

# START YOUR NEW YEAR STRONG

*"How we spend our days is, of course, how we spend our lives". – Annie Dillard*

Main idea: Success is not an event. It's a way of life.

- Step One: Make a "Have Done" list for the last year. Include your "accomplishments" and the things that you feel best about having done, even if they're not typical "goals."

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- Step 2: Using the things you feel best about doing this past year as a guide to help you understand what's most authentically important to you, please brainstorm your top values:

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- Step 3: Then, rank your top five values in order of importance:

- 1
- 2
- 3
- 4
- 5

# WHEN YOU PRIORITIZE YOUR VALUES EVERY DAY IS A SUCCESS.

- Step Four: What does expressing these values LOOK like on a day to day basis? Brainstorm your values in action:

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- Step Five: Now, sit down with your schedule and reorganize your life according to your values. Identify specific times every day that you will do the things that really matter most. Add those “most important” things to your schedule **first**, and build the rest of your life around them.

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Bonus mind-hack: Hard to “find time?” Let yourself daydream: What would your life look like if you were doing the things that mattered most? Allow yourself to be ridiculous... and also, just possibly, inspired.