

## 014 New? Different? Same?

What will 2014 be for you?

An exciting adventure?

The year you finally realize you are in control of your life?

The year you make meaningful changes?

A repeat of past years?

First, review 2013, if you have not already done so. You might want to answer these questions:

What did I accomplish?

What am I most proud of accomplishing?

What habits held me back?

What new habits moved me forward?

Where did I waste time?

What risks did I take?

What lessons did I learn?

What do I wish I had done that I did not do?

Don't just look at the questions. Get out paper and pencil and write down the answers. The more time you invest in the answers the valuable it will be to you.

Now, about 2014, more questions:

What are my top 5 or 10 goals for 2014?

Why are they important to me?

How important are they?

Why will I accomplish them?

What is my plan, and timeline for each goal?

Who, if anyone, do I need to assist me?

What professional help do I need?

What habits do I need to eliminate?

What new habits do I need to cultivate?

What are leftover goals from 2013 that were not accomplished?

What will I do differently this year so that I will succeed at these goals?

2014 will not be fun if it's a repeat of a previous year that was not successful. 2014 will be what you make it, and you are responsible for making it. No one else is responsible.

You are not responsible for what happens to you caused by others and circumstances. You are responsible for your reaction to it. Your reaction is the solution to moving forward.

Need a coach, get a coach. Need training, get training. Need partners, find partners you trust and respect.

2014 can be, and should be, your best year ever. All the previous years have given you knowledge and insight. Use the learning from your mistakes not to repeat them. Use your skills and do those things that bring you joy and a sense of accomplishment.

It's simple, it's up to you. Chart your course, follow the course, adjust as needed based on circumstances. Keep the destination in mind.