



Rock Your World In 2015 (And Beyond)

Brought To You By
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Success doesn't happen by accident. It takes careful planning, consideration, structure, flexibility, willingness to fail and make mistakes and many other traits to bring everything together in a perfect series of events to achieve your goals and dreams.

Your actions are what creates your success, and your actions are driven by your belief systems, your thoughts and your emotions.

If you want to achieve better results this year than you have every other year, then you need to set yourself up to succeed. One part of this is planning how you want your year to look when it ends.

Here are some simple questions to ask yourself to set yourself up to achieve your goals and dreams this year and more than you ever dreamed possible.

Take the time to answer each questions thoughtfully and deliberately and then carefully choose the word that you want to determine your future success this year.

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Firstly, it's very helpful to acknowledge the year that has just gone. So the first 5 questions are designed to recognise and acknowledge the good things about 2014 and how you have grown during the year.

1. How has your life changed in 2014 and how are you different after this year?

2. What did you discover about yourself in 2014?

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3. What challenges and opportunities came your way and what impact have they had on you and your future?

4. What are you most grateful for about 2014?

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5. What were your greatest achievements and what are you most proud of about 2014? List 5 things.

Now, say “Thank You” and “Good Bye” to 2014. Release all regrets you may have and know that everything is perfect just the way it is right now. Appreciate it’s challenges and opportunities and the growth you have made, and let’s move on to 2015!!!

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3. How do you want to feel at the end of this year? (e.g. satisfied, fulfilled, relaxed, free, connected, peaceful, joyful, complete, etc)

4. What difference are you going to make in the world? Who are you going to serve? What problem are you going to solve?

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5. What do you want people to be saying about you and your business at the end of this year?

6. Who will you become by the end of this year? (i.e. How will you be different when this year is over? Describe the person you most want to be.)

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7. What is one thing, that if you achieved it, would make you feel like this year was your best year ever?

8. What do you need to let go of and who do you need to become to achieve this?

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9. Now, using everything you've written in the previous questions, choose a word that you can apply to each step you take on your journey during the year that will remind you of where you are heading and set the tone for what you are going to achieve this year. Don't rush this, take your time. It may take days for you to find exactly the right word that will help to set yourself up for success this year. It's unique to you. I have given you some examples of words on the next page to help you, but this list is only small and I encourage you to use the Thesaurus to explore other words if you don't find one in the list that really defines the year ahead for you.

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- ✓ Freedom
- ✓ Love
- ✓ Peace
- ✓ Joy
- ✓ Truth
- ✓ Happiness
- ✓ Miracles
- ✓ Magical
- ✓ Compassion
- ✓ Acceptance
- ✓ Ritual
- ✓ Compassion
- ✓ Release
- ✓ Surrender
- ✓ Faith
- ✓ Trust
- ✓ Give
- ✓ Receive
- ✓ Consciousness
- ✓ Believe
- ✓ Purpose
- ✓ Passion
- ✓ Build
- ✓ Growth
- ✓ Expansion
- ✓ Foundation
- ✓ Consolidate
- ✓ Succeed
- ✓ Launch
- ✓ Creative
- ✓ Fearless
- ✓ Limitless
- ✓ Infinite
- ✓ Activate
- ✓ Process
- ✓ Strategy
- ✓ Structure
- ✓ Excitement
- ✓ Community
- ✓ Flexible
- ✓ Let Go
- ✓ Planning
- ✓ Playful
- ✓ Fun
- ✓ Power
- ✓ Truth
- ✓ Focus
- ✓ Achieve
- ✓ Calm
- ✓ Courage
- ✓ Bold
- ✓ Brilliant
- ✓ Action
- ✓ Flow
- ✓ Order
- ✓ Imagine
- ✓ Enthusiastic
- ✓ Considerate
- ✓ Simplify
- ✓ Satisfaction
- ✓ Momentum
- ✓ Fresh
- ✓ Fly
- ✓ Investigate
- ✓ Deliberate
- ✓ Mastery
- ✓ Excel
- ✓ Forward
- ✓ Movement
- ✓ Change
- ✓ Embrace
- ✓ Explore
- ✓ Transform
- ✓ Discover
- ✓ Transcend
- ✓ Relax
- ✓ Authentic
- ✓ Express
- ✓ Support
- ✓ Effective
- ✓ Productive
- ✓ Efficient
- ✓ Allow
- ✓ Curious
- ✓ Careful
- ✓ Strength
- ✓ Decisive
- ✓ Appreciate

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Congratulations!!!

Keep this document somewhere safe and, if you wish to, review it from time to time to remind you of the commitment you have made to yourself by completing it.

Have a fabulous 2015 and go out and make it your best year ever!