

# How to Make Your New Years Resolutions **WORK** in...



**3<sup>rd</sup> Edition**

**Brian McAleer**

1.



Download this ebook and print it off

2.



Grab a pen & pad for writing any extra notes

3.



Find a quite place where you can be alone for a couple of hours. Read this book and do the exercises.



**Before you read and use this book, consider this...**

My ideas and tips don't work for everybody. I don't assume that what I have to say here will work for you, and I know I can't win over everyone. But I'm simply sharing my ideas with you because I care; I care about others and helping them be successful. In saying that, work through this book with an open mind and try it out. If it works for you great! If not, that's okay too. But it's worth trying new things in life and changing your approach to things would you agree?

If this book does help you make your New Year's Resolutions work, I'd love to hear about it. You can tell me at [info@brianmcaleer.com](mailto:info@brianmcaleer.com)

Happy New Year!

- Brian

## **Contents**

Introduction

2016 - Looking back on the Year that Was

The Wheel of Life

What's your *Theme* for 2017?

2017 – Looking Towards the Year Ahead

Turn your Resolutions into Goals

Okay, I've turned my resolutions into goals. Now what?

## Introduction

A new year is upon us again. Like me you're probably wondering, "Where the hell did 2016 go?" It seemed to fly past in a blink didn't it? It's amazing how quick time goes and before you know it you're buying Christmas presents, again. The past year can seem like a blur and you struggle to remember the finer details, instead recalling more of the bigger moments. And it's around this time of year with Christmas upon us and the holidays in full swing, that we start to slow down. Spending time with family, taking time off work and maybe sneaking in a quick getaway are the focus around this time. That also makes the end of the year great for recharging the batteries and reflecting on the year that's passed.

Something about the dawn of the New Year resonates with us to stop, think and plan the year ahead. With the past year encapsulated in our minds, full of lessons learned, achievements made and experiences had, we feel a sense of completion. The other things we've wanted to achieve which might not have happened this year come back into focus. With a new year comes the chance for a fresh start. This year has passed and we can move on knowing that if the past year didn't work out exactly the way we wanted, we can start all over again come January 1st. And most of us do this by coming up with our own list of New Years Resolutions.

If you're reading this eBook – and Thank You – then you might be wondering how to make those resolutions stick? Why don't they seem to always work out? Like me, you've probably set resolutions before or at least had the intention of doing it and were faced with two problems; either the resolution you wanted to achieve seemed too difficult or big for you, and you put it off for another day. Or, you made a start with lots of motivation, but something or someone came along that distracted you and after not getting very far, you gave up. There are reasons for this happening and you can do something about it. That's why I wrote this book.

Over the years I've worked hard on myself and my goals, and tried many approaches to creating change and making my own success. And I've had my fair share of hits & misses along the way. But now, I've combined parts of my own experience, the tips and ideas of leading life coaches and motivational speakers and a bit of common sense to give you a strategy that you can follow to not only set really clear resolutions for next year, but how to plan them and achieve them realistically and fairly easily. But before we get into that, let's take a moment to look back over the year that was...



## Looking Back on the Year that Was

With 2016 finished and gone, it's a great time to look back over the year that was. Not in relation to the events of the world, the big trends or what everyone else was doing or achieving... but *your* year. How was the past year for you?

What were the highlights and lowlights? The winnings and failings? The unforgettable moments and moments you'd like to forget? To help with this exercise, it helps to look at your life in the following eight areas.

**Health & Well-Being** – fitness, physical appearance, bodily health

**Lifestyle** – travel, hobbies, recreation

**Family & Home-Life** – immediate and extended

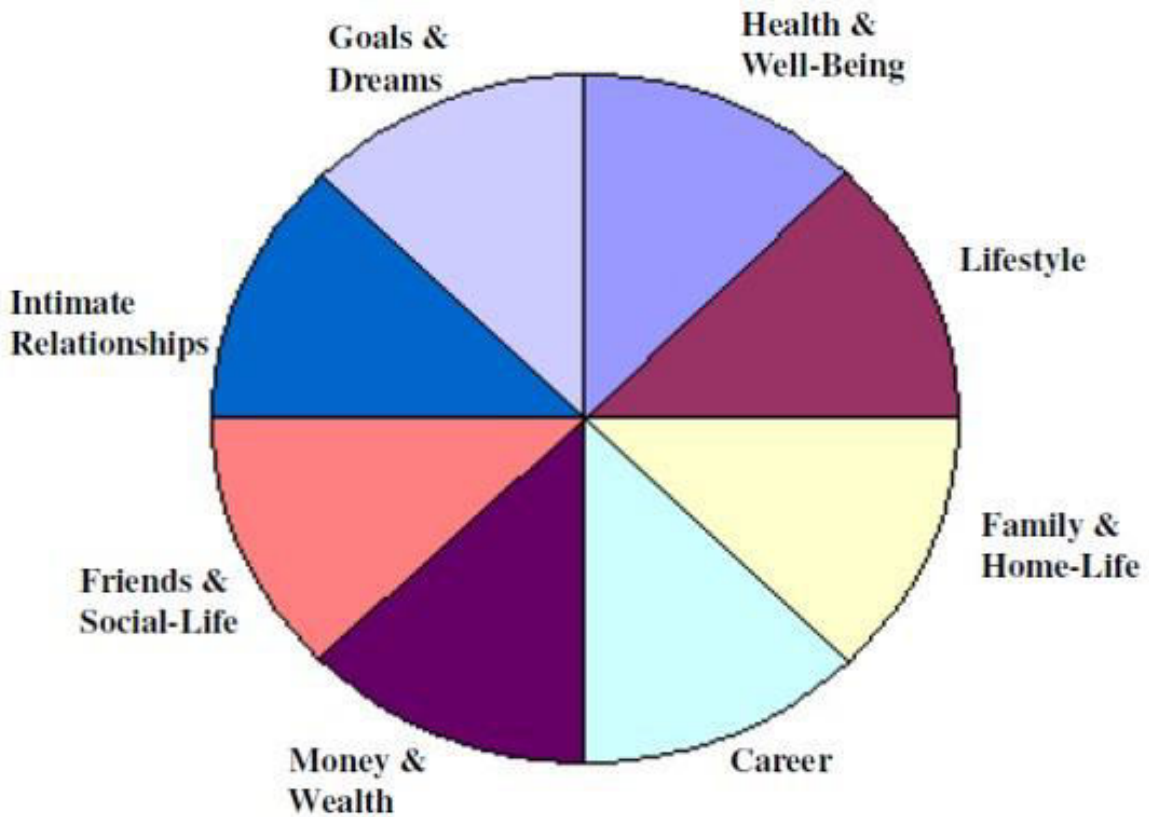
**Career** - your job/business, professional development

