



Resolution Roadmap

***How To Accomplish More In
The Next 12 Months Than
The Previous 12 Years!***

**SPECIAL
REPORT**

The Resolution Roadmap

<http://www.GoalGuru.com>

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The Resolution Roadmap

How to Accomplish More in the Next 12 Months than the Previous 12 Years

A Special Report from GoalGuru.com

As we bid farewell to 2007, it is the ideal time to pause to take an introspective look at where we've been and look ahead towards where we want to go and the person we are becoming. This is the perfect time of year to focus on making positive life changes and improvements. A new year brings with it the feeling of new life, a rebirth much like a blank canvas.

You have the ability to make this next year whatever you want it to be.

As a passionate Goal Setter and the founder of one of the world's fastest growing personal development companies, <http://www.GoalGuru.com>, I take great delight each year in conducting independent research on New Years Resolutions. This special report chronicles the results of the most recent and comprehensive study on the subject conducted in December 2007. It is comprised of data collected from respondents from the United States of America as well as 47 countries around the world.

I think you will find the results of this research quite astonishing.

The new year comes every 365 days on January 1st, yet year after year intelligent, well meaning, respectable people repeat the same old patterns of the dreaded Resolution "set it and forget it" cycle. Most people, at one time or another, have at least made an attempt to set a Resolution. Sadly, some people are so hopeless and discouraged from past Resolution failure, they no longer even try. It comes as no surprise to learn that historically, the vast majority of resolutions are abandoned by the third week in January.

If I did something for only a few weeks of the year and then didn't engage in it or took little action on it for the remaining 49 weeks, I would venture to say that I would not be very skilled at it or excited about it. I sure would not expect any lasting results. But don't let a history of failed resolutions stop you from aspiring to grow and achieve. Make this new year serve as a launching pad for your greatest dreams and visions. Approach this time as a blank slate allowing your past mistakes and experiences to serve as valuable lessons, and ensure you get off to a fast start.

While I will illustrate the most common pitfalls and Roadblocks to achieving your New Year's Resolutions, my Goal in sharing this special report with you is not to dwell upon the many ways we sabotage ourselves in life. I will clarify what doesn't work and then show you the Roadmap to realize your dreams. My intention is to provide you with the guidance and solutions for creating lasting change in your life, starting right now by showing you what does work. I'll even share with you my own time tested New Year's Resolution Success System, also known as The Resolution Road Map.

By the end of this report you will have identified your Major Definite Goal for 2008 and have an actionable plan for achieving it.

Be sure to read to the very last page of this report for an opportunity to work with America's Top Goal Strategist, a Self-made Millionaire and author who learned how to tap into The Power of Goals to create the life of her dreams and has dedicated her life to helping others do the same.

The best way to predict the future is to create it.

www.GoalGuru.com

Let's begin by revealing the much anticipated results from this year's research.

The Top New Year's Resolutions for 2008 as compiled by The Goal Guru (www.GoalGuru.com)

1. Earn more money
2. Lose Weight, Get in Shape or Improve Health/Wellness
3. Get organized
4. Manage my time better
5. Spend more quality time with family and friends
6. Debt reduction
7. Contribution to others
8. Find my soul mate or improve current relationship
9. Find a better job/career advancement
10. Quit smoking

As you can see, there are no major surprises on the list. You may even see some of your own resolutions above.

Next, I wanted to know what the most common struggles were that people experienced.

In the past, what were some of the challenges or reasons why you did not succeed with your resolutions?

1. I wasn't 100% committed to it
2. Lack of confidence/belief in self
3. Poor planning
4. Poor time management
5. Fear
6. Lack of energy
7. Lack of support
8. Don't know how
9. I have no idea

As you can see from the challenges above, none of them are insurmountable, yet they are enough to derail the majority of resolutions from becoming reality.

Below I have broken down each individual challenge in detail.

Resolution Roadblocks

Roadblock #1- Lack of Commitment

63.8 % stated that in the past, the #1 reason they did not succeed with their New Years Resolution was because they were ultimately not 100% committed to it. I find it ironic that the word “resolution” is derived from the word “resolve” meaning to decide with firm determination; fixed and firm in purpose.

