

## How To Make 2018 Your Best Year Ever

- Jack Canfield: Hi there, I'm Jack Canfield, and today, I want to talk to you about how to make 2018 your best year ever.
- Jack Canfield: Regardless of how you ring in the new year, with lively parties and fireworks, or cosy celebrations at home, there is a recurring theme with every new years celebration, to make the next year the best year. There isn't one big thing that will make your year the best year ever, but there are several things you can do to make 2018 your best year yet.
- Jack Canfield: First, take inventory of last year. By reviewing last year, and all the ups and downs of 2017, we are provided with a map to moving forward into 2018. Reflecting deeply on last year can highlight your successes, and more importantly, the areas most in need of improvement. Find a quiet room in your house and carve out a bit of meditation time. Don't be afraid to ask yourself the hard questions. The answers to the hardest of questions will only help you grow. Use a journal to collect your thoughts so you can refer back to your answers.
- Jack Canfield: What were the biggest accomplishments of 2017? Why were those accomplishments meaningful for you? What did they signify? Do you have any regrets? What were they? What obstacles did you face? What goals did you reach? What goals did you not meet? What are you not happy with in your life right now? This could be personal, professional, spiritual, relationships. Identify the areas that you want to improve and be as specific as you can be.
- Jack Canfield: Finally, what was the overall recurring theme of 2017? By taking the time to review the events of the previous year, you not only have the opportunity to be grateful for all the good moments, but you also gain the knowledge of where and what to improve. It is only when you know which areas truly need improving and why that you can work towards creating the best year ever.
- Jack Canfield: Next, don't make new years resolutions. On the outside, making New Years resolutions seems like a festive way to bolster optimism and prepare for the upcoming year, however there's a reason that there are so many jokes about resolutions fizzling out by Valentine's Day. Many individuals simply do not follow through on their resolutions despite their best intentions.
- Jack Canfield: Instead of setting resolutions, set New Years goals. Although those words may seem interchangeable, understanding the difference can help you make the best out of 2018. While a resolution is intended to be a promise that you keep indefinitely, a goal refers to a specific achievement by a specific date.

Jack Canfield: An example of a resolution is something like this: I will go to the gym every day. Now, you intend to keep this promise, but because it is unrealistic, you lose momentum once you miss a few days, and you realise you cannot keep this promise. On the other hand, a goal is: I will run a 5K by April 30th, 2018. Unlike the resolution, which has no end in sight, this goal has a very specific and measurable achievement. Run a 5K, and a deadline, April 30th. Now, because of these characteristics, goals are much easier to keep. Yes, it might entail going to the gym a lot, but you're not committing to more than you can realistically handle.

Jack Canfield: When you make your New Years goals, be sure to be as specific as you can. That is one of the keys to your success. Next, I want to encourage you to create a breakthrough goal for the year. A well-formed goal is both powerful and measurable. Specifically, a goal must quantify something, and it must list a specific day for completion. Going back to the goal versus resolution example from above, a good goal is: I will participate in the charity 5K on April 21st, and I will complete it in 30 minutes or less.

Jack Canfield: As admirable as a goal as that is, your year has even greater chances of success if you set a breakthrough goal. Now, a breakthrough goal is a goal that will quantum leap your success, a large goal that could change your life dramatically. Carefully consider possible breakthrough goals for yourself. What would dramatically change your life? Instead of just running a 5K, set a breakthrough goal, such as losing 35 pounds, or totally eliminating the need for a certain medication. Instead of just volunteering at the polls, set a breakthrough goal to run for a local office, or set a breakthrough goal to write a book, or earn your masters degree, or get your real estate licence.

Jack Canfield: Because a breakthrough goal has the power to transform your life, it also has the power to make 2018 your best year ever. Now, this fact alone makes setting a breakthrough goal one of the most powerful things you can do for your future success and your future happiness. Follow these tips to make 2018 your best year ever. Now, here's your homework to complete after watching this video: Did you make New Years resolutions this year? Consider setting goals instead, and remember to make sure they're specific, measurable, actionable, realistic, and time-bound with a deadline. Thank you for watching today, and remember, nothing will ever change for the better until you do.

Wishing You All That You Deserve in 2018 And Beyond

***Chris and Susan***

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