**Money & Wealth** – what you earn, how you manage it, financial aspirations

**Friends & Social-Life** – close and far, acquaintances, networks & contacts

**Intimate Relationships** – dating/partner/marriage

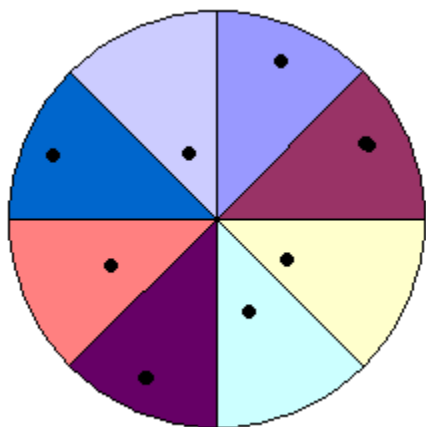
**Goals & Dreams** – success, wishes, personal development



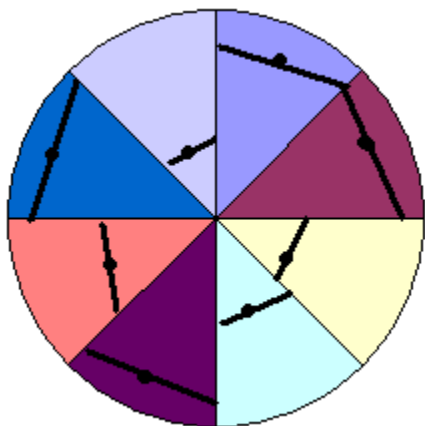
This diagram is called the Wheel of Life. It's a common tool used in helping others review where they are before moving towards where they want to be. To fully be prepared and ready for the future, you need to acknowledge the past and present. Doing this can also help you get clearer on where you want to be, instead of where you *don't* want to be in the future.

Taking a pen or pencil, make a dot in each section of the wheel resembling how you would rate your life in 2016. The closer the dot is to the outside of the wheel, the better it was. The closer to the dot is to the centre, the poorer that area was. Don't think too hard when doing this; go with your instinct, as it's usually right. Be as honest with yourself as you can, because the more honest you are about where you've come from the more honest you will be about where you really want to go.

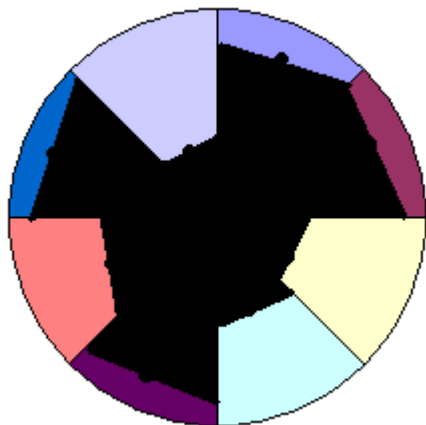
After rating each area of your life with a dot, it might look similar to this;



Once you've marked a dot in each section of the circle, draw a line through the middle so it connects the section of the wheel, like this;



Then shade in the area between each dot and the centre of the circle, like this;



Return to the Wheel on the previous page and do this for yourself now.



Once you've done that, notice how your wheel of life doesn't look like a wheel at all? More of a wonky star-shaped thing right? That's okay because no one has perfect balance in all areas of their life. More often, we have control and order in 3-4 areas of our life, which are the areas we place the most value, importance and focus on. Maybe for you its Career, Money and Health? Or it could be Relationships, Family and Lifestyle? Whatever areas are more in balance for you, know there is no right or wrong – it's just what matters most to you. With a few areas doing well, it's easy for other areas to get neglected. There's only so many hours in a day and we can't do it all.

Hopefully, doing the Wheel of Life has given you a clear sense of what worked well and what didn't in your life this past year. Did it bring back some memories for you? It should have, as now you're going to write about the year.

Answer the following questions as best you can;

Q: Which areas of my life did I have the most success and balance in 2016?

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Q: What or who helped make those areas do well?

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Q: Which area of my life did I have the least success and balance in 2016?

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Q: What happened to cause a lack of success and achievement in those areas?

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Q: What am I specifically proud of in 2016?

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Q: What was I not so proud or satisfied of?

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Q: If I could have the year over again, what if anything would I do differently?

