

YOUR BEST YEAR EVER

A 5-Step Plan For Achieving Your Most Important Goals

MICHAEL HYATT

MICHAEL HYATT is founder and CEO of his own leadership development firm, Michael Hyatt & Company. He was formerly the chairman and CEO of Thomas Nelson Publishers. He is the author or coauthor of several bestsellers including *Living Forward* and *Platform: Get Noticed in a Noisy World*. Michael Hyatt's blog gets more than a million page views each month and he has been featured by *The Wall Street Journal*, *Fast Company, Inc.* and *Entrepreneur*. He is a graduate of Baylor University and McLennan Community College.

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MAIN IDEA

How do you make the coming year your best year ever? It can be done. To have a breakthrough year, a dynamic five-step process is required:

**YOUR BEST YEAR
 EVER**

- 1 Believe it's possible
- 2 Complete the past
- 3 Design your future
- 4 Find your WHY
- 5 Make it happen

The central backbone of this system is you need to clarify what you want to go after, develop the courage to follow through and then leverage the motivation and commitment you need to accomplish your professional and personal goals in the coming year. This is not just a matter of starting strongly but it's also about making ongoing and intentional choices to pursue your goals. And it's also about succeeding in every domain of your life and achieving personal growth in the year ahead.

"Most of us have a long history of not getting what we want out of life. Perhaps we set some big goals we didn't achieve, or the future turned out differently than we planned. Life throws curveballs. We've all been there. Disappointment turns to frustration, to anger, to sadness, and finally twists itself into cynicism. You might feel it rearing its head right now. Stick with me. Whatever has happened in your past—good or bad—it is truly possible to make this your best year ever, even in those areas where you've suffered serious setbacks."

– Michael Hyatt

"Your best is yet to come."

– Michael Hyatt



Step 1 – Believe it's possible. Page 2

You won't even try to have your best year ever if you don't believe you can experience it. To develop self belief, you have to shed your limiting beliefs and visualize clearly what a breakthrough year will mean for your life and career.

- Recognize the power of your beliefs • Confront limiting beliefs • Upgrade your beliefs

Step 2 – Complete the past. Page 3

To take a bold step forward in the coming year, you need to get closure on what you've done in the past. Analyze what has worked in the past, study what did not and harness your frustrations to point to your greatest opportunities in the year ahead.

- Conduct after-action reviews • Turn regrets into opportunities • Build more gratitude

Step 3 – Design your future Pages 4 - 5

To have your best year ever, you need to set effective goals. Poorly formulated goals won't drive anything and will be easily forgotten. Instead, use the SMARTER framework to set goals which are specific, measurable, actionable, risky, time-keyed, exciting and relevant.

- Set SMARTER goals • Get a mix of achievements and habits • Set stretch goals

Step 4 – Find your WHY Page 6

Clarify the compelling reasons why you want to achieve your goals and motivation will never be a problem. Once you know your personal WHY, you'll become unstoppable as you cultivate new and beneficial habits.

- Connect with your WHY • Master staying motivated • Build a good support team

Step 5 – Make it happen Pages 7 - 8

Pure and simple most goals fail because people fail to focus on the implementation tactics which are required. Use the power of low-bar next actions, activation triggers and regular goal reviews to beat the hurdles which can get in your way.

- Break goals into manageable steps • Utilize activation triggers • Schedule goal reviews

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