

Dreams and Plans for an Amazing New Year

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An Amazing New Year

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Recognize Last Year

In our never-stopping, overwhelming and jam-packed days....what do you normally do when celebrating New Years? Look eagerly forward into the New Year, of course!

But this year, take a little time to slow down and recognize the Old Year.

Reflection will help you in two areas:

Learn From The Past

Taking time to reflect on what *didn't* go right can help you make sure you get closer to achieving what you want, next time. It can be hard to reflect, especially upon what feels like a failure, but it can yield valuable lessons when you do.

Celebrate Your Wins

If you're anything like me, you know how hard it is to recognize what you've accomplished –whether large or small. Intentionally thinking back on the year allows you to recognize the great things you've done!

Take Action: *(turn the page)*

Recognize Last Year

Here are some questions to get you started:

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

What regrets do I have that I don't want to repeat in this new year?

What am I proud of accomplishing last year?

What happened that I am excited about?

Reach for Grand Dreams

While the beginning of the year is a great time to identify goals for the new year, it's also a good time to set some really *GRAND* dreams.

You've got to think big! I mean, REALLY BIG. Because...

If you don't know where you're going...you surely won't get there.

Take some time to think about what your *GRAND* dreams might be.

If you're having some trouble with it, use this great exercise from [The Four-Hour Work Week](#). Think of things you'd enjoy:

- having (like material things such as a house, sports car, etc.)
- being (a great cook, fluent in another language)
- doing (running a marathon, vacationing on a yacht with a 30-foot slide off the top)

For further inspiration, read some of the amazing things my friends are doing or have done: <http://thebizfarmer.com/dream-big/>

Take Action: (turn the page)

Reach for Grand Dreams

Dream Big!

Grand Dream #1

Grand Dream #2

Grand Dream #3

Write Out Your Goals

As I reflected on the last year, I knew without a doubt how I'd done against the fitness goals I set. I couldn't really remember any other goals, though. *Oops...*

As it turns out, I'm not alone. *If you don't write your goals down...you're not going to remember them* (let alone review or take action against them).

Identify and write out five SMARTER goals. *You may have heard about SMART goals, but I bet SMARTER is new to you! It was for me too; Michael Hyatt introduces it in his excellent [goal-setting course](#). Check this out:*

- **Specific:** vs general. Not "get in shape" but "lose 10 lbs."
- **Measurable:** answer, "how will I know when it's accomplished?"
- **Actionable:** lead with an action verb vs a 'to-be,' e.g. not "be smarter" but "learn a new language."
- **Realistic:** out of your comfort zone, but not unattainable
- **Time-Bound:** identify a deadline
- **Exciting:** personally compelling for you
- **Relevant:** appropriate to the season you're in; e.g. as a working mom, I probably wouldn't set the same fitness goal as my single little sister 😊

Write Out Your Goals

Take Action:

Goal #1

Goal #2

Goal #3

Goal #4

Goal #5

Reserve Time for Execution

It's all well and good to identify *GRAND* dreams and even your goals for next year, that will get you closer to those dreams.

But if you don't follow-through, it's all for nothing. What to do?

Schedule It. Actually put time on your calendar to:

- Take action against your goals AND (more importantly)
- Review progress against your goals

Productivity expert [Michael Hyatt](#) recommends a weekly review of your goals. So, starting this year I'll review my goals every Friday morning, to wrap up the week and prepare for the week to come.

Take Action: When will you review your goals? I will review my goals weekly on _____ (day) at _____ (time).

Make these appointments with yourself now for the next year, and then stick with it. Now go put it on your calendar. 😊

Bio and Contact

ABOUT

I've been doing business development, sales and marketing in the corporate world for nearly fifteen (fantastic, successful) years. I've found that many small business owners are simply brilliant at what they do...and not so sure what steps they should take to grow their business. I want to help, so I started the Biz Farmer to provide simple, actionable tips to help you see intentional business growth.

I'm glad you're here!

~Angela

CONTACT

You can connect with me here. Just click on the links below:

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