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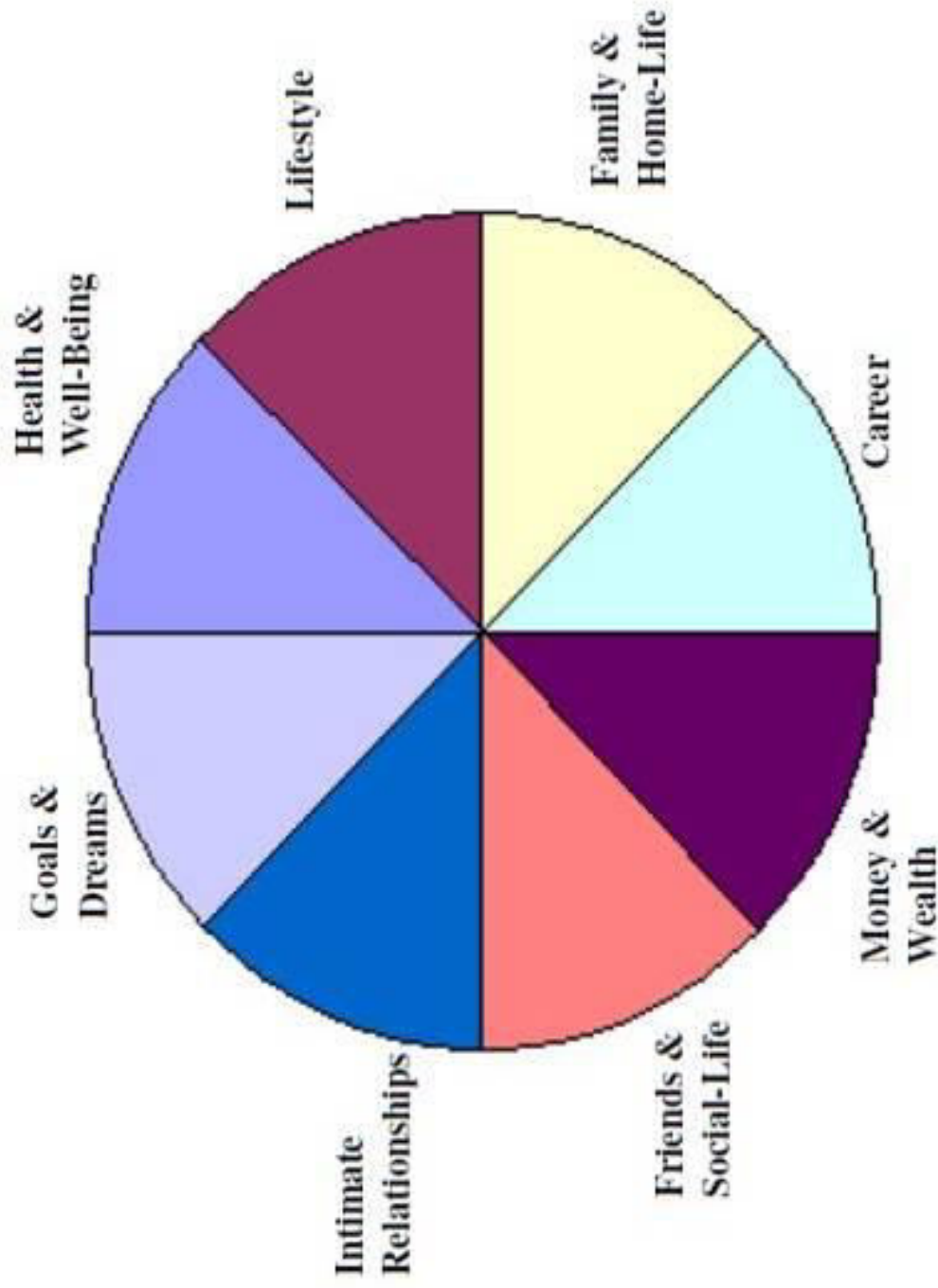
Hopefully in answering those questions, you've created a reflective mindset for yourself on your life this past year. Was it revealing for you? Did it help you see what exactly caused the successes and failures in 2016? Did you discover it was other people or circumstances or more yourself that was responsible for the successes and failures?

Doing this exercise can help you make decisions about how you want 2017 to look. Using the Wheel of Life tool again over the next page, you're now going to write down 3-4 things you would like to see, do, experience or have in each life area for the year ahead. Keep it brief. For example, maybe in the area of Health you would write

- get more exercise
- eat better
- start bike riding again
- get more sleep

Once again, don't think too long and hard here. The trick is to listen to your instincts and let them guide you. Write the first thing that comes to mind, as a starting point.

# MY LIFE IN 2017



The graphic is a blue square with a stylized eye on the left side, looking towards the right. The eye has a bright white highlight. The background of the square is dark blue with several small, white, star-like specks. The text "What's your Theme..." is written in a white, serif font, and "in 2017?" is written in a bold, black, sans-serif font.

# What's your Theme.... **in 2017?**

*The past is the window to the future. But to get there, you must walk through the door, today.*

In previous versions of this eBook, I've spoken about looking back on the year that was before you plan the year ahead. This is effective, but is it enough? In my experience, and what other people have shared with me, is that a year goes by too quickly, and a lot of the time, we don't always achieve what we want to. This is just reality.

So if you used this eBook last year or the year before, how many of your goals did you achieve in the year you set out to? Three out of five? One? None? Maybe all of them and more? If you're like most of us, we usually achieve two to three goals out of five or six each year, because lets face it, things take time, and change takes even longer. With our lives getting busier and time seeming to go faster every year, we can only achieve so much.

And this shouldn't get you down. It should make you hungrier and want to work harder the following year. And aside from your goals for the year ahead, there is one other motivating factor I like to keep in mind as I work away on my success. And that is having a *Theme* for the year. Let me explain.

Back in 2011, I decided to review the decade of my life before that year. Starting with the year 2001 (my first year out high school and in the real world) and up until 2010, I stopped and jogged my memory to look back on each year of that decade, and highlight the major events and milestones from each year. It wasn't too hard. I just asked myself where I was working, living, hanging out, who I was spending time with, and the major events or experiences for that year, i.e. first job, buying a car, moving out of home, going overseas, etc. Usually, those defining events of the year are central to our experience over that twelve month period, and most of our actions and choices are connected to that. For example, I decided to travel overseas by myself for the first time in 2003, so instead of looking for a job that paid more so I would have more spending money, I stayed with the job I had, which was flexible and I was already established there. Continuing to work there until it was time to leave on my trip would be easy, but I just had to work more shifts to save the money I wanted.

