

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 2 !

Did 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 2 !

- 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 2001?

A. What was challenging this past year?

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

STEP 1: GET CLEAR.

3. What decisions did you make in 2001 that were empowering for you?

A. What were some of the most important decisions of this year for you?

B. What decisions might you make next year as a result?

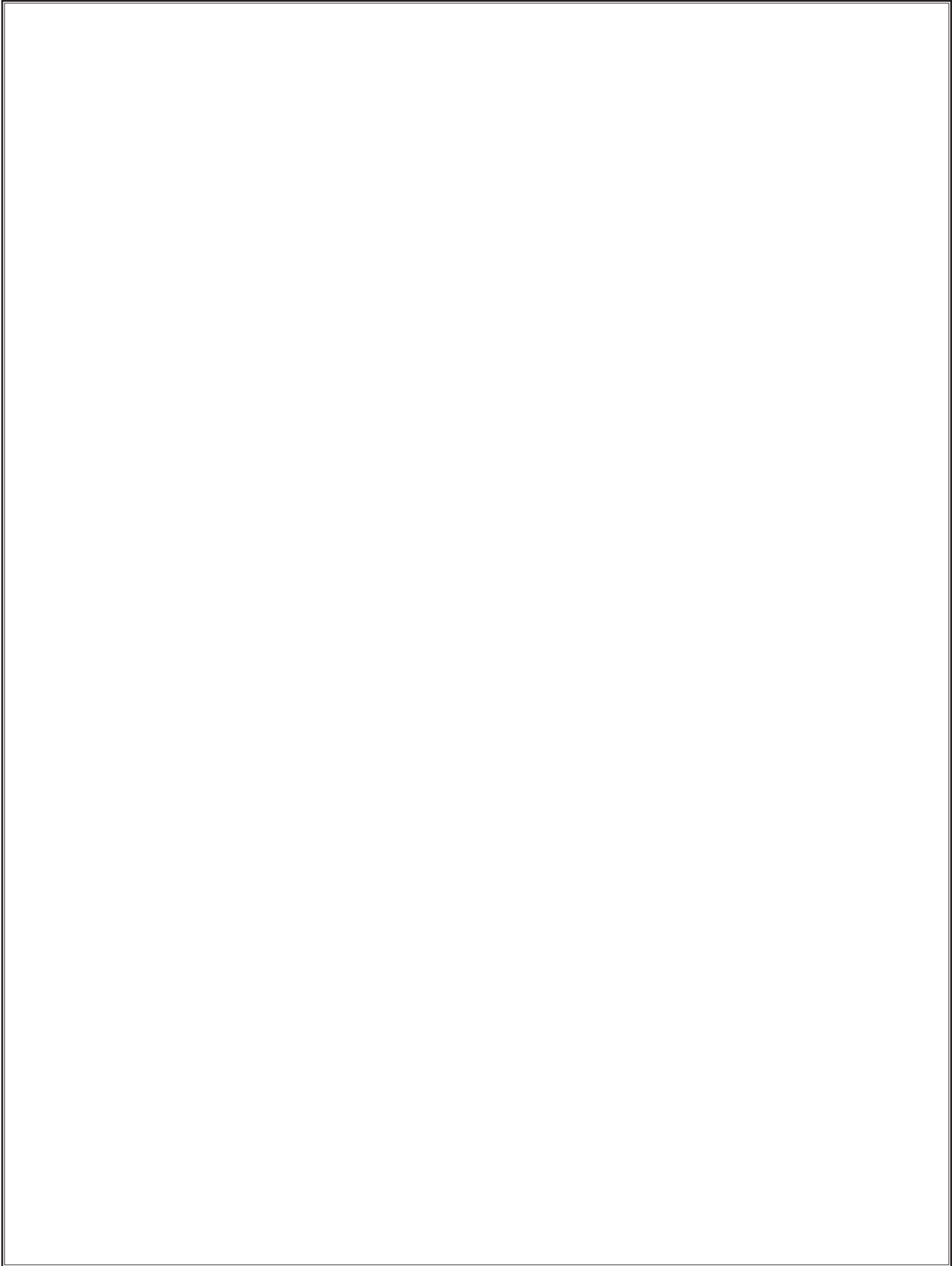
STEP 6: GET MOMENTUM.

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, getting on the internet to research, signing up for a seminar, getting a coach, etc.)?

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.)?





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.

GET A COACH

One of the best ways to follow through is to get yourself a coach. If you don't already have one, **call now to enroll in the Anthony Robbins Results Partnership.** This pre-eminent coaching program is designed to empower you with the focus, training, and accountability you need to achieve the consistent results you demand, in the most important areas of your life.

You and your Robbins Results Coach will begin by refining and defining with crystal clarity the results that you are committed to achieving. You will then assess with absolute candor where you are right now—to define the gap between where you are and where you want to be. Your coach will help you identify what may sometimes be holding you back from achieving the results you desire—and then help you create a game plan that not only works, but is enjoyable. Finally, you and your coach will schedule your success. You will take massive, intelligent action to achieve your results. Your coach will empower you with the extraordinary leverage of accountability. You will be measured, monitored, managed, and supported to ensure that you keep your word with yourself, and take the consistent action you must to achieve the results you demand.

Whether it's with this program, or a program of your own, the best way to get yourself to follow through is to have someone you respect hold you absolutely accountable for your commitments. Take action now!

For information or to enroll in The Anthony Robbins Results Partnership Call 8000-898-8669 • 858-535-9900



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