THE POWER OF MOMENTUM SEVEN STEPS TO A FULFILLING 2002!

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.

SEVEN STEPS TO A FULFILLING 2002!
1 > Get Clear.
2 * Get Certain.
3 · Get Excited.
4 Cet Focused.
5 Get Committed.
6 Get Momentum.
7 > Get Smart.

DILLI I. OLI CHUMK	STEP 1	•	GET	CLEAR
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To begin, you must first gain clarity about where you really are now... 1. What did you love in 2001? A. What were some of your Magic Moments? What was magical and extraordinary?

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	decisions did you make in 2001 that were vering for you?
A. What	were some of the most important decisions of this or you?
B. What	decisions might you make next year as a result?

STEP2: GET CERTAIN.

Once you know where you are, you need to create certainty about your capacity to take anything you can dream about and make it real.

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difficult or impossible to achieve.

STEP2: GET CERTAIN.

3. For the two or three items you circled, write down the steps you went through to turn each one of them into reality. You may not have done it consciously, but it's likely something stimulated you to want them — so much so that it may have become a magnificent obsession for you. Then, did you focus on it continuously? Put a lot of emotional charge into it? Then what? Did you actually create a plan? What were the steps you went through?

STEP3: GET EXCITED.

Now that you are clear about where you've been, and you have certainty about your ability to make your goals and dreams real, it's time to decide where you want to go...

1.	In a peak state, write down every goal you think you'd like to accomplish in the next 20 years. Be sure to include ANYTHING you want to do, be, share, create, have, give. Include financial goals, personal development goals, physical goals, relationship goals, contribution goals—anything you'd like to learn, enjoy, or do. No matter how silly or outrageous it may seem, this is your chance to dream without limits. Be sure to keep your pen moving as fast as possible!

STEP3: GET EXCITED. 2. When you are finished, go through your list and next to each item, write down the number of years you want it to take (or believe it will take) to achieve your goal (write 1 year, 2-3 years, 5, years, 10 years, or 20 years).

STEP4: GET FOCUSED.

1.	Out of your list of goals (from step 3), circle your top four one- year goals. Out of your entire list, what do you want most? What are the top four goals that, if you could achieve them this year, would get you up early and keep you up late with excitement?
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STEP5: GET COMMITTED.

1. For each of your top four one-year goals, write a paragraph about why they are 'musts' for you to achieve them. What are the reasons you absolutely will achieve this no matter what? Remember, reasons come first, answers come second! Why do you want to do this?

STEP5: GET COMMITTED.

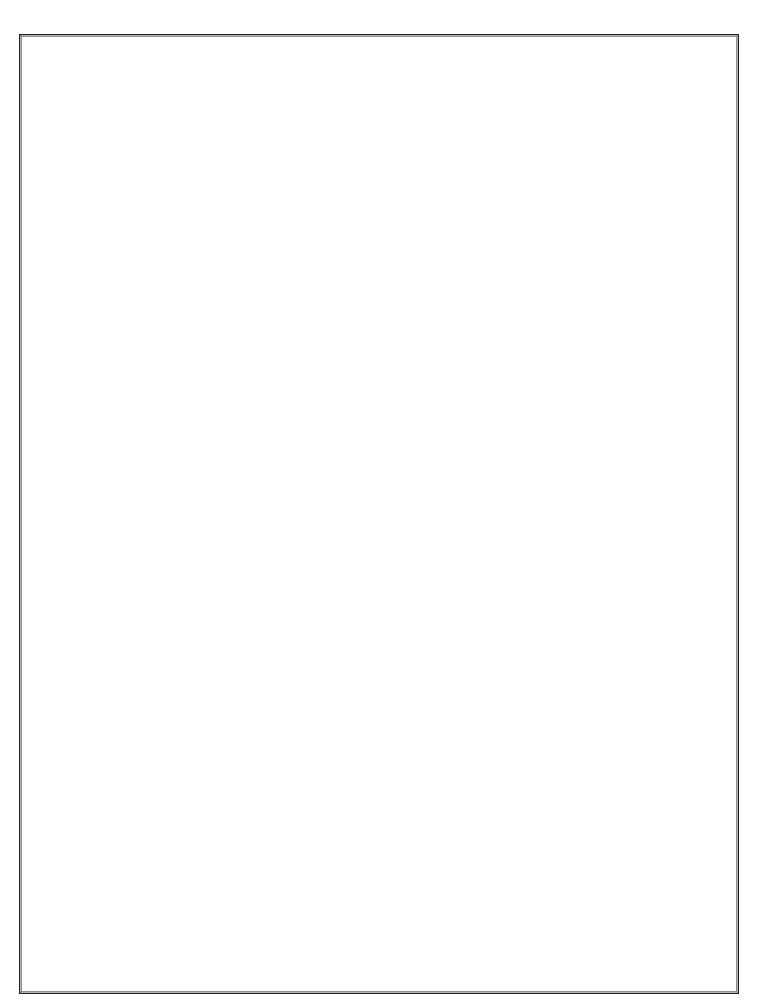
STEP5: GET COMMITTED.

2. What are some of the things that you may need to do that you don't want to do in order to achieve these goals? If you have enough passion, you can get yourself to do anything, but first you must be certain about what "anything" might entail. Let's look the tiger in the eye!

STEP6: 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 Anthyony 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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