I then asked myself, what word would sum up each year in relation to the main things that happened to me or what I made happen? Listening to my instincts, I went with the first word that came to mind, trying to pick a word that captured a theme or major learning from that year. It broke down like this;

- Stress
- New Beginnings
- Change
- Growth
- Progressive
- Setback

Etc, etc...

Although this took some time, effort and thinking power, it was a rewarding experience, as I had heard the concept of turning “Decades into Days” which Tony Robbins talks about. What he means is taking the knowledge and learning’s it might have taken someone a decade to learn, and ingraining that within a matter of days through accelerated learning. I interpreted that slightly differently, by looking back on the decade and using it to map out how I would like the next decade to go. In the four years since I reviewed that first decade, I have got a clearer direction, and can honestly say I now work harder, faster and achieve more in a year than I did before, hence taking the learning’s and knowledge of a decade and actioning it into tasks I can complete in a matter of days, instead of a whole year.

As the years have passed, I’ve realized the importance of doing that as time passes by quicker and gets more filled up; with responsibilities, with work, with other experiences, etc.

So, before you set your New Years Solutions for 2016, I invite you to try out this exercise and review the past decade for yourself. You can start with 2005 and go up to this year if you like. Or if a decade feels like a stretch for you, try the past five years to start with. Here are some questions to prompt your thinking...

- Write the year at the top of the page, then list the main 5-10 events, experiences or happenings you had in that year. Whatever stands out for you most.
- Read back over those points and choose a word that you believe best sums up that year, i.e. Difficult, Fun, Interesting, Weird, Challenging, Odd, Exciting, Hard, Progressive.
- Then, write a paragraph summarizing each year, including your chosen word in there, i.e. *Once I was out of school and in the real world, I felt a lot of STRESS a lot of the time in the first year out, and wanted to get away from what was causing that. So I did, and the following year put myself in a position where I experienced some NEW BEGINNINGS*– Get the idea?

*[This area contains horizontal dotted lines for writing.]*

Then once you've written that summary of the past ten years, read it a few times then answer these questions;

Q: Seeing your past decade from that perspective, how do you feel now?

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Q: Looking at where you are now and where you'd like to be next year (and over the next 5-10 years) what actions must you take to stay on that path?

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Q: What occurred to make certain years of your past decade not go the way you wanted?

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Q: What happened in the years when things worked out how you wanted them to?

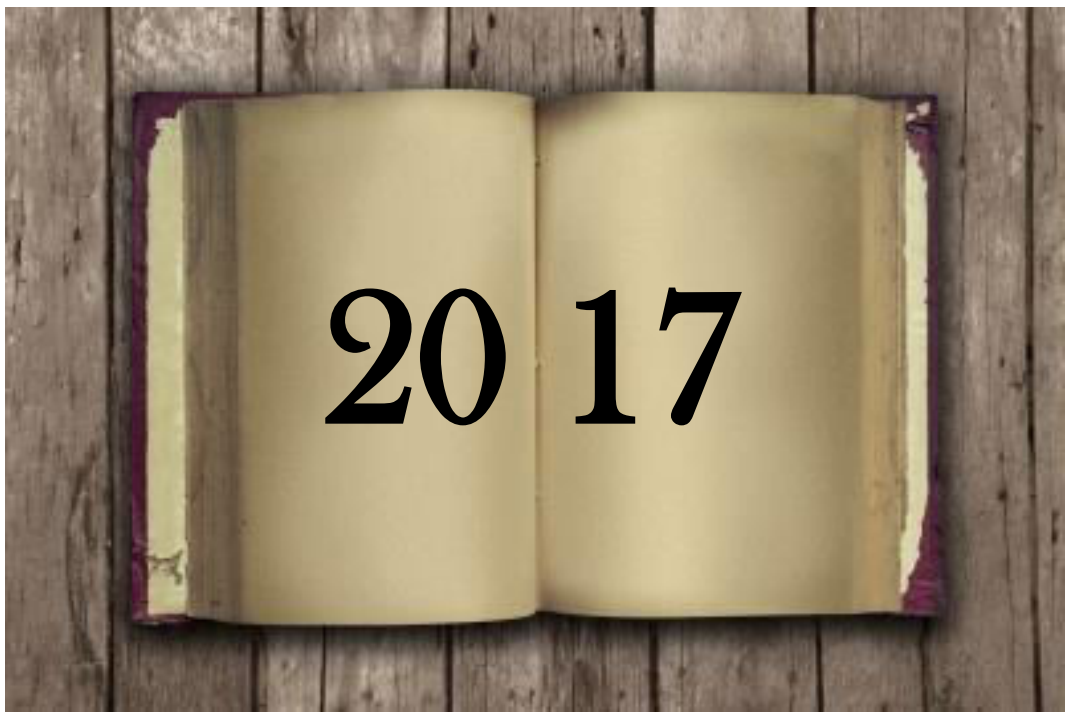
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Q: Thinking about your goals for next year, what word could sum up the year ahead?

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Once you've completed your Decade Review, continue working through this booklet to set your New Years Solutions for **2017**.





### **Looking Towards the Year Ahead**

Having looked at where you were in 2016 and where you want to be in 2017, it's now time to set those resolutions. Usually they stem from something we think we should do or would like to have happen to us, e.g.

I should/would like to...

- lose weight/get more exercise
- quit smoking/drinking
- make more money/manage my money better
- spend more time with my family & friends
- travel
- get a new job
- return to study

The above examples are some of the more common resolutions people choose each year. These are fine starting points and in the past you may have had these resolutions before. Like me you may have gotten yourself pumped up enough to do something about them. Like hitting the gym, enrolling in the first course that comes along or telling everyone you're finally going to quit smoking. Then what happens? These resolutions, like most of them at the start of the New Year, die within the first 10 days. Why? I'll tell you why right now.

