

ROCK YOUR GOALS

SEVEN STEPS TO KICKING ASS IN 2012!

by

Jared Matthew Kessler

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Did you know that 98% of the people who set New Year's resolutions never follow through? The reason is that most people don't understand the process of how to produce lasting results—and they never take the first steps. The following process will walk you through how to get started and create the momentum that will drive you to follow through. By doing it, you will gain clarity about where you've been, where you are now, and where you want to go. I will also help you create a simple plan to set up your new year so that it truly compels, excites, and drives you.

1 > Get Clear.

2 > Get Certain.

3 > Get Excited.

4 > Get Focused.

5 > Get Committed.

6 > Get Momentum.

7 > Get Smart

Step 1: Get Clear

To begin, you must first gain clarity about where you really are now...

1. What did you love in 2011?

- A. What were some of your Magic Moments?
What was magical and extraordinary?**

2. What did you hate in 2011?

- A. What was challenging this past year?**

- B. What do you not want to happen again?**

C. What did you accomplish in 2011?

D. What are some of the things from 2011 that you want to duplicate in 2012?

3. What decisions did you make in 2011 that were empowering for you?

A. What were some of the most important decisions of this year for you?

B. What decisions might you make next year as a result?

Step 2: Get Certain.

Once you know where you are, you need to create certainty about your capacity to take anything you can dream about and make it.

1. Write down anything in your life that was once merely just a goal, area, or desire. What are some of the big and little things that at one time seemed extremely difficult or impossible to achieve or acquire?

2. Circle the two or three items on your list that seemed the most difficult or impossible to achieve. (the are underlined above).

3. For the two or three items you circled, write down the steps you went through to turn each on of them into reality. You may not have done it consciously, but it's likely something stimulated you to want them—so much so that it may have become a magnificent obsession for you. Then did you focus on it continuously? Put a lot of emotional charge into it? Then what? Did you actually create a plan? What were the steps you went through?

Step 3: Get Excited.

Now that you are clear about where you've been, and you have certainty about your ability to make your goals and dreams real, it's time to decide where you want to go...

1. In a peak state, write down every goal you think you'd like to accomplish in the next 20 years. Be sure to include ANYTHING you want to do, be, share, create, have give. Include financial goals, personal development goals, contributions goals—anything you'd like to learn, enjoy, or do. No matter how silly or outrageous it may seem, this is your chance to dream without limits. Be sure to keep your pen moving as fast as possible!
2. When you are finished, go through your list and next to each item, write down the number of years you want it to take (or believe it will take) to achieve your goal (write 1 year, 2-3 years, 5, years, 10 years, or 20 years).

Step 4: Get Focused.

1. Out of your list of goals (from step 3), circle your top four one-year goals. Out of your entire list, what do you want most? What are the top four goals that, if you could achieve them this year, would get you up early and keep you up late with excitement?

Step 5: Get Committed.

1. For each of your top four one-year goals, write a paragraph about why they are “musts” for you to achieve them. What are the reasons you absolutely will achieve this no matter what? Remember, reasons come first, answers come second! Why do you want to do this?

2. What are some of the things that you may need to do that you don't want to do in order to achieve these goals? If you have enough passion, you can get yourself to do anything, but first you must be certain about what "anything" might entail. Let's look the tiger in the eye!

Step 6: Get Momentum.

Never leave this site of setting a goal without taking some action toward its attainment. You must take immediate action.

1. **Decide now:** What is one small thing that you will do immediately toward achieving one of your top goals (e.g., a making a phone call, booking a meeting, getting on the internet to research, signing up for a seminar, getting a coach, etc.)?
2. What is one big thing that you resolve to do immediately to achieve this goal (e.g., making a decision, throwing out all the unhealthful food in your house right now, giving something away, etc.)?

Step 7: Get Smart.

To make sure you follow through, you have to get smart and measure yourself consistently. Remember, most people set some New Year's goals, have no plan or direction, take no action, and then measure again next New Year's! The more you measure the better it gets. You must resolve now to measure your progress daily, or at least weekly.

HINT: Make sure you measure specifically where you are and where you want to go (i.e., instead of saying "I want to lose some weight," decide how much and measure it consistently)