

How to Make It Happen – My Game Plan for the Year

By Chip Eichelberger



It is a worthy goal to create another great year and not settle for a good year (or worse). My belief is that it is not likely to happen without a little preparation on your part. We need to take some time to THINK! We are all busy and this process is worth the effort so I will keep it simple.

Is it worth a hour NOW to achieve extraordinary results in 2008?

1. **Review what happened last year** – take a ten minutes to reflect on what you are proud of, what you accomplished. Write it down no matter how small. What were the specific results you achieved? Did you have a goal list from last year? Next, where did you let yourself down? What were your biggest disappointments and what did you learn? If you don't learn from the past, you'll repeat it. This is a good place to start for thinking about next years goals.

2. **Get clear where you are now** – you need to make an honest assessment of your progress so far. If you do not have one, go to the [Documents Library](#) at my web site and download the **Score Card** This will help you get some clear **benchmarks** in key areas: faith, family/relationships, health/energy, career, community involvement, finances, fun/recreation/vacations, your home projects and personal growth.

Example: get clear on how much money you have, where it is invested, what return you are getting, how much you owe, how much you want to make this year, how much you will save, how else could you generate income etc.

Example: how much do you weigh, how much do you need to lose/gain, what is the fat content of your body, cholesterol level, BP, # of workouts a month, energy level, # of fruits and vegetables a day (*Nat'l Cancer Institute now recommends 7 for women and 9 for men*), # of soft drinks you drink a day etc.

Bonus Tip: the **number one source of calories** for Americans according to the CDC is soft drinks! The average American drinks 746 - 12 ounce cans a year.

One extra soda a day equates to additional 2.3 pounds in weight gain a MONTH.

If you want to lose weight or get your kids to lose weight – **get the soft drinks and high sugar drinks out of your home and workplace!**

Go to [3Percent Choice.com](http://3PercentChoice.com) and make the commitment to be one of only 3% who lead a healthy lifestyle.

At the [Documents Library](#) – download two copies of the **Winner's Workout Schedule**. Print it out, determine your workout goal, sign it and place it on the mirror in the bath room. As you will see, you set a goal and an actual result to achieve and then track your results.

Truth is incontrovertible; malice may attack it and ignorance may deride it; but, in the end; there it is. **Winston Churchill**

Follow the **Tips for High Energy, Health and Vitality** on the Winner's Workout Schedule. Those are five easy action steps you can do for yourself and to set a better example for your family that will make a measurable difference this year.

Remember, you can never make up for on a treadmill, what you can put in your mouth.

*Why - Because it takes so long to burn a big number of calories working out, it is not and efficient way to lose weight. There are about 840 calories in a Whopper. You only burn about 220 calories in a fast walk on a treadmill in 30 minutes. You do not have time to do 2 hours on a treadmill to burn off a Whopper! **The only effective way is to cut your calorie input.***

3. **Decide what you really want this year** – what specifically would make it a great year? Dream and scheme, and then dream bigger! I recommend you get your family involved in this process, especially if you have kids. Think about those key areas listed above. This is goal setting 101 – you must **write them down!** Some of the items may be for immediate completion, some in a month, some this year and some longer term. Take a good look at your list. What are the top specific, measurable outcomes for those time frames? Make sure you have each of the key areas represented. It is not the quantity, but the quality of the goals you set!

The next step is to **display them**. Break down your yearly goals into monthly chunks to make them more digestible. The format is up to you: mind map, incorporate pictures, a simple list in each area with a time line designated. It does not matter how you do it, just do it! Set up a system to **track your progress**. That is why the

Winner's Workout Schedule is so successful. If you are in sales or have a business, you must have a plan of action and a way to track your progress.

Example: How many non-fiction books will you read this year? Set a goal and fill in the titles of the books as you complete them. Check out my recommended reading and listening list – **The 4% Solution** in the Documents Library.

Bonus Tip: you need a simple way to review your goals daily. A unique solution I have used for over 10 years is to complete this list and get in **laminated** and **put it in your shower** for easy review. A little water behind the sheet and it will stick to any glass and almost any tile. You are typically there every day – make that time valuable. Teach your kids this process too! Putting them on the mirror in your bathroom works too.

4. **Decide why you will make it happen** – you must make a decision that this is your year. Do you believe in yourself and your ability to make it happen? That's the first step. Believing leads to doing, and taking consistent action gets results. Take the time to write down why you are committed to make it happen. You must have a compelling why to motivate you during adversity.

5. **Turbo charge your progress** – if you want to make it happen quickly, baby steps will not cut it. **You will need to make a radical change.** Why? The extreme change will yield quicker results and get you motivated faster. Making a slow gradual change takes too long! This is even more true if the hole you are trying to dig out of is deep. Most the people I have spoken to over the years who quit smoking did it in a moment. Not over cutting back slowly. The same applies to alcohol and drug abuse.

If you (or your children) are seriously over weight, ordering the Diet Pepsi with the Whopper will not have a big impact. Cut out soda entirely. Starting eating your 9 fruits and vegetables if you are man – 7 for women. Start bringing a small cooler with you in the car and too work so you have quality food with you all the time. If your energy level is down, begin getting up at least three times a week to get your aerobic workout before work.

There is a big difference between committed and interested. You must have clear reasons why you will not fail yourself and your family. Write at least a paragraph to yourself – what kind of person do you have to be – how will you behave? What do you need to believe? Who will support you? How will it make you feel becoming the person you will need to become to achieve your goals?

You must own your new choices and take responsibility for the outcomes you want to achieve. If you are overweight or your kids are overweight it is your fault. Do not place the blame elsewhere – step up and take ownership of the situation.

Put on the hat of responsibility and wear it with pride!

Remember, you will typically overestimate what you can accomplish in a year and underestimate what you can accomplish in a decade.

Keep in touch and let me know what you do – I love to hear the stories when people take action now!

POWER PAK OFFER: I have taken the best strategies and lessons I have learned and put them into a few powerful audio/video programs that can help you this year. Look for a special offer on the [Power Pak at GetswitchedOn.com](#).

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A peak performance strategist and motivational dynamo, Chip is positively great at making your next convention unforgettable. Former Tony Robbins international point-man, Chip has a magical ability to generate **enthusiasm, contagious energy** and **results** that will last well beyond the presentation. His clients include Ernst & Young, Tommy Hilfiger, ADP, Century 21 and Bank of America. Toll – Free 866-224-1393, Chip@GetSwitchedOn.com – Sign up for his monthly ezine at www.GetSwitchedOn.com