A resolution will not create the change you want. That's because a resolution is just another word for a preference or wish. And usually they come to us due to some outside influence, and not from within, which is more ideal. Say you're resolution is to lose weight and get in shape. Where did that resolution come from? Maybe one of your friends got fit this past year and that's inspired you? Perhaps you were walking down the street and saw another person go past who looked fit, fabulous and beautiful? Or was it the endless barrage of commercials on the radio or TV promoting the newest diet to get in shape for summer or shed those Christmas kilos? We're all subjected to external influences which can give us ideas, but if they don't connect with your values and what's most important to you, the motivation to keep going won't last. And you don't want to rely on motivation either, because it's only temporary.

I may have just completely dispelled all your previous notions of New Years Resolutions in that last paragraph there, and if you're feeling that way...Good! Resolutions DO NOT work. The only way to create the change you want – in exactly the way *you* want it - is to **Set a Goal**. That's the secret to making resolutions work. Make a goal. And your goal needs to be based on what is most important to you; and what's most important to you comes from your **Values** \*, which influence your needs, which underpin your Priorities which in turn determine your Goals. So that begs the next question. What are your goals? Maybe you thought your goal for the coming year was to lose weight or make more money. But if these are just outside influences and not your choices, then what the hell are your goals? You've just written them!

 **Resolutions**

**GOALS** 

\* If you want to uncover what your Highest Values are, then [follow this link](#) for an exercise I highly recommend to do just that!

Looking back over the second Wheel of Life diagram, these are your goals. You identified these were the things you wanted to be, do or have in 2017. Choose 5-7 of the goals you want to achieve the most this coming year, then write them down in order of importance below.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

Having 5-6 is good because you can span them out over the duration of the year. Or if you're extra ambitious you can work on them all at once, allocating one goal per day, i.e. 5 goals to work on from Monday to Friday, or if you're an over-achiever have two for the weekend as well, filling up all 7 days of the week with a goal to work on per day.

Remember, resolutions aren't specific enough. They're merely preferences or things you would like to have happen. The difference comes with setting goals for the year ahead. A goal is much more specific than a resolution. By now you might be asking how to set and actually achieve those goals? There are a number of ways to achieve goals, but I'd like to share with you a strategy I created. You may have heard of SMART goals? **S** standing for Specific, **M** is Measurable, **A** is Aligned, **R** is Realistic and **T** is Timely. There are a few different variations with the SMART acronym. But like resolutions, SMART goals aren't enough. You will do better by setting the SMARTEST goals. Here's how...



# Setting Goals using The SMARTEST Method



**S**mall & Specific

**M**easurable & Manageable

**A**ttainable & Achievable

**R**ealistic & Relatable

**T**ime-framed & Task-orientated

**E**nergised & Excited

**S**tated & Shared

**T**AKE THE FIRST STEP

So, what exactly is The SMARTEST Method?

Glad you asked. Let me summarise it for you here...

## **S – Small & Specific**

*Small* – size is a matter of perspective. Make your goal small by chunking it down from a larger goal. Ideally, your goal should be the stepping stone to something bigger.

*Specific* – using your five senses, you'll get associated to your outcome through the power of Creative Visualization; if you can see, hear, feel, taste and smell it before you have it, you've already got it!

## **M – Measurable & Manageable**

*Measurable* – figure out your step-by-step process by beginning at the end outcome, then identify all the steps you will take working backwards from there. You can make these steps up or model them from someone who's achieved your goal already.

*Manageable* – be honest and acknowledge how you feel about your goal now and what you feel you can manage. Start with what's comfortable, but be willing to push yourself out of your comfort zone a little bit each time you take action.

## **A – Attainable & Achievable**

*Attainable* – know which parts of your goal are physical and which are meta-physical. What aspect of your goal will you give yourself, and what will others give you. Know what works in order to achieve your outcome, i.e. follow the recipe each time and get the exact same result.

*Achievable* – think about your beliefs; what you believe for yourself, others and the world at large. This is what you deem is achievable. Choose beliefs that are positive and will pull you towards your outcome, not hold you back.

## **R – Realistic & Relatable**

*Realistic* – there is your current reality, which can serve your goal or be an obstacle to it. Now see your reality better than it is, and make it the way you see it. Also, master the art of *responding* over reacting – this empowers you to handle the various realities around you, which can get in the way of your goal.

*Relatable* – Looking inward to what your highest values are, also consider what inspires you and what you're most passionate about. These are your shining lights, and setting a goal that connects with these aspects of who you are is the secret to setting a *congruent* goal.

## **T – Time-framed & Task-orientated**

*Time-framed* – before working out when and how often you will work on your goal, first acknowledge when and how you are spending your time. The answer to this lies in how you perceive time – either as something to pass, or something to appreciate and maximise. You'll be guided to do the 'Default Diary' exercise; a powerful tool to effective time management.

*Task-orientated* – a goal shouldn't feel like work, but you'll have to work to make it happen. Some goals take time and repetitive actions to achieve them; turn those actions into tasks, as it's our tasks that form our habits, and our habits create our success.

## **E – Energised & Excited**

*Energised* – your goal is a vehicle, and any vehicle needs fuel to get moving. Energy is the fuel of your goal. You'll need to energise your goal at the start and again and again to keep your momentum and enthusiasm high.

*Excited* – when you're excited you can get a lot done and look forward to the future with huge anticipation; imagine feeling so excited about your goal, you just couldn't wait to work on it everyday. How could you your goal change your life and lead to something bigger... the possibilities are exciting.

## **S – Stated & Shared**

*Stated* – when you state what you want with assertiveness and follow through with integrity, your goal can withstand anything. Face your fears and declare the importance of your goal, otherwise it will shake and fall when the going gets tough.

*Shared* – harness the power of accountability by including someone in the attainment of your goal; a friend, family member, co-worker, mentor or coach. Essentially an Accountability Partner who will support you and wants to see you succeed. Also consider how your goal could benefit others and share your success with others.

