

# New Year, New Me

Create and achieve your goals.

Yearly Success Plan



Ever find yourself elbow-deep in a buffet of ambitions, heaping your plate with more than you can chew?

### **Guilty as charged!**

The allure of new goals can be magnetic, pulling us into a whirlwind of aspirations, only to leave us buried under the debris of unmet expectations. Familiar story, right?

In the sea of fresh starts, where every January feels like a clean slate, we often get swept away in a tornado of new aspirations, unwittingly setting ourselves up for disappointment.

### **I GOT YOU**

We're about to bring a dash of realism into the idealistic New Year's resolutions narrative.

This isn't about conquering the world in 24 hours; it's about carving a realistic path for the next 12 months, ensuring your goals aren't just wishful thinking but tangible victories waiting to unfold.

### **REMEMBER THESE THREE STEPS:**

**1. WEIGHT IT UP & WRITE IT DOWN**

**2. LIVE IT UP & TRACK IT DOWN**

**3. KEEP IT UP & SLOW IT DOWN**

# Step ONE

# WEIGH IT UP & WRITE IT DOWN

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Big goals can be overwhelming.

- ✓ **Take a moment to reflect on the past year.**

What worked? What didn't? This isn't about dwelling on mistakes but learning from them.

- ✓ **Break them down into smaller, more achievable goals.**

Realistic goals are the building blocks of success. It's like flipping through the pages of a book— you acknowledge the chapters but keep moving forward.

## #SELF

- *What personal triumphs do you want this year? Think health, self-care, finances, personal growth, etc.*
  - *What skills or contributions do you aspire to learn, practice, or create?*
  - *Any changes at home or in your environment you're itching to make?*
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## #RELATIONSHIPS

- *List out the important people in your life.*
- *Plan visits, vacations, or adventures with friends, family, or a significant other.*
- *Envision specific changes, habits, or experiences in your relationships.*

## #CAREER/BUSINESS

- *Focus on key projects or goals in your professional life.*
- *Contemplate launching a new product, expanding your team, or writing that book.*
- *Consider resume revamps, asking for a raise, or diving into networking.*



# Step TWO LIVE IT UP & TRACK IT DOWN

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This one's crucial.

- ✓ **The process of learning adds excitement to everyday life.**

The thrill of learning something new is unparalleled. Not every attempt will be a smashing success, and that's perfectly okay.

Sometimes your plans may need a detour but it's also where growth resides.

- ✓ **Celebrate those wins, no matter how small that may seem.**

Sometimes the smallest victories have the most significant impact.

Your journey to becoming a "New Me" is uniquely yours.

It's not about comparing yourself to others but about honoring your path and embracing the lessons along the way.

# Step THREE

# KEEP IT UP & SLOW IT DOWN

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- ✓ We're all navigating our paths, learning, stumbling, and rising together.

Learn as you go.

Learn from the moments that didn't go as planned and iterate your strategy.

The "New Me" journey is a continuous process of growth and refinement.

- ✓ Consistency trumps Perfection.

It's about showing up for yourself regularly, even on days when you'd rather hit the snooze button.

Remember, progress is progress, no matter how slow.

- ✓ Keep the lines open.

Be ready to dance with change. Not all obstacles send a warning card. Sometimes, you gotta roll with the punches and adjust your strategy.

Most importantly, you're not running on a solo mission.

Got a friend who's been down this road? Ask for advice. Sometimes, a fresh pair of eyes sees the potholes we missed.

# YEARLY GOALS MAP

<p>Month _____ Most Important Projects/Events/Goals:</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Month _____ Most Important Projects/Events/Goals:</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Month _____ Most Important Projects/Events/Goals:</p> <hr/> <hr/> <hr/> <hr/> <hr/>
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