 1. Schedule a Meeting to Map Your Way

Stay with me here. You wouldn't drive anywhere without knowing the way, so why would you feel any different for something as important as you? Ask yourself an important question like "Where do I really want to be one year from now, and why?" And write down your response. This will give you a clear indication on the direction you need to go.

## 2. Have a Daily Planning System

We know from our previous comment it would be just plain wrong to drive somewhere without knowing the way. It's just as important to know why you're going there. Writing down your goals will effectively prove their worth to you, and give you the reason to start driving toward them.

## 3. Define Your Key Results

Key results provide an indication of your progress toward your goals. These will be milestones or signs that you're heading in the right direction. It's important to determine your key results and write them down, so you know you're on track.

## 4. Take Action

Action creates results. Now is the time to take everything you know about your desired goals, and prioritize your activities to achieve results. You can do this by selecting the most productive actions to reach your key results.

The important thing is that you take the actions that will give you the best chance of reaching your objectives. Remember to write these down so you have a concise roadmap to succeed.

## 5. Give Yourself a Reward

If you've followed the above steps for any length of time you're bound to be making progress. Rewarding yourself will motivate you to further reach your goals. You can now appreciate the fact that you are one of the motivated 5% who made it! Pat yourself on the back—you deserve it.

After you've experienced the power of this kind of goal-setting, it will be hard to do it any other way. But don't delay; right now is the absolute best time to define your goals for 2013.

Create your plan and take action... you'll be glad you did!

