



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

## Week #2

This week I'm sharing the SECOND way to make this year your best year ever and that is to GET SET!

We talked about DECIDING to make this an awesome year and that the first step after that is to GET READY! We get ready by dreaming, thinking about, and preparing to "make it happen!" If you didn't already do so, take some time to think about what you would like to say 12 months from now looking back on this year. What does that incredible year look like to you? *[Make it measurable . . . you can't finish a four year college degree in one year (I don't think)! But you CAN enroll in college, courses, certifications, etc. toward that goal.]*

Once you've written down your top 3 fulfilling goals for the year (from last week's worksheet), it's time to GET SET, or GET STEADY! How do you get steady? Make sure your goals are specific. Don't write a goal as "lose weight." Say, "lose x lbs. In 12 months." Then, to GET SET would be to focus on that goal. Make it measurable . . . "I'm going to lose ~ x lbs./mth." Get focused on it. Build your faith to believe it's going to happen. Remind yourself daily what your goal is and stay focused on praying and believing for it to come to pass.

Now, let's look back at the top 3 goals you listed last week to Make This Year Your Best Year Ever! Write those goals down again here and then write down measurable ways that these goals can be achieved. Here are 2 examples:

1. *Decide to Save*  
**Get Ready** = Save \$6000 in 12 months  
**Get Set** = Save \$500/mth

2. *Decide to Lose Weight*  
**Get Ready** = lose 30 lbs. in 12  
**Get Set** = lose 2.5 lbs/mth

Now, write yours here:

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

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

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

When you make your goals measurable they don't seem so overwhelming. You can also see if it's doable. If you don't make enough to save \$500/mth you may need to adjust your goal and set a new monthly, obtainable goal. Setting goals like this makes them easier to focus on and push towards.

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 SET! Focus on your measurable, written goals with the "end in mind." Review them daily!

I'll see you next time for the 3rd way you can Make This Year Your Best Year Ever!