

5 Critical Steps to Start the New Year Right



By Marianne Strait

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Introduction

How do you Start the New Year right?

The key lies in doing something DIFFERENT at the end of this year, to create a new way of thinking and acting. Then, as 2019 begins, you will move in a new direction, with clarity and focus on your goals. Your actions won't be filled with "hoping these resolutions work".

You'll have the determination to see it through.

So what changes do you need to make – and how do you do it?

I have outlined a few simple steps here to start you on your way. This e-book contains Information that I've gathered from some of the top minds in the world of self-development; Masters like Robin Sharma, Brian Tracy, Bob Proctor, Neville Goddard, John Assaraf and many, many more.

Please take your time and really study the information here. If you take the actions outlined you'll find its life changing.

This book outlines the basics – a technique to create a solid foundation for 2019. Once the foundation is laid, there are more ways to ensure success. Please visit www.StartTheNewYearRght.com for more articles, exercises, tip, tricks and techniques to help you create your best year ever.

Join the Facebook group at: [Start New Year Right Group](#)

With much love,

Marianne Strait

Step 1 – Find the Good

The first step to Start 2019 Right is to go to a quiet spot where you'll be undisturbed for a while, and look back upon 2018. Think about everything that's happened this year.

Pull out a journal or notebook and list out all the "wins" you had. Yes, the "wins", anything that's gone right in 2018.

What has happened in the past year that you can celebrate?

What achievements –large or small -have happened?

What were the "magic" moments?

When did you feel connected?

When did things flow?

When did, as they said on the "A Team" – the plan come together?

Where did you win?

How did you succeed?

Think of any success you've had and write it down. Celebrate the good things.

As your focus shifts from what "didn't work" or where things didn't change, to looking at where you had some success, your mind will begin to look for your positive aspects. This will build that firm foundation on which you'll start the New Year.

Spend as much time as you can here, list everything, and come back and re-read it and add to it again and again.

You'll build self-confidence, self-esteem, energy, appreciation and even happiness!

Step 2 – Look for the Lessons

What did you learn in 2018?

It could be anything from learning to create a website, or tweet, create great smoothies or grow vegetables.

Don't underestimate the power of even the little things you've learned.

Search for the slightest things, they may, in fact, be the most profound.

In this section, you'll be writing in your notebook about what you learned in 2018.

As we focused in Step 1 – keep this focused on the positive. Instead of saying “I learned that things always break down when I don't have the money to fix it” you can say “I learned the importance of setting aside a little money I have easy access to”

Keeping it positive - What did you learn from your mistakes?

What do you know about yourself, today, that you did not know in 2018?

Where did you shift and grow over the past year?

What lessons have you learned *that you have yet to put into practice?*

How would your life change if you decided to do that?

What books, articles, documentaries, podcasts did you use this year to help you move forward?

What lessons or skills, if you learned them, would improve your life dramatically?

One of the best ways to make 2019 your best year ever is to make a commitment to personal development. The more you learn and grow the more empowered you feel. The more empowered you feel the more motivated you are to reach for your goals.

Step 3 – Get Clear on What You Want

This is where the fun begins!

If you've done the work in Steps 1 and 2, you should be in a good feeling place to begin looking at what you want to achieve in 2019.

I highly suggest that you do this exercise from that place of feeling really good about yourself. If you haven't done steps 1 and 2, do them now. If you've done them and it's been a while, read through your answers to put yourself into that feeling of power and confidence.

Let's get focused and clear on what you want.

First – I'd like you to imagine that it's December 31, 2019, and for a moment allow yourself to feel as though you have had massive success this past year. (Now massive means different things to different people, mending a relationship can be as massive as making a high 6 figure income.... it's all in what is most important to you)

How, specifically do you feel? How are you living? What are you doing?

Answer these questions from a real deep understanding of LIVING your best life, vs. responses like "I feel total relief" or "I'm so happy I don't have bills anymore"... go that step beyond to what, exactly it feels like to live the life of your dreams.

Look at this from a "realistic" point of view (vs an "I won 380 million dollars in the lottery)

Ask yourself this question –

"What has happened in the past 12 months that made this my best year ever?"

Maybe you were promoted to assistant manager at work. Perhaps you opened your own business and see a modest income and lots of potential. Maybe you had a child, or repaired a relationship, or found a new love. Maybe you learned a new language and took a trip.

Spend a few moments and think about that overall picture of your life. What does a "best year ever" look like to you?

Once you've done that, take a look at the specific areas of your life and ask the question again- about each area.