## **T – Take the First Step**

As soon as you've completed the goal planning process, take action straight away. Even if you can't see the other steps you will take, just take the first one. It will send you on your way and start a chain of events to follow that will unveil each step to you, one-by-one...

Just a snapshot of what The SMARTEST Method is all about.

For more info, resources and a free preview of the book, check out the official blog at -

[thesmartestmethod.blogspot.com.au](http://thesmartestmethod.blogspot.com.au)



The SMARTEST Method is a practical and powerful way of setting your goals and making them happen. As the saying goes, “Work smarter; not harder”. Here, I will provide you with the shortened version of using The SMARTEST Method. The official book was released in 2014, and you can order a copy by clicking on the link at the end of this e-book.

To help you set your goal, I will include an example of popular resolution (GOAL) for this time of year; losing weight and getting into shape.

- **Do this process for each of your goals**

### **S**mall & Specific

Small - set a goal that is sizeable, chunked down and won't require a lot from you too soon. Ideally, it should be the stepping stone to a bigger goal, and a bigger one, and so on...

*e.g., My goal is to lose 6 kilos in 6 months. This is part of my bigger goal to eventually lose 20 kilos.*

My goal is.....  
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Specific - get really associated to your outcome through your senses; know what it looks, sounds, smells and feels like as clear as crystal. Be able to describe it freely and descriptively

*e.g., I will lose 1 kilo per month through regular exercise, healthy eating and moderation. I will take walks, swim and plan my food in advance to include more fruits and vegetables.*

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## Measurable & Manageable

Measurable - start with the end, and work backwards to identify your step by step process. Or find a coach/mentor who has achieved the goal you want; model how they did it to achieve the outcome you want. Between 3 – 7 steps is good.

*e.g., To help me achieve my goal I will use the help of a Personal Trainer and a Nutritionist who would be fit and eat well, so they can tell me how best to do it.*

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Manageable - work on a process you feel like you can manage, proceeding to gradually push yourself out of your comfort zone a little bit more with each step and with each goal.

*e.g., Since I haven't exercised regularly for years and I still like to eat nice foods, I will start with 2 days at the gym per week and limit things like chocolate and cakes slowly, eventually phasing them out.*

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## **Attainable & Achievable**

Attainable – know which aspects of your goal are physical and mete-physical. And what will you give yourself? What will others give you?

*e.g., I will lose 6 kilos off my body, with my Personal Trainer giving me the advice and motivation I need. I will feel more energetic and notice people looking at me or commenting how much better and healthier I look.*

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Achievable - consider what you believe is possible; for others, the world and yourself. Then realise you have the power to create your own beliefs which propel you forward or hold you back.

*e.g., I believe I can do this because other people have gotten fit through hard work and determination. I believe can create those feelings for myself an achieve my goal in my own time.*

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## **Realistic & Relatable**

Realistic - remind yourself that what's realistic is different for everyone and you determine your own reality through your imagination. In regards to the realities bestowed upon you, master the art of responding rather than reacting.

*e.g., I can do this because I have the capability to do it and I have access to all the resources and information I need. Other people might tell me I can't do it, but that is their perception and opinion – not mine!*

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Relatable - revisit your goal and honestly answer if what you want truly resonates with you. Think of what inspires you and what you are passionate about. Most importantly, ensure your goal connects with your highest values.

*e.g., I want to achieve this goal because getting fit and healthy will improve every area of my life, and allow me to do more; most of all I can be a stronger parent and excel at work, which are two of the most important things for me.*

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## **T**ime-framed & Task-orientated

Time framed - before working out when and how often you will work on your goal, first understand how you perceive and manage your time. Rediscover how you spend your time and learn to maximise it so you make the most of your time.

*e.g., I realise that I am most effective and have more time in the mornings, so will go to the gym then and plan my meals in the mornings.*

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Task orientated - a goal shouldn't feel like work, but you'll have to work to make it happen. Turn your steps into tasks, each with a beginning, middle and end. Implement these tasks repeatedly until they're almost effortless for you - like a habit

*e.g., with my main task being going to the gym, I will start there with a warm up, work on my circuit, and finish with a swim to warm down. I will stick with this task over and over until it becomes almost easy for me.*

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**\* To take a close look at exactly *where and how* you spend your time – and uncover how to create more time for yourself – [follow this link](#) for the Default Diary exercise. You'll be glad you spent the time to do it ;-)**



## Energised & Excited

Energised - thinking of your goal as a vehicle, it needs fuel to get it moving. This fuel is your energy. The more energy you put in, the more momentum and power your goal will have. Your energy is made by creative visualisation, positive language and plenty of reasons why you want the outcome to happen.

*e.g., I can see myself working out at the gym and gradually losing weight and looking better. I feel fantastic and have loads of energy and vitality. I'm doing this because I want to look great, feel great, have better focus, fit into my clothes, appear more attractive, and many more reasons!*

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Excited - create excitement around your goal by looking forward to the outcome with huge anticipation. This is achieved through linking your goal to all eight of your life areas and having **Positive Affirmations** \* to say out loud to yourself every day.

*e.g., I can't wait till I've lost the first 6 kilos as I will look and feel terrific and be well on the way to my bigger goal of losing 20 kilos. Each day I say to myself "I am a strong, healthy and energetic person who can achieve anything"*

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\* Develop your own list of Positive Affirmations, to motivate and guide you towards achieving your goal. [Follow this link](#) to do the exercise.



## **S**tated & Shared

Declare your worth, and learn to tap into your integrity and assertiveness. Tell the world about your goal, and carry it with you everywhere. You need to own your success and come up with your own meaning of success.

*e.g., I am worth this goal because I have the right to feel and look great and use my health in a positive way. I will post updates of my progress on Facebook for my friends to see. To me, being successful means being pleased with yourself and getting there in your own time.*

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Shared - discover the power of Association by sharing your goal with others. Aspire to have your outcome benefit other people and get them involved in the process. Find yourself a goal partner or coach who will hold you to your word and support you.

