

**Making 2017 Your Best
Year Yet!**



2017

The image features the year '2017' in large, white, sans-serif font. Each digit is suspended by a thin white vertical line that passes through a small black circular hole at the top of the digit. The background is a solid, vibrant red. The overall composition is clean and modern, with a strong contrast between the white, red, and black.

Wise Words...

“If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.”

-- Jim Rohn

Introduction

When you think of this year what comes to mind...and more importantly, what have you planned for 2017?

The “Best Year Yet” process is designed to reach into the core of who you are and empower you to new levels of effectiveness and empowerment.

In a one hour process of discovery you stand back, take stock and then plan the next year of your life. The exercise of answering three main questions will help you clarify your thinking and make sure your next year is the best it can be.

It is the process I and many others have used to bring a new level of consciousness and awareness in the way we live and direct our lives.

One Hour To Change Your Life

The process has three distinct steps. It asks you to look over the last year and then begin to think about 2017 by asking yourself these three questions:

Question #1. What were my wins? (proudest moments & achievements)

Question #2. What were my learns? (biggest disappointments & let downs)

Question #3. What are my goals for next year? (goals, dreams, aspirations)

The process starts with what you did accomplish - your celebrations. This will give a balanced view of the past year and of yourself. It's so easy to remember and focus on the past years failures and disappointments causing you to lose sight of your strengths, passions and gifts you need to make the changes you want to make.

Getting Started

Before you launch yourself into the “best year yet” process, here are a few hints and tips to get the best out of the process:

1. *Be in the right frame of mind*

See this process as a “Time Out” for yourself. You’ve spent the last year in the fast lane of life now it’s time to pull into the pit lane, take a rest and see how you are doing. To make the most of this time do what ever you can to make it enjoyable.

2. *Create the right environment*

Do what ever you can to create the surroundings that are comfortable, positive and inspiring. Turn off the phone, lock the door, pour yourself a glass of wine. Some people like to listen to music during the process as it helps the concentrate and think. Do whatever works for you to get into the flow.

Getting Started

3. Gather the materials you are going to need

I've provided spaces in this guide to write your answers down but you may prefer to use a journal, diary, notebook or your laptop. I'd also recommend having your calendar (or what ever you use to capture dates and events), photos from the year and access to your Facebook page (if you have one). These are great tools to jog the old memory!

4. Decide if you are going to do it by yourself or with someone

You may want to do this important work on your own, and that certainly works well (especially if your partner is not into this type of thing). However, many people (me included) find an added benefit to doing this process with at least one other person. They can become your accountability partner for progress checks and support.

Step #1

What Were My Wins?

(Bragging is totally allowed!)

My Wins in 2016

My Wins in 2016

The Good News!

How do you feel now?

Did you have more “wins” than you thought? How many? (add them up)

Even if it has been a tough year for you I hope you can see you still achieved a great deal. Often we only focus on the big wins and miss the smaller but still significant wins we’ve had over the past year.

It is important to acknowledge and appreciate yourself (especially if its been a tough year) It helps to look on the bright side and see life in the context of gratitude rather than complaint!

Let’s look at Step #2

Step #2

What Were My Learns?

My Learns

Ok! Now it's time to explore your biggest disappointments, incompletes and let downs for 2016. Use the following pages to capture the times you were disappointed with yourself and you didn't get the result you wanted to get.

Whilst it's easy not to do this part there is more value than you can imagine. Writing these down can be a very cathartic experience. I found I've quite enjoyed getting them off my chest. It feels like a weight lifted off my chest when I've admitted to myself that I was disappointed with myself. It beats pretending!

Everyone I know has lived with upsets and failures in their life. We've all made decisions we wish we hadn't, got distracted, held on to unproductive habits. It's part of being human. Take your pen and write them down. This is your chance to learn from them and make them right for next year.

My Learns in 2016

My Learns in 2016

What Did You Learn?

When you look back at your answer to question #2 what have you learned? In reviewing your disappointments and failures, what possible lessons do you see?

What didn't work and why?

What were the blockers? (inside and outside you)

What's the lesson life is trying to teach you? (this is a big one so take your time)

What changes do I need to make to upgrade my life?

What difference would it make if I made the changes?

Capture your thoughts on the next page. Use it to think deeply about about who you are and how you operate. These questions will really get your brain working!

What Did You Learn?

Use this space to write your answers to the questions on the previous page:

Select your top 3 lessons and write them below. Make these your guidelines for 2017:

1. _____
2. _____
3. _____

Step #3

What Are My Goals?

(No limits allowed!)

Planning The Year Ahead

Now it's time to capture goals, intentions, dreams and aspirations by answering the question, "what do I want?" Start by capturing your general description of what you want to achieve, then turn it into specific measurable goal. For example:

General goal: Be happy

Specific goal: *Meditate 15 minutes each day and find 3 things to be grateful for each day.*

General goal: Spend more time with my children

Specific goal: *Read to my children for 15 minutes at least 3 times a week.*

Powerful goals must be measurable and time framed. How many? How big? How often? By when?

I've given you an example to follow on following page.

Remember.. no limits. Go for it!

My Goals for 2017

General Goal	Specific goal	Milestone
Get fit and lose weight	Run 30 minutes 3x a week. Eat 20% less calories from fat & drop 1 - 2lbs each week	Run 5k by end of March and be a stone lighter.

My Goals for 2017

General Goal	Specific goal	Milestone

My Goals for 2017

General Goal	Specific goal	Milestone

My Goals for 2017

General Goal	Specific goal	Milestone

Celebrate!

**Congratulations On Completing
Your Best Year Yet Process**

Pay It Forward (with a smile!)

I created this guide for free because I really believe this stuff makes a difference and it's part of my purpose to share my knowledge with as many people as possible. I put a lot of thought and work into this guide, so if it meant anything to you, please help me out in one or more of the following ways:

- Share It!
- Retweet it
- Post it on your Facebook page
- Email it to a friend
- Post it on your website

Please send people to this URL so they can get their 'Best Year Yet!' guide:
www.colinhiles.com/blog/

Feedback

I would love to know what you think about this guide and how it helps you in 2017, so please post a comment on the original blog post.

You can do it anonymously if you like, but really, a bit of feedback, good or bad would be great!

You can also email me at if you prefer colin@colinhiles.com

About The Author



Colin Hiles (aka The Mindset Guy) is an entrepreneur, coach, writer and speaker. His passion is to help people design and live a life they feel great about. He lives in Southern Spain with his wife and two boys. Colin blogs at www.colinhiles.com