YOUR BEST YEAR YET

COLIN HILES

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IF YOU DON’T DESIGN YOUR OWN LIFE PLAN, CHANCES ARE YOU’LL FALL INTO SOMEONE ELSE’S PLAN AND GUESS WHAT THEY HAVE PLANNED FOR YOU? NOT MUCH.

Jim Rohn

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INTRODUCTION

When you think of this year what comes to mind... and more importantly, what have you planned for 2018?

The "Best Year Yet" process is designed to reach into the core of who you are and empower you to new levels of effectiveness and empowerment.

In a one hour process of discovery you stand back, take stock and then plan the next year of your life. The exercise of answering three main questions will help you clarify your thinking and make sure your next year is the best it can be.

It is the process I and many others have used to bring a new level of consciousness and awareness in the way we live and direct our lives.

ONE HOUR TO CHANGE YOUR LIFE

The process has three distinct steps. It asks you to look over the last year and then begin to think about 2018 by asking yourself these three questions:

1

What were my wins?

(proudest moments & achievements)

2

What were my learns?

(biggest disappointments & let downs)

3

What are my goals for next year?

(goals, dreams, aspirations)

The process starts with what you did accomplish - your wins. This will give a balanced view of the past year and of yourself. It's so easy to remember and focus on the past year's failures and disappointments causing you to lose sight of the strengths and passions you need to make the changes you want.

GETTING STARTED

Before you launch yourself into the "best year yet" process, here are a few hints and tips to get the best out of the process:

1 Be in the right frame of mind
See this process as a "Time Out" for yourself. You've spent the last year in the fast lane of life; now it's time to pull into the pit lane, take a rest and see how you are doing. To make the most of this time do what ever you can to make it enjoyable.

2 Create the right environment
Do what ever you can to create the surroundings that are comfortable, positive and inspiring. Turn off the phone, lock the door, pour yourself a glass of wine. Some people like to listen to music during the process as it helps them concentrate and think. Do whatever works for you to get into the flow.

3 Gather the materials you are going to need
I've provided spaces in this guide to write your answers down but you may prefer to use a journal, diary, notebook or your laptop. I'd also recommend having your calendar (or what ever you use to capture dates and events), photos from the year and access to your Facebook page (if you have one). These are great tools to jog the old memory!

4 Decide if you are going to do it by yourself or with someone
You may want to do this important work on your own, and that certainly works well (especially if your partner is not into this type of thing). However, many people (me included) find an added benefit to doing this process with at least one other person. They can become your accountability partner for progress checks and support.

STEP 1

What Were My Wins?

(Bragging is totally allowed!)

Always begin the review process by focusing on your wins. Even if 2017 was a challenging year for you. I'm sure, if you look closely enough, there's something, somewhere to be proud of.

Spend time going back and think about some of the amazing things you've done this year. Write them all down. Spend the time to really relish in the memory of your "win". This is important because science is showing us it doesn't matter how small the win was. It will still release the good feeling neurotransmitter of dopamine.

Write down both your big wins and your small wins for 2017. If you got a big deal in a sales job, great, note that. Maybe a small win in your book is you regularly got out of bed early to do your workout, write it down.

GOOD NEWS

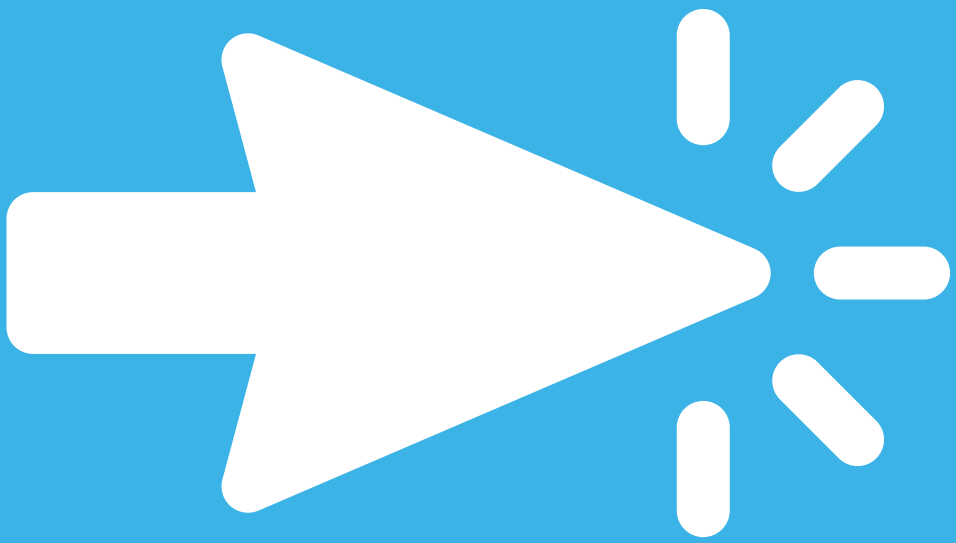
How do you feel now?

Did you have more “wins” than you thought? How many? **(add them up)**

Even if it has been a tough year for you I hope you can see you still achieved a great deal. Often we only focus on the big wins and miss the smaller but still significant wins we’ve had over the past year.

It is important to acknowledge and appreciate yourself **(especially if its been a tough year)** It helps to look on the bright side and see life in the context of gratitude rather than complaint!

Let’s look at Step #2



WHAT DID YOU LEARN?

The next step is to use the following page to pull the key insights out of your wins. Start by highlighting your top three wins from last year.