So the reality is if you are not 100% committed to something, it's not really a resolution.

Millions of people honestly believe they are setting a resolution, when it's not even close. It may be a hope, a wish, an idea, a gleam or a fantasy, but it is certainly not a resolution. A resolution embodies a clear, unambiguous promise to ones self, powered by a deep rooted internal commitment.

In my upcoming book “Goal Rush!” (early 2008 release) I provide a step by step formula for determining your most important life Goals and how to assess whether or not they pass the test in advance before you even get started towards it. There are questions you can ask yourself up front to save yourself valuable time and energy so that you engage in only the pursuits that matter most and not engage in things that have little meaning to you.

Roadblock # 2 - Lack of Confidence / Lack of Faith in Self

45.3 % stated that they lacked the necessary confidence and faith in themselves to fulfill their Resolution. Self confidence is best achieved through action. Think of something you did in the past that at one time you didn't think you could do. Because you dared to follow through and did it, you now know you can do it again and again.

Think of a time in your life when you accomplished something you were proud of and remember that feeling after you achieved it. Incorporate those feelings and into your personal Goals today.

Roadblock # 3 - Poor Planning

44.2 % stated that their poor planning caused them to not reach their resolution. The bigger your Resolution is, the more planning is required in order to bring it to fruition, especially if you have never achieved it before. Begin with the end Goal and work backwards to the present, breaking your goal down into smaller manageable steps and tackle them one at a time.

For planners and calendars, visit <http://www.GoalGuru.com/resolutionresources>

Roadblock # 4 - Poor Time Management

43.1 % stated that poor time management contributed to them not succeeding in their New Years Resolutions. We live in the information age. We have cell phones, PDA's, blackberry's, email, the internet and thousands of TV stations all vying for our attention. We are under a barrage of constant stimulation, and you cannot go anywhere without someone or something wanting a piece of you.

You must determine in advance what your values and priorities are otherwise you will be susceptible to every distraction that comes along. There are 525,600 minutes in a year, which is plenty of time to accomplish your major life Goals, as long as you are consciously investing your minutes where they matter most.

The time management program (<http://www.TheTimeCommandments.com>) will walk you through the critical questions to ask yourself in order to clarify your priorities and gain control of your time and energy once and for all. Participants gain an average of 2 extra hours per day after completing the program.

Resolution Roadblock # 5 - FEAR

36.4 % of people who responded said that Fear was a major reason they did not achieve their Resolutions. Fear can be a very powerful force. Sometimes fear serves us by alerting us to potential danger, but too often it is not harnessed for what it really is – a signal to be used for evaluation or conscious examination.

Fear is an emotional signal to warn us for the “potential” of danger. It is up to us to examine what lies beneath it, behind it, underneath it or within it. While fear precedes a negative experience, fear also comes before a positive experience, like change and positive growth. Fear accompanies growth, change and most of all progress. Doing anything differently than you previously have done before will bring about a feeling of fear. You have probably heard the acronym of False Evidence Appearing Real. Sometimes that big ugly monster is just a figment of our imagination.

As a child in first grade, I recall feeling terrified of standing up with my grade school class and singing in front of the entire student body at the annual Christmas show. Was that particular fear a signal that my life was in danger? Not even close. It was the natural rush of emotion that accompanies an activity that I had never before.

The only way to allow it to serve you is to examine it and determine whether or not a particular fear is a signal to heed as a warning or a signal that you are about to embark upon a new experience, an adventure, a change and breakthrough to a new level. I now speak in front of live audiences of thousands and appear on television before millions of people. If I had allowed that particular fear to stop me by disengaging in the activity, you wouldn't be reading this report right now.

In www.GoalUniversity.com I interview today's leaders who are shaping the world. We feature a multitude of real world success stories, journey's from worst to first in great depth, how to interpret your emotions, honor them and ensure they serve your greater good for your own advancement, by not allowing them to hold you back.

Resolution Roadblock # 6 - Lack of Energy

31.0 % said that the reason they did not achieve their New Year's Resolutions was due to a lack of energy. There are more demands on individuals now than at any other time in history. And they continue to increase! We must make our health a priority and provide our bodies with the proper amounts of exercise and optimum nutrition.