*e.g., my personal trainer will hold me accountable at the gym, and my friend will come to the gym with me for support. As I start to lose weight and improve, I will encourage others to get fit as well.*

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## **TAKE THE FIRST STEP**

Kick off the process of working towards your goal productively and take action as soon as you've completed the planning process. See the power of the Domino Effect and believe that all you've done up to this point will launch you towards your outcome.

*e.g., My first step will be booking an appointment with a Personal Trainer, where I'll tell them what my goal is and schedule in my first session. All my reasons, beliefs and values are backing me on this goal and will inspire me to take each step following the first.*

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***The journey of a thousand miles begins with  
a single step.***

# How your goal adds up using The SMARTEST Method

*In working through each step, you are now able to write your goal in great details. Using the example here of losing weight and getting in shape, here's what your goal could read like now;*

My goal is to lose 6 kilos in 6 months. This is part of my bigger goal to eventually lose 20 kilos, making my current goal **Small**. I will achieve this goal by losing 1 kilo per month through regular exercise, eating healthily and moderation. I will take walks, swim and plan my food in advance to include more fruits and vegetable, making my goal **Specific**.

To achieve my goal in the best way, I will use the help and knowledge of a Personal Trainer and a Nutritionist who can both provide me with step-by-step plans, making my goal **Measurable**. Given I haven't exercised regularly for several years and I still enjoy eating sweet foods, I will start with 2 days at the gym to begin with. As giving up chocolate and cake entirely will be hard I will gradually cut it down, making my goal **Manageable**.

I will lose 6 kilos off my body, feel more energetic and notice people looking at me or commenting on how much better and healthier I look, making my goal **Attainable**. I will achieve this goal because I believe I can do it; other people have done it through hard work and determination. I believe I can create those feelings or myself and achieve my goal in my own time, making my goal **Achievable**.

I can make this goal happen because I have the capability to do it, and I have access to all the resources and information I need. Other people might tell me I can't do it, but that is their perception and opinion – not mine, and to me that makes my goal **Realistic**. I want to achieve this goal because getting fit and healthy will improve every other area of my life and allow me to do more, most of all I can be a better parent and excel at work, which are the two most important things for me, making my goal **Relatable**.



The most effective time of the day for me is in the morning, so I will hit the gym before work and spend time planning my meals in the morning, making my goal **Time-framed**. As my main task will be going to the gym, I will start each visit with a warm up, making the majority of the session a circuit workout, and finish up with a swim to warm down. I'll stick to this process over and over, making my goal **Task-orientated**.

I can see myself working out at the gym and gradually losing weight and looking better. I will feel fantastic and have loads of energy and vitality. I'm working towards this goal because I want to look great, feel great, have better focus, more energy, fit into my clothes, appear more attractive, and so on and so forth, and all that makes my goal **Energised**. I just can't wait till I've achieved this goal and lost the first 6 kilos, as I will look and feel terrific and be well on the way to achieving my larger goal of losing 20 kilos. To keep my momentum going, I will say daily Affirmations to myself, including "I am a strong, healthy and energetic person who can achieve anything", and that makes my goal **Excited**.

I am worthy of achieving this goal because I have the right to feel and look great and use my health in a positive way. I will post updates of my progress on Facebook to keep my friends involved. To me being successful means being pleased with yourself and getting there in your time, and this makes my goal **Stated**. My Personal Trainer will hold me accountable at the gym and my friend will come to the gym so we can work out together. As I start to lose weight and improve my health, I will talk to others and encourage them to get fit as well, which makes my goal **Shared**.

My first step is to book an appointment in with a Personal Trainer, where I'll tell them what my goals is and they will book me in for my first session. All my reasons why, my beliefs and highest values are backing me on achieving this goal and will inspire me to take each step following the first. It all starts now as I **TAKE THE FIRST STEP**.

# My SMARTEST Goal Statement

Now, rewrite your answers into a one page Goal Statement like the one you’ve just read. Read it every day, refine it and know your goal inside out. With focus and clarity, you will start moving towards your goal on a daily basis.

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(Small & Specific)

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(Time-framed & Task-orientated)

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(Energised & Excited)

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(Stated & Shared)

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(TAKE THE FIRST STEP)

Signed (your name).....Date...../...../.....

*"It's only when we push ourselves outside of what we know and what's comfortable for us -  
into the unknown - do we discover what we're truly capable of "*

- Brian McAleer

## **Okay, I've turned my resolutions into goals. Now what?**

I'm glad you asked. A goal is still just a plan until you put it into action. By using The SMARTEST Method like you just have, you have taken the first step in your goal instead of putting it down and starting at a later time. It's extremely important to do this once you've written your goal, because your momentum is strong and you've got no excuse not to take the first step. If you haven't taken the first step, do it now. It can be something as small as making a phone call, sending an email, picking up a new book, whatever! Just take the first step.

Once you have, you will be required to take all the other steps you identified in setting out your goal. Although following through on each step is a *simple* process, it's *far from easy*. There will be obstacles that get in your way, people and things that demand your time and the many unexpected surprises of life that come out of nowhere.

These daily occurrences can stop you dead in your tracks and kill your goals straight away... but only if you let them. To make sure you feel like you're prepared for the journey ahead of achieving your goal, here are some extra tips, strategies and secrets to keep you on track.

### **1. What You Focus on is What You Get – So Focus on what you Want!**

You need to focus with your language, your body and in the action you take. The more intense and focused your visualisation and association is, the more likely it will come to be.

### **2. Reward Yourself Along the Way**

The real benefit of any goal is the process of working on it. The outcome will come and go in a moment, then you'll be looking for the next goal to set out and achieve. Rather than waiting till, you've crossed the finished line to receive your trophy, enjoy the journey and reward yourself with each step you take and complete.