Family/Relationships – what is important to you regarding your family, friends, coworkers, social interactions? etc.

Health/Fitness – where are you physically? What weight? Energy Level? Exercise routines? Diet? etc

Finances – How much money do you earn? Any residual income? What are your savings? Retirement accounts? Donations? Gifts? etc.

Business/Professional – Where are you working? (ARE you working?) What is the office environment like? or do you work from home? What are your coworkers and bosses like? Do you enjoy what you do? etc

Contributions/Legacy –Whom are you serving? How are you contributing? What type of legacy or imprint are you leaving on the world?

Spirituality – Do you have inner peace? Are you living within your beliefs?

Personal Development - How are you growing? Learning? What do you know now that you didn't now a year ago?

Lifestyle– How do you have “fun?” Are you traveling? Skiing, Bungee Jumping, Sky Diving or spending hours and hours curled up with your favorite books? What is your home like? Your car, Your clothes.... the list goes on and on!

Pull these together to get a good idea of who you will be on December 31, 2019. You'll need this for the next step.

(Note: The purpose of this e-book is to get your foundation set for 2019. Information and steps for actually “setting goals” is available on www.StarttheNewYearRight.com and something for you to work with at another time)

Step 4 – Picture This!

Step 4 is all about the fun of visualizing your ideal life!

This is where you take that description of what success looks like for you in all areas of your life and combine it in to a great vision!

In order to do this, you will need to pick a moment in time when these things all come together.

For example:

See yourself at your retirement party; it's at a beautiful outdoor park on a warm sunny day. The table is filled with your favorite foods, a band is playing your favorite music and your family and coworkers are there celebrating with you. You can feel the love and pride they feel for you.

Overhear two friends comment on how great you look. how they hope they'll have even ½ as much energy as you do when they retire!

See a friend who's been to Tuscany come over to share with you what to see, where to eat, where to stay, they know all the best places – the ones that are the “hidden secrets” most tourists miss.

Spend time in your vision. Feel the sun and warm breeze on your skin. Hear the music and laughter. See the smiles on friends and family. Hear the joke someone makes in Italian and you laugh, realizing that you “understand it”

Pick a moment in this vision that represents, to you, the feeling that you've achieved your goals. (Perhaps it's the “laugh”, or an Italian word you hear) Feel those joyful feelings as you repeat the word, or hear yourself laugh... and then revisit just the laugh again and again and again. Each time allowing yourself to feel as though the scene were real. Don't force it, just let it feel real.

Then move on to step 5.....

Step 5 – The Question

The final step:

Every morning read your vision. Spend a few moments “feeling” as though it were real, and then ask yourself:

What 3 things would I do today, if I were already living this?

Then commit to doing them.

They don't have to be large steps, it can be as easy as find out when the community college offers Italian lessons, or calling a friend for coffee.

Create 3 actions steps, each and every day, and then do them.

Don't go to sleep until they are done.

Final Thoughts

If you've been doing the work, you've allowed yourself to see where "good" things happened in 2018. Where you succeeded, how you grew, what you learned. Recognizing the "good" in what you may otherwise consider a rather poor or stagnant year will help you to shift your mindset toward success.

Next, you've created some important events and goals that will make 2019 your best year ever. These are unique to you and represent the things that you feel passion and joy over.

Then you pulled that all in to a visualization and allowed yourself to feel as though it were real. To feel the excitement, the joy... this will be a huge motivating force for you.

Finally, each day you ask yourself what 3 simple steps you can take to move toward your goals.

Start with these steps you will find you won't be as overwhelmed as you be if you were to tackle massive goal setting, targeted goals, action plans all in one sitting.

Sit for at least 2 weeks with these basic goals, these feelings that have as you visualize your ideal life. Revisit your list of the "good" of 2018, the accomplishments, new skills, and the lessons learned.

Read your summary of your ideal life and tweak it as you go. Get a really clear and intense feeling of what it is like to live your ideal life.

Join our Facebook group: [Start 2019 Right Group](#)

When you are ready to dig deeper and do more, visit the blog and exercises pages at <https://www.startthenewyearright.com/> Here you'll find the next steps t- i.e. creating specific targeted goals/visions, deciding your actions steps, and more.

Viait www.BestNewYearsResolutions.com to learn more about my 21 day course!

I am here for you! Feel free to email me at any time startnewyearright@gmail.com

I look forward to meeting you in our group, and getting to know you, your hopes and your dreams.

Here's to an awesome 2019!

Marianne