Then go back to each one and identify what you did right, what worked and why it was a win.

Lastly, determine how you can use these insights as a springboard for even bigger and better wins in 2018. The outcome of this part of the process is to amplify what you've been doing correctly so you can optimise and accelerate your goals and resolutions next year.

Let's high five that idea!

Select your top 3 wins and write them below.	
1	
2	
3	

Win #1_____
Reason/insight:

1

Win #2_____
Reason/insight:

2

Win #3_____
Reason/insight:

3

STEP 2

What Were My Learns?

Ok! Now it's time to explore your biggest disappointments, incompletes and let downs for 2017. Use the following pages to capture the times you were disappointed with yourself and you didn't get the result you wanted to get.

Whilst it's easy not to do this part there is more value than you can imagine. Writing these down can be a very cathartic experience. I found I've quite enjoyed getting them off my chest when I've admitted that I was disappointed with myself. It beats pretending!

Everyone I know has lived with upsets and failures in their life. We've all made decisions we wish we hadn't, got distracted, held on to unproductive habits. It's part of being human. Take your pen and write them down. This is your chance to learn from them and make them right for next year.

WHAT DID YOU LEARN?

When you look back at your answer to question #2 what have you learned? In reviewing your disappointments and failures, what possible lessons do you see? Did broken promises, ignored core values, bad habits or people betraying you get in the way? Use the questions below as prompts:

What didn't work and why?

What were the blockers?
(inside and outside you)

What's the lesson life is trying to teach you?
(this is a big one so take your time)

What changes do I need to make to upgrade your life?

What difference would it make if you made the changes?

Capture your thoughts on the next page. Use it to think deeply about who you are and how you operate.

These questions will really get your brain working!

WHAT DID YOU LEARN?

Use this space to write your answers to the questions on the previous page:

Select your top 3 learns and write them below. Make these your guidelines for improvement in 2018:

1

2

3

STEP 3

What are my goals?
(No limits allowed)

Now it's time to capture goals, intentions, dreams and aspirations by answering the question, "what do I want?" Start by capturing your general description of what you want to achieve, then turn it into specific measurable goal. For example:

General goal: Be happy

Specific goal: Meditate 15 minutes each day and find 3 things to be grateful for each day.

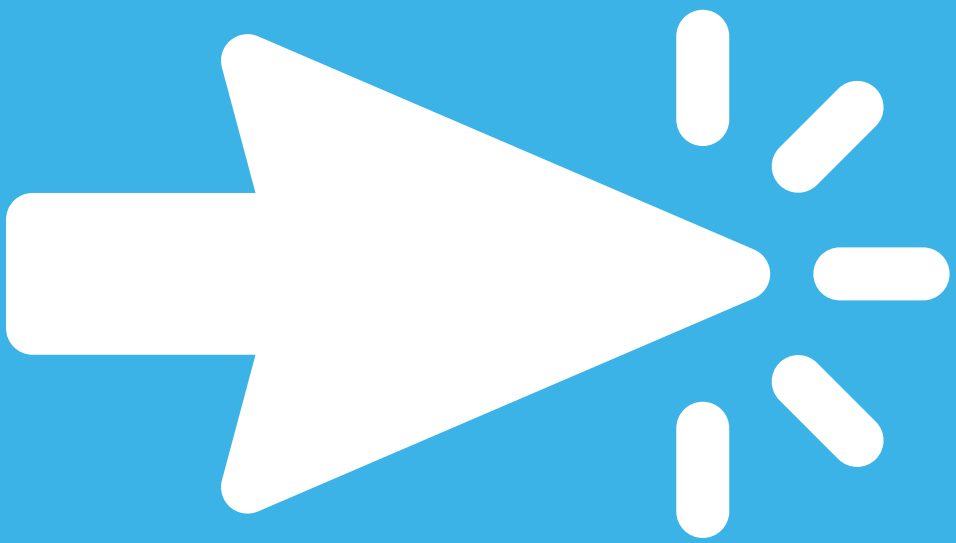
General goal: Spend more time with my children

Specific goal: Read to my children for 15 minutes at least 3 times a week.

Powerful goals must be measurable and time framed. How many? How big? How often? By when?

I've given you an example to follow on following page.

(Remember.. No limits. Go for it!)



MY GOALS FOR 2018

General Goal	Specific goal	Milestone
Get fit and lose weight	Run 30 minutes 3x a week. Eat 20% less calories from fat & drop 1 - 2lbs each week	Run 5k by end of March and be a stone lighter.

General Goal	Specific goal	Milestone

CONGRATULATIONS ON COMPLETING **'YOUR BEST YEAR YET'** PROCESS

PAY IT FORWARD

(WITH A SMILE!)

I created this guide for free because I really believe this stuff makes a difference and it's part of my purpose to share my knowledge with as many people as possible. I put a lot of thought and work into this guide, so if it meant anything to you, please help me out in one or more of the following ways:

Share Re-tweet Post Email Copy

Please send people to this URL so they can get their 'Best Year Yet!' guide:

COLINHILES.COM

FEEDBACK

I would love to know what you think about this guide and how it helps you in 2018 so please post a comment.

You can do it anonymously if you like, but really, a bit of feedback, good or bad would be great!

You can also email me at if you prefer colin@colinhiles.com

MEET THE AUTHOR

Colin Hiles (aka The Mindset Guy) is an entrepreneur, coach, writer and speaker. His passion is to help the best – people just like you – get better. He lives in Southern Spain with his wife and two boys.

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