The solutions lie within gaining a clear understanding of who we are, where we are going and nurturing each aspect of our lives so that we can live in greater harmony with our highest vision. Mental and physical energy come from what we put into our mind and what we put into our bodies. Exercising regularly, reading positive books and listening to motivational audios nourishes our psyche as well as practicing specific physical health and wellness rituals, such as modeling healthy eating guidelines and following a high quality nutritional program. For information and a personal recommendation on the official nutritional and weight loss program of GoalGuru.com please visit: <http://www.goalguru.com/recommends/diets101>

Resolution Roadblock # 7 - Lack of Support

19.7 % said that the reason they did not reach their resolution was because of a lack of support. Every goal can be advanced much more quickly with the right support system in place. This includes your family, professional and peer network. You become like the people you surround yourself with so choose wisely. Surround yourself with people who have Goals and take consistent action towards their attainment. The fastest way to advance any Goal is to work with a Mentor and Coach.

You can enroll in mentoring at: <http://www.MillionaireMentor.com>

Resolution Roadblock # 8 - Don't Know How

16.1 % said that the reason they did not reach their New Year's Resolutions was because they simply did not know how. In every instance, with every Goal or resolution you set for yourself in life from today forward, know that there is someone, either an individual or several individuals that have the ability to help you achieve it.

There were Goals that I set years ago and had no idea how to bring them to life, but because I kept looking for ways to learn and advance them, I found those key connections with others who could help me. They made introductions to others who could guide me. I found pieces to the puzzle in the public library, the internet and among my peers by asking if they had any ideas and I took steps each and every day towards its attainment.

Resolution Roadblock # 9 - I Have No Idea

8.3 % of people have absolutely no idea why they did not reach their New Year's Resolutions. If you have no idea why you have not achieved your Resolutions, or major life Goals, you may want to seek an outside perspective or consult with a coach who can help you identify the reasons. You could be unknowingly practicing self sabotaging behaviors that can be spotted easily by a trained eye.

It's no wonder why so many people struggle with achieving their New Year's Resolutions!

In our survey, we asked the following question:

At any time during your life, in grade school, junior high or high school did you ever receive instruction on Goal Setting?

Yes 26.4 %

No 73.7 %

It is unfortunate that 73.7 % of people have received no instruction on Goal Setting, the number one life skill, at any point in their 12+ years in the educational system. 73.7 % of men and women leave the educational system with their high school diploma in hand, but no clue or direction on how to achieve their life Goals.

So what does this mean for you? Does it make sense trying to begin each year doing the same thing, in the same way and getting the same unappealing results? The answer lies within the understanding that if you make the commitment to learn the formula that works every time, you can apply and even master the necessary components for getting the results you seek in every area of your life.

The good news, or rather, the GREAT news is that every single New Year's Resolution you set and truly commit to is achievable. If given the proper time, attention, effort, support, resources and planning, you can create your own personal road map that will lead you to your desired destination.

The journey of a thousand miles begins with a single step.

Step 4. Begin to create an action plan. Your action plan will evolve over time, sometimes adding new tasks, sometimes removing tasks that do not apply and sometimes rearranging the plan entirely. Just get started jotting ideas for your action plan and capture them on paper. Once you have laid out the activities, arrange them in order of priority with 1 being most important, and 2 next most important and 3 next most important and so on.

My action plan: _____

Step 5. Choose an accountability partner or team. This must be at least one person who is supportive, someone who is pursuing a Goal of their own, some one whom you will communicate with at least once a week, via telephone, at a designated time. You will share you're your Goals with each other, including your "why." At the end of each scheduled conversation, you will set forth the activities you will complete before the next conversation. Each week, this person will ask you directly if you have followed through on your action plan for that week. You will do the same for them. This can also be done daily, but you must both be absolutely committed to keeping your word with each other. (be sure your partner or team has this special report to work from so you are on the same page). If you cannot find a partner who is committed, supportive and passionate about their Goals, you can enroll in Goal University and find one at: <http://www.GoalUniversity.com>

My accountability partner (or team) is: _____

At __ (time) ___ o'clock am/pm on _ (date) __, 2008, we will check in and have a brief accountability session to help keep each other on track. (15 minutes per person in duration) Schedule it into your calendar.

