

New Goals For 2021

MAKE LIFE CHANGES INSTEAD!

When you Create a dream, never waste them and go and chase them.

They are there to accomplish and lead you to a happier life and good wellbeing.

If you wish to tell people about this EBook go ahead and pass it on.

My First Newsletter Of 2021

Hello and Welcome this is a new EBook I have created to help you set Goals and one of mine is to create a Monthly Newsletter to add to my many new ideas for further content, on my blogs and Youtube videos.

**“NO MORE RESOLUTIONS, BUT SET GOALS
AND
LIFE CHANGES INSTEAD, THEY MAKE A DIFFERENCE
AS YOU ARE MORE LIKELY STICK TO THEM”**

HAVE THREE CATEGORIES INSTEAD OF LOADS!

Last year I had 5 or 6 categories for my Goals and changed them around April or May, and was quite a lot. Not saying that none of them were achieved as they was, but realised I didn't need so many.

This year 2021, I have 3 categories, Home, Work and Play.

- Home is, giving my home a makeover, saving for a new home, having an extension built, etc.
- Work, have 200 followers a month, getting promoted or career change.
- Play, save up for a well earned Holiday to Florida, go to a music festival, etc.
- As long as your goals have a purpose and gives you lots of energy then set them.

Break Your Goals Down!

As soon as you set your Goals, break them down, and I find mapping them out a Great Method to conquer them.

If a Goal becomes a chore, then it needs to be changed. No Goal should be a chore, but benefits you, so you can a much more better wellbeing, and you look forward to accomplishing it.

It helps you to lay out your goals so you can see them everyday. So have them on a wall, or take picture on your phone, and have them as you display on your phone.

This will help you stay focus, and if there is a song that helps you towards a goal play it, and find that quote to, or any Youtube videos you find inspiring.

Following New Positive Life Changing Positive Habits That Can Help you towards Your Goals

To help us towards our goals it is good to start some new positive habits, that can be a life change immediately and it can be as simple as, making your bed everyday, brushing your teeth as soon as you get up and before having your morning cup of coffee, do what I do, make the morning Tea be the start of your working day, if you are currently working from home, and get some fresh air everyday.

How to set Time A Side To Do The Play Goals:

1. Set an Alarm or put it into your daily schedule, written down or on Google Calendar.
2. Include it into your daily habits, so say by 8pm all kids in bed, and time for you to take a shower and watch some TV
3. Set a date. If you want to go out and explore then you still can. We all need a change in scenery so set a date to do what you want to, not what you have to

Do a Regular Review:

Writing down, about each of your goals you have set is a great way to stay on track and workout what you need to do next. So do a regular review to go through what you have Already achieved and what you want to do next.

Sticking with Your Goals:

Making Goals is one thing, completing them is another.

See next page where I have drawn a Mind-map to help you, and is a guide to get you started.

When you do this it can trigger other goals you'd like to do.

Put those in a list of goals to be completed in the future and leave them there.


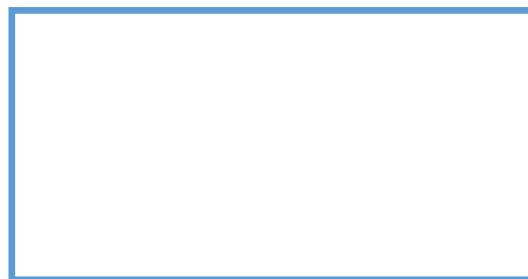
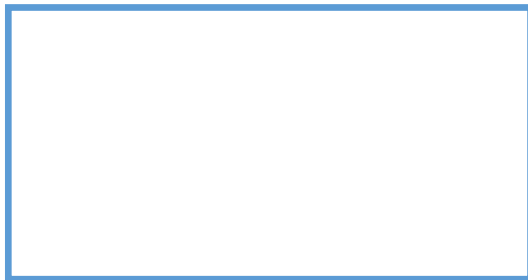
Do a brain dump if you have lots of goals circling in your head and circle three that stand out to you, that you want to accomplish first.

Keep them short, precise and simple, because as soon as you make it difficult your mind goes into fight or flight mode and triggers the inner critic for you to stop.



Mind-Map To Map Out Your Goals

So you put the main goal at the top and then map out each step of what you are going to do. to set as small goals to accomplish the ultimate goal.



The Vision

This page is for you to stick pictures on to and create your goals in to visions, whether it is a picture of when you were a kid, of a girl that inspires you, of places you'd like to go and things you'd like to do, in the goals you have chosen to accomplish. Use this for future visions too, and spend some time picturing yourself of accomplishing each vision you have created.

Goals Accomplish in 2021

On this page I want you to write down and document the goals you achieve as you go through and achieve each one and date them of when they were achieved by answering these questions:

- **What did I learn as I achieved this goal ? What was the highlight moment from it?**
- **Did I make any mistakes along the way? How did I overcome these?**
- **What is the next step you wish to take, or the next goal you wish to achieve?**

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Future Goals List

If you have other goals coming into your mind as you achieve the top 3 you have selected jot them down here for the future: