



# 4 WAYS TO MAKE THIS YEAR YOUR BEST YEAR EVER!

## Week #3

This week I'm sharing the THIRD way to make this year your best year ever and that is to GO!

It's time to MOVE! I love the little monkey from Madagascar with the Indie accent that says, "You got to move it, move it." They may be referring to dancing, LOL, but you've got to start putting into motion all that you've learned during your preparation time.

You can't second guess yourself, your abilities, your lane, or your purpose at this point. You just need to put all you have into motion and MOVE! Stay motivated, be diligent, remain focused and you'll reach the end. At that point you will have accomplished what you set out to do and you can look back & see how far you've come and what you've achieved.

So, once you've written down what you'd like to happen in your life over the next 12 months, and you've made it specific and measurable, you'll now want to put some motion and momentum to it. Adding an action and a deadline or date help to increase the possibility of fulfilling the goal.:

Write those goals down again here, write down the measurable ways that these goals can be achieved, and now let's put some action to them! Here are your 2 examples:

1. *Decide to Save*  
**Get Ready** = Save \$6000 in 12 months  
**Get Set** = Save \$500/mth  
**Go** = Sell items (by 3/31), work OT/2nd job  
(by 8/31)

2. *Decide to Lose Weight*  
**Get Ready** = lose 30 lbs. in 12  
**Get Set** = lose 2.5 lbs/mth  
**Go** = Walk 2 mi/day for 1 mth,  
increase to 6 mi/day by  
4/1, avoid pop/fast food/  
fried foods/sweets

Now, write yours here:

1. *Decide to* \_\_\_\_\_  
**Get Ready** = \_\_\_\_\_  
**Get Set** = \_\_\_\_\_  
**Go** = \_\_\_\_\_

2. *Decide to* \_\_\_\_\_  
**Get Ready** = \_\_\_\_\_  
**Get Set** = \_\_\_\_\_  
**Go** = \_\_\_\_\_

3. *Decide to* \_\_\_\_\_  
**Get Ready** = \_\_\_\_\_  
**Get Set** = \_\_\_\_\_  
**Go** = \_\_\_\_\_

Adding ACTION steps to your goals will help you stay focused and make it easier to reach a daily goal. These daily goals will add up and fulfill your overall goal and desire to make this your BEST YEAR EVER!

Don't forget to keep reviewing your goals each day. Pray over them. Do what you CAN, God will do what you CAN'T!

GET READY, GET SET, GO! Focus on your measurable, actionable, written goals with the “end in mind.” Review them daily!

I'll see you next time for the 4th way you can Make This Year Your Best Year Ever!