Step 6. How will you feel as you are moving towards your Goal and how will you feel after you have achieved the Goal? Describe the positive emotions you will experience along your journey and after you have reached your Goal. Goals have the ability to raise your esteem and confidence level as you make distinct, measurable progress. As I progress towards my goal and achieve my Goal, I feel (describe the emotions you will feel):

Become the Goal

The greatest determining factor for ensuring your long term success is to transition your desire from a short term “attempt” into a vision of lasting change. That lasting change must be supported by clear, actionable steps. Your 100% commitment, daily thoughts and actions should be aligned with becoming the person who embodies that Goal by actively, internally creating the behavior changes, forming new desirable habits to replace the old, unwanted ones. By engaging in new proactive rituals consistently, you will sustain the results you truly desire. Become the Goal. See yourself as having already achieved the Goal and focus on the feeling it gives you when you have succeeded.

Step 7. Describe the person must you become and the traits you will need to adopt in order to achieve the Goal?

I _____

The world operates within the law of cause and effect. If you create the causes, you will achieve the effects you desire. The person who understands which ingredients are required to create the cause, and who follows through consistently, will create the effects.

This year, set out with the expectation of succeeding.

Transition your desires from wishes and Resolutions into long term Goals that you actually schedule into your daily life. If I am going to improve my fitness and wellness levels by changing my diet and adding exercise to my routine, where will I find the time or rather, where will I make the time? Where within my current schedule will I make room and work it in?

If you think you can or think you can't, you're right.

There are 24 hours in a day and our current lifestyle and habits utilize the allotment of time we have. Therefore we must look at our day to day life and find the segments of our day to fit in the practice of the new behaviors we desire. If you catch yourself saying “there is no time,” you must either become more efficient with the time you have or eliminate something else that is less important, in order to make the way for the Goal.

Step 8. Schedule it into your life and into your calendar. Book it!

Make Room for the Goal. Examine your day to day life, hour by hour. Think of what you habitually do. For each activity you normally do, ask yourself, does this activity improve the quality of my life? If not, then don't do it. As yourself, does this take me towards my Goal or away from it?

If your Goal is to exercise daily, and you have a habit of watching television in the evening, sitting on the couch and idly watching tv does not move you towards your Goal. You can however make a vow to yourself that you will not watch tv until after your daily exercises are done, or ensure that you watch tv while exercising. Schedule your actions and activities in advance so you are not trying to squeeze them in as an afterthought.

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday : _____

Saturday: _____

The more clarity you have about what you will need to do, when you are going to do it and what you will need to limit or stop doing, the more successful you will be.

The more specific and measurable your Goal is and the more clarity you have about the schedule and action steps required, the more you will ensure your absolute success.

Step 9. State Your Goal in the Positive Present Tense

Phrase your Goals in ways that are clear, specific, measurable, and use positive, present tense language. Each time you reaffirm them, you further program your mind to achieve the specific target. Your brain works best with clear targets. Identifying the negative is a great catalyst for change, but the Goal must be translated into language that the brain can identify as a target to strive for.

Most common example of negative Goals:

lose 30 lbs
get out of debt

Stating your Goals as in the example above empowers the weakness within it. The way to empower your strengths is to state the Goal in powerful, positive tense terminology, including some of the proactive steps required for achieving it.

Example of a positive present tense Goal: Weigh 125 lbs by March 4th, 2008 by working out 60 minutes per day Monday, Wednesday and Friday and creating my meal plan for the week in advance each Sunday night.

This Goal is powerful because you take any guess work out of the equation, you even avoid sabotage by planning your menu and meals in advance, thus eliminating impulsive selections. It also provides a Goal that is clear, specific and measurable, giving the brain exactly what it needs to succeed.

Step 10. Create Momentum – Blast off towards your Goal with a Goal Rush!

Now that you have the basics down, it is important to begin to bring it into reality. This means it is time to take massive action and get the ball rolling. Take an action right now today that will show yourself and the world that you mean business. Take that first step, some sort of action right now TODAY and then build upon it each and every day. Do as much as you can as fast as you can. Strive for progress, not perfection.