### **3. Embrace both the Negative and the Positive Together**

There's absolutely no point hoping you can go through life only experiencing the positive stuff. I'm not saying you should ditch having a positive attitude or outlook, but take the negative on board as much as the positive and you have balance in all that you do and pursue.

### **4. Simply put, if you Fail to Plan, Plan to Fail!**

Even though a well-designed plan isn't always guaranteed to work, it's still better to have a plan you can follow than just relying on blind luck or circumstance. Remember that your outcome is King, but be flexible in the plan(s) you follow to get there.

### **5. Keep Moving Forward...**

One of, if not the key ingredient to ensure your overall success in life over the long term is the Power of Momentum. No matter what happens or how things change, you have to keep moving in the direction of your goals and dreams. Believe in your goal and never give up, even with all the obstacles and negativity that surrounds you.

### **6. You Have to Get Uncomfortable to get Comfortable Again**

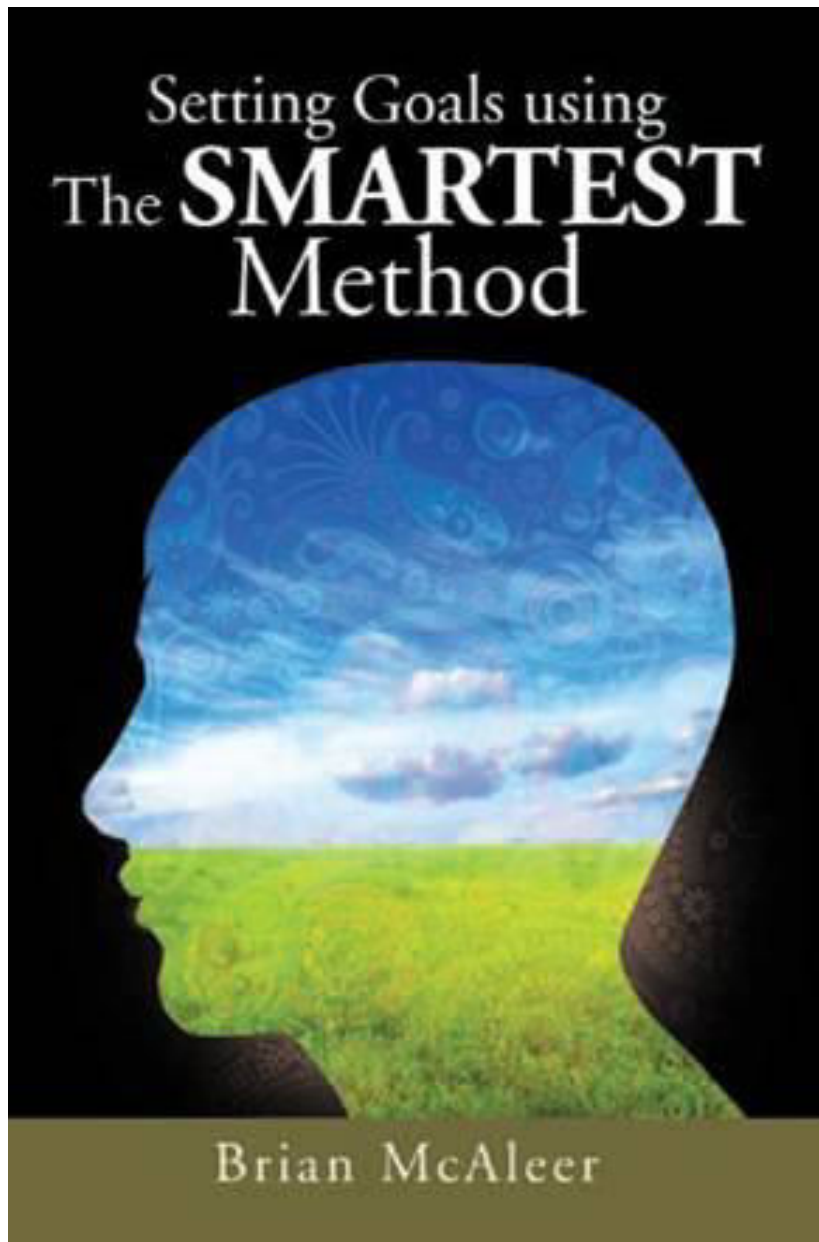
The times in life in which we learn and grow the most are in times of great challenge. Look for the opportunities or chances to get uncomfortable. Step into the unknown and be okay with not knowing exactly how it will turn out. Only playing it safe can be treacherous to your mental and spiritual well-being. You shine most in the darkest times.

## **7. The Time to Take Massive Action is When you Least Feel Like It.**

It's indisputable that at times we all go through what I call a "low point" in life. In most cases, this can last for days or weeks, but in other cases it can go on for months or even years. By mastering the art of dealing with our cynicism and negative thoughts we will come to defeat who can be the greatest critic in our lives – ourselves.

My suggestion for you is to revisit these Principles of Success regularly as you work on your goal. Pick one for the day, write it down on a card and read it a few times. Bring it up in conversation with others to keep it fresh in your mind and hear different perspectives. As you work on your goal, there will be Idle Moments of Time, when that little voice in your head – Mr Ego - will show up and try to talk you out of what you're doing or distract you with some temptation. Silence him by reading these principles. Doing so can fill those gaps of emptiness or waiting periods where Mr Ego will show up to crash the party. Meet him at the door and tell him the party is full!

# ***AVAILABLE NOW!***



If you thought this e-book helped you set your goals well, the book will take them even further for you. Discover the method that is being used and praised by school teachers, career consultants, teenagers, parents and even a politician! [Order your copy online here](#) or go to [bookstore.xlibris.com](http://bookstore.xlibris.com) and search in the 'Bookstore' section.

**So, what's a New Years Resolution again?**

**Forget those things.**

**Now you've got...**

**New Years Solutions!**

**Have fun 😊**



