

# How to Make 2006 Your Best Year Ever!



**Some short, simple gems for you to try  
out in making your New Year resolutions**

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# How To Make 2006 Your Best Year Ever!

It's hard to believe, but 2005 has come to an end. With Christmas and New Year's both on Sunday this year, my sense is that most people, businesses and organizations really are shutting down for the holidays.

And that means that *this week* is your last chance to review the year and plan the year ahead. I strongly urge you to take some time – at least an hour – to ask some good questions, jot some notes, and make your choices.

**1. First, REVIEW THE PAST.** “Those who fail to learn from the past are doomed to repeat it.”

The first step to changing the future is to acknowledge what already is. Ask good questions about 2005. What did you learn? What worked well? What would you like to repeat? What are you proud of? How did you grow, change or improve this year? How about your relationships, your career, your lifestyle? How about your income, your health and your hobbies? Ask good questions, and write down the answers.

**2. Second, MAP THE FUTURE.** I like the term “map” because this is not a dream, a fantasy or even just a goal. What exactly would you like to change in 2006? Do you want to increase your income? Lose weight? Improve some relationships, buy a new house, change jobs?

Mapping the future requires that you balance optimism and ambition with a conservative assessment of what's possible. Remember, reality never lies. It's unlikely that you can change everything or do everything in one year. What are the specifics you really to want to change in 2006? Ask good questions; write down the answers.

**3. Third, GET A SYSTEM.** I'm a huge believer in plans and budgets and strategies. If you want to increase you income by 25%, you'll probably have to make more sales, work more hours or learn new skills. When (exactly) will you do this? If you want to lose ten pounds, you'll probably have to exercise more and eat less. Make a plan!

And get plenty of support. Surround yourself with reminders, books, tools and equipment that automatically move you in the direction you want to go.

Get a coach or work with a MasterMind group. Make sure your family, friends and colleagues know exactly what you want to achieve, and make sure they support you every step of the way.

The start of a new year is a wonderful time to take stock, adjust course and affirm your priorities, but it doesn't happen by accident. Take time to review. Take time to plan and develop your system. And get the support you'll need.

**You can make 2006 your best, most productive and rewarding year ever, but only if you arrange for success in advance. Do your homework! Make it happen!**

**Is all that too much for you?  
Well, this has got to be the  
simplest, and most effective,  
formula for goal success ever.**

**In order to achieve any and every goal, you simply  
need to answer these 3 questions.**

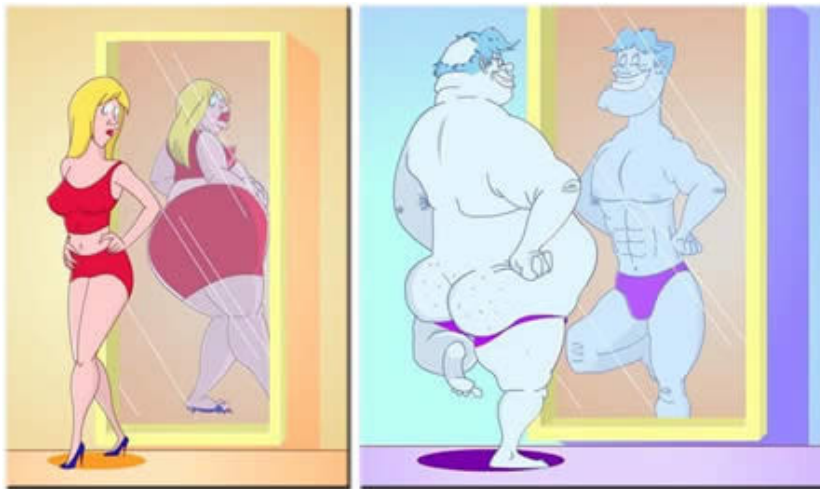
**"In order to achieve my goal....**

- 1. What do I need to STOP doing?**
- 2. What do I need to START doing?**
- 3. What do I need to DO MORE OF?"**

**THAT'S ALL THERE IS TO THIS FORMULA FOR  
SUCCESSFUL GOALSETTING...**

But if you DO want more suggestions and tips for goal setting, go to:

