



Creating the Year

The Best Year Ever

Presented by: SAINT JAMES MEDIA

We often go year after year, month after month, and minute after minute without giving real thought to what direction we are headed in.

Today's workshop is an opportunity for us to seriously look at, where we are and where we are headed for the year. We will address the questions: What do I want to accomplish this year? What am I creating? What am I building? Is my environment sufficient to achieve these and other results? Am I serious or just hoping for the best?

It is time to shift yourself and truly live your life to its fullest. Pursuing only that which is aligned with your purpose? Oh yeah, we all have a purpose and today we will distinguish yours. Just Imagine:

Instant Transformation

What if your life was suddenly changed?

How would you feel if your destiny was one day – exchanged?

How long does each moment last?

How would your life be if you rewrote your past?

Could life be more than it seems?

What if you become something more- on the way to your dreams?

Can you undo the things you've done?

Just how and when is a new life begun?

Are such transformations true?

What if you awoke and everything was new?

What would you do or say?

What if your moment of transformation happened – today?

Before we can create this year, we must complete last year. By complete, it does not necessarily mean what we finished, but rather - what did we accomplish? In other words, what do you want to say goodbye to? What did you say you wanted to do? What did you do? What do we want to acknowledge? What are our regrets, resentments, disappointments, missed opportunities? Also, we want to acknowledge any failures. Failure is your access to success. The greatest of leaders, doctors, lawyers, parents, and any other profession you can name got good because of the willingness to embrace and include the failures, the things that don't work are as much an access to success as the things that do. Take a moment to look back and reflect.

Accomplishments:

Failures:



Regrets, Resentments, Disappointments:

Missed Opportunities:

Anything else that you wish to acknowledge:

Create a Statement of Acknowledgement, Completion, and Say Goodbye to the Year:

What are Your Top Five Goals for This Year:

1. _____

2. _____

3. _____

4. _____

5. _____

“Human beings, you and I, are goal-centered organisms. We are teleological in that we are motivated by purposes, By desired end states. We are engineered mentally to move progressively and successively from one goal to the next, and we are never really happy unless, and until we are moving toward the accomplishment of something that is important to us.”

-- Brian Tracy, success philosopher

The first step before you begin your journey is to decide or choose where you are headed. It is much easier to travel with a map. So Let's begin to chart your journey for this year.

Consider that One day of planning is worth five days of action and one day of prevention is worth five days of recovery. The more you plan and prevent the more effective your plans become and the less time you have to spend on recovery.

Work on Yourself like a Work of Art Through Goal Setting

Goal:

Context:

What are the obstacles or barriers that stand in your way?

What additional knowledge, information or resources will the accomplishment of this goal require?

Actions to Take and When (date) will you take them?

Yearly Calendar of Accomplishment

For each month list the milestones, where you want to be in regard to the accomplishment of each goal. Imagine that you are the CEO of your life, the truth is that you are! Now chart where you want to be and at the end of each month chart where you are a kind of check and balance to your progress. Alter your plan if needed.

January:

February:

March:

Quarterly Review: What's working and what's not working or observations.



April:

May:

June:

Quarterly Review: What adjustments do you need to make? What support do you need?

Success is a process not a goal. It is a way of living a way of being and a conscious choice in which you choose to live. Great, powerful and successful people take daily actions towards their goals. Everything Counts!

“I challenge you to make your life a masterpiece.
I challenge you to join the ranks of those people
Who live what they teach, who walk their talk. Live with Passion!”
-- Anthony Robbins



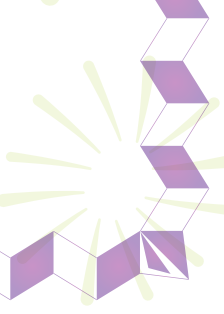
July:

August:

September:

Quarterly Review:

You have ninety more days before the year is over, time to get straight with yourself in an empowering manner. Keep believing in yourself and having faith in your life. Surround yourself with people who expect more from you than you expect from yourself.





October:

November:

December:

Your Actions Speak So Loudly that no one can ever hear a word you are saying!

Let's See what you Created for Yourself This Year...

I, _____, in the year _____,
lived a(n) _____ life.

I created for myself:

My family and friends were:

The world now knows me as:

I accomplished:

I had fun, vacationed and had adventures

Resolved issues of integrity in the following areas and became so freed up

My finances _____

_____, as were
my investments and savings which _____

I am happy, fulfilled, satisfied and blessed because

This was truly my best year ever and

“A great transformation in a single individual can alter the destiny of the human race. What would your life be like if you were to do the impossible?”

Lesson: The Inverse Paranoid – (taken form “The Sunfood Success Diet System” David Wolfe)

Have a Phenomenal Year!