Most resolutions die because no action was taken or not enough action was taken quickly enough. Once you get the momentum started by taking the first step, every step thereafter is much, much easier. Each action you take adds to your momentum. You stack the odds in your favor whenever you take quick decisive action towards any Goal. Momentum breeds momentum.
(Goal Rush! book scheduled for early 2008 release)

Step 11. Get your personalized Goal Band imprinted with a brief description of your Goal, which you will wear 24/7 as a reminder of your commitment to your Goal. Each time someone asks you what it represents, it will serve as a reminder to you. <http://www.goalguru.com/goalband>

We wear clothing emblazoned with other people's mantra and brands, it's time to start wearing your own. Surround yourself with reminders of your Goal.

Personal Accountability and Putting the Pieces Together

Once you have the previous pieces in place, the final step to ensuring lasting change is personal accountability. This includes doing the things you need to do, even after the initial inspiration has gone. By utilizing an accountability partner, you ensure your Goal will remain in the forefront of your life.

The best way to predict the future is to create it.

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Step 12. Create your personalized contract.

My Goal Contract

I, _____ happily and easily (goal stated in the present positive tense)

by (time line or or deadline) _____

because (your why / list at least 10 deeply personal reasons) _____

I will achieve this by: (list some of your action steps along with the schedule for those activities) _____

For accountability, I have chosen: (accountability partner or team) _____

as my accountability partner and will report to him/her each (day or weekly chosen interval)

_____.

X _____

Date: _____

*Example of a Completed Personal Contract***My Goal Contract**

I, _____ Sally Smith _____ happily and easily ___weigh 125 lbs by March 4, 2008___ so that I will have more energy, feel vibrant and alive, be a great example to my children, be more efficient and productive at work, have more mental energy, have higher self esteem, live longer, prevent disease, reduce stress, fit in my clothes better, feel great about myself when I look in the mirror, attract other healthy oriented people into my life, become all that I can be etc _____

I will achieve this by _____ Joining Goal University, Wearing my Goal Band as a reminder, Joining the gym, exercising Mondays, Wednesdays and Fridays by getting up 40 minutes earlier in the morning, by preparing my food menu for the week in advance on Sunday night, so that I am not tempted to stray from my plan, by allowing myself to eat McDonalds once a week. I will also park my car at the far end of the parking lot at work and take the stairs instead of the elevator while looking for opportunities to have fun while enjoying my new healthy lifestyle. _____

For accountability, I have chosen _____ Jill Koenig _____ as my accountability partner and will report my progress to her each _____ Friday afternoon at 3pm Central time _____

X _____ Sally Smith _____

Date: _____ December 26, 2007 _____

The final question contained in the 2008 New Year's Resolution Survey was:

If you could work with a Coach who is a world reknown expert on Goal Setting, from the comfort of your home or office computer, while being part of an online community of like minded, supportive people and receive weekly tips and instruction on Goal Achieving, would it make a positive difference in your life?

Yes 93.5 %

No 7.2 %

A resounding 93.5 % of people are begging to work with a Coach, which clearly illustrates that every human being knows they are capable of so much more than they are currently settling for.

Sometimes all we need is a guide to help show us the way.

This Resolution Roadmap, while succinct is a merely a simplified starting point for you to take the first steps and get some ideas of what you want and fill in some of the missing pieces of how to get there.

For those of you who are serious about achieving more in 2008 than ever before and would like to make the commitment to have it all in 2008, step up and stay plugged into your Goals year round, achieving results consistently, I would be honored to be your guide when you enroll in Goal University.

Only 3% of the world's population have clear, written Goals.

It's no wonder that same 3% controls 97% of the world's wealth. Obviously the 3% know something the rest don't know. Obviously the 3% do the things that the 97% won't do. You're invited to join the Three Percent Club by enrolling in the only global educational program designed for you with the sole purpose of helping you master # 1 Life Skill, Goal Achieving.

To learn more, visit:

<http://www.GoalUniversity.com>

Happy New Year and let's make 2008 Your Best Year Ever!

Jill Koenig

Jill Koenig

Author, Coach, Motivational Speaker

Founder of

<http://www.GoalGuru.com>