<http://personal-enterprise-self-help-resources.com/HAPPINESS-GOALS.html>



***The Difference Between Women & Men***



## **Reach for your Dreams in 2006!**

**This life is yours,**

**Take the power to choose what you want to do-and do it well,**

**Take the power to love what you want in life and love it honestly,**

**Take the power to walk in the forest and be a part of nature,**

**Take the power to control your own life,**

**No one else can do it for you,**

**Nothing is too good for you,**

**You deserve the best,**

**Take the power to make your life**

**Healthy, Exciting, Worthwhile and very Happy  
-while you reach for your dreams.**



<http://personal-enterprise-self-help-resources.com/HAPPINESS-GOALS.html>

# **NEW YEAR'S RESOLUTIONS TO MAKE – and keep - in 2006**



## **How to live a happy and rewarding life:**

**Take time to smell the roses.**

**Take a nap on Sunday afternoon.**

**Drink 8 glasses of water a day.**

**Never deprive someone of hope. It might be all they have.**

**Be thankful for every meal.**

**Don't be afraid to say I'm sorry.**

**Don't take your health for granted.**

**Improve your performance by improving your attitude.**

**Listen to your children.**

**Leave everything a little better than you found it.**

**Keep it simple.**

**Keep good company.**

**Keep your promise.**

**Be kinder than necessary.**

**Take good care of those you love.**

**Make it a habit to do nice things.**

**Wear outrageous underwear.**

**Judge your success by the degree that you're  
enjoying peace, health and love.**

**Be a good loser.**

**Be a good winner.**

**Be romantic.**

**Live so that when you your children think of fairness, caring  
and integrity, they think of you.**

**Enjoy real maple syrup.**

**Never refuse homemade brownies.**

**Remember other people's birthdays.**

**Sing in the shower.**

**Don't nag.**

**Don't gossip.**

**Don't tailgate.**

**Don't expect money to bring you happiness.**

**Be forgiving of yourself and others.**

**Never give up on anyone. Miracles happen every day.**

**Say thank you a lot.**

**Say please a lot.**

**Take your dog to obedience school. You'll both learn a lot.**

**Slow dance.**

**Don't rain on other people's parades.**

**Don't postpone joy.**

**Don't blame others.**

**Take responsibility for every area of your life.**

**Take care of your reputation. It's your most valuable asset.**

**Count your blessings.**

**Whistle.**

**Marry only for love.**

**Do more than is expected.**

**Be there when others need you.**

**Never sell yourself short.**

**Never be ashamed of your patriotism.**

**Never be ashamed of honest tears.**



Here are some more book & reports to entertain you and help make the New Year everything you ever dreamed of. Just click on the links to open up the book, then "Save" if you want a copy saved on your computer to enjoy and share with friends.

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<http://buybooks-online.com/support-files/accomplish-anything-you-want.pdf>

**"Secrets of the Richest People"**

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**Love Quotes, Poems & Romance manual**

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**Have a Laugh on Us - family friendly jokes book**

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**Lifetime Sleep Cycles with sleep aid tips**

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**A - Z Dream Meanings: How to interpret your dreams**

<http://personal-enterprise-self-help-resources.com/support-files/dream-book.pdf>

**Ten Ways to Be Happier ... right now**

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***Helene Malmsio***

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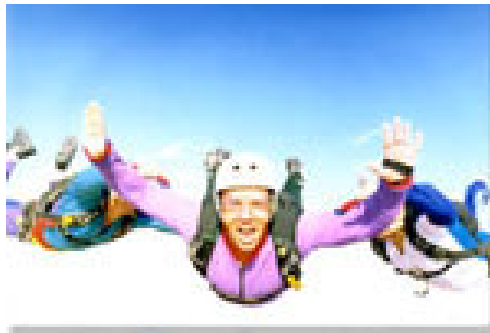
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<http://natural-humor-medicine.com>

David has been self employed in his network marketing business for  
over ten years now, so he REALLY knows how to succeed in MLM!  
<http://free-mlm-success-training.com>

The Guru of Marketing recently promoted his new "Jay Abraham Protege  
Program" - I'm telling what I REALLY thought of the investment I made!  
<http://jay-abraham-protege.com>

Site Build It is growing every day, thanks to word-of-mouth real life,  
success stories. Cut the B.S. and get with the program that WORKS!  
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