

**T H E P O W E R O F M O M E N T U M**  
**S E V E N S T E P S T O A F U L F I L L I N G 2 0 0 9 !**

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**D**id you know that 95% of the people who set New Year's resolutions never follow through? The reason is that most people don't understand the process of how to produce lasting results—and they never take the first steps. The following process will walk you through how to get started and create the momentum that will drive you to follow through. By doing it, you will gain clarity about where you've been, where you are now, and where you want to go. It will also help you create a simple plan to set up your new year so that it truly compels, excites, and drives you.

**S E V E N S T E P S T O A**  
**F U L F I L L I N G 2 0 0 9 !**

- 1 • Get Clear.**
- 2 • Get Certain.**
- 3 • Get Excited.**
- 4 • Get Focused.**
- 5 • Get Committed.**
- 6 • Get Momentum.**
- 7 • Get Smart.**





# STEP 1: GET CLEAR.

## 2. What did you hate in 2008?

### A. What was challenging this past year?

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### B. What do you not want to have happen again?

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# STEP 6: GET MOMENTUM.

Never leave the site of setting a goal without taking some action toward its attainment. You must take immediate action.

- 1. Decide now: What is one small thing that you will do immediately toward achieving one of your top goals (e.g., making a phone call, booking a meeting, researching on the internet, signing up for a seminar, getting a coach, etc.)?**

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- 2. What is one big thing that you resolve to do *immediately* to achieve this goal (e.g., making a decision, throwing out all the unhealthy food in your house right now, giving something away, etc.)?**

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## STEP 7: GET SMART.

To make sure you follow through, you have to get smart and measure yourself consistently. Remember, most people set some New Year's goals, have no plan or direction, take no action, and then measure again next New Year's! The more you measure something the better it gets. You must resolve now to measure your specific progress daily, or at least weekly.

# NOTES

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