

Happy New Year!

2015 – 2016: Review | Preview

*“The present is where you are;
the past is where you have been;
the future is where you are going.
Go create a compelling vision for your life”*



Blueprint
for **Success**

GIFT FROM: MICHAEL B. FITZPATRICK

“Goal setting is the most important aspect of all improvement and personal development plans. Confidence is important, determination is vital, certain personality traits contribute to success, but they all come into focus in goal setting.”

- Paul J. Meyer

Did you know that 95% of the people who set New Year’s resolutions never follow through? The reason is that most people don’t understand the process of how to produce lasting results—and they never take the first steps. The following process will walk you through how to get started and create the momentum that will drive you to follow through. By doing it, you will gain clarity about where you’ve been, where you are now, and where you want to go. It will also help you create a simple plan to set up your new year so that it truly compels, excites, and drives you.

Would you like to have your BEST YEAR ever!? If you are like most people, I’m sure the answer was YES. However, a lot of people go through consistency problems. They do a lot one month, less in the next month; up one quarter, down the next. Year after year, they never seem to hit momentum and they don’t have a consistent flow of growth.

Personally, I have found a way to overcome this problem. The key to this level of consistency is PLANNING! I map out my goals every year, before the year begins. Once a quarter I refocus, and then week by week, day by day, I focus on the accomplishment of these dreams and goals until the job gets done.

Planning is ESSENTIAL. What is really blocking people from living the life of your dreams is a lack of focus, clarity and vision. They get blown around like the wind, never really knowing where they are going. And, while I am huge fan of being somewhat flexible and spontaneous, the scarcest resource that we all have is time. Right now, for example, my schedule is booked out for about a year and a half. I know what I am doing for the balance of this year, the entire next year, and the first quarter of the following year. While I don’t always keep strictly to everything on the calendar, I’d say I follow through on about 95 percent of it.

I have a question for you. What do you tend to focus on more: The demands of others (boss, co-worker, spouse, kids, other) or the pursuit of your own personal dreams and goals? There is an old saying “Put your oxygen mask on first, and then affix the child’s.” What do most people do? They focus on being everyone else’s savior, and then ultimately look around and realize that they aren’t even giving from a healthy place.

Through proactive and strategic thinking/planning, you will develop greater confidence, greater skills, more income, better relationships, and an overall feeling of success! Are you ready to make the next 90 days the best possible? Good answer! Let’s get going.

To Your Success!



Michael FitzPatrick



Completing and Remembering 2015

What was your biggest triumph in 2015?

What were some of the most important decisions that you made in 2015?

What are some of the things from 2015 that you want to duplicate in the next year?

What one word best sums up and describes your 2015 experience?

What was the greatest lesson you learned in 2015?

What did you hate in 2015? What do you want to never happen again?

What challenges did you face in 2015? What did you learn through these experiences?

What was the most loving service you performed in 2015?

What is your biggest piece of unfinished business in 2015?

What are you most happy about completing in 2015?

Who were the three people that had the greatest impact on your life in 2015?

What was the biggest risk you took in 2015?

What was your biggest surprise in 2015?

What important relationship improved the most in 2015?

What compliment would you liked to have received in 2015?

What compliment would you liked to have given in 2015?

What else do you need to do or say to be complete with 2015?

Creating 2016

What would you like to be your biggest triumph in 2016?

What advice would you like to give yourself in 2016?

What are the major actions you are planning to implement to improve your financial results in 2016?

What would you be most happy about completing in 2016?

What major indulgence are you willing to experience in 2016?

What would you most like to change about yourself in 2016?

What are you looking forward to learning in 2016?

What do you think your biggest risk will be in 2016?

What about your work, are you most committed to changing and improving in 2016?

What is one as yet undeveloped talent you are willing to explore in 2016?

What brings you the most joy and how are you going to do or have more of that in 2016?

Who or what, other than yourself, are you most committed to loving and serving in 2016?

What one word would you like to have as your theme in 2016?

Step 1: Set a timer for 3 minutes and then as fast as you can, write down every goal you think you'd like to accomplish in your lifetime (be sure to include ANYTHING you want to **do, be, share, create, have, give, experience**. Include financial goals, personal development goals, physical goals, relationship goals, contribution goals, charitable goals -- anything you'd like to learn, enjoy, or do. No matter how silly or outrageous it may seem, this is your chance to dream without limits. Be sure to keep your pen moving as fast as possible!

Step 2: When you are finished, go through your list and next to each item, write down the number of years you want it to take (or believe it will take) to achieve your goal (write 1 year, 3 years, or 5+ years)

Step 3: Out of your list of goals, circle your one-year goals. Out of your entire list, what do you want most? Why? What are you committed to doing to achieve this goal? What are the goals, that if you could achieve them this year, would get you up early and keep you up late with excitement?

Step 4: For each of your one-year goals, write a short paragraph about why they are 'musts' for you to achieve them. What are the reasons you absolutely will?

