

# New Year, New Life

How to Turn Your New Year's Resolutions into Action & Results

**A free 15-minute online seminar**

*passion*<sup>06</sup>  
Transform Your  
Health • Relationships • Career



Introducing “The Power of Certainty”, a 15-minute seminar featuring a four-step process that will help you turn your New Year's Resolutions into action and results.

“The Power of Certainty” is not about creating resolutions. It will help you gain clarity about where you've been, where you are now, and where you want to go so that you can create lasting change in every area of your life. It's about creating momentum that will help drive you to revolutionize your health, your relationships, your finances, and your career.

***This free 15-minute exercise includes two components:***

- Five-page workbook
- 15-minute online audio seminar

**Step 1: Print this five-page workbook** (if you haven't already done so)

**Step 2: Access Tony's online audio at [www.tonyrobbins.com/goals](http://www.tonyrobbins.com/goals)**

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## Step 1

Use this workbook in conjunction with Tony's special seminar class "*The Power of Certainty*." Listen as he guides you through each of the four steps, helping you to create lasting momentum. To play the audio, visit [www.tonyrobbins.com/goals](http://www.tonyrobbins.com/goals)

Take a few minutes to write down a list of personal accomplishments that at one time were merely desires, dreams, or goals. Include both big and little achievements that initially seemed difficult or impossible. Your job, for example, originated as a goal or desire. What about your current relationship? At some point it was a desire as well.

Accomplishment #:

List accomplishments here:

<b>1</b>	<input type="checkbox"/>	
<b>2</b>	<input type="checkbox"/>	
<b>3</b>	<input type="checkbox"/>	
<b>4</b>	<input type="checkbox"/>	
<b>5</b>	<input type="checkbox"/>	
<b>6</b>	<input type="checkbox"/>	
<b>7</b>	<input type="checkbox"/>	
<b>8</b>	<input type="checkbox"/>	
<b>9</b>	<input type="checkbox"/>	
<b>10</b>	<input type="checkbox"/>	



Now, use the boxes above to check off three items that at one time seemed impossible to achieve.

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## Step 2

Now take the three checked items from Step one and write down the steps you took to turn each of them into reality. You may not have realized it, but something prompted you to desire those things greatly. Either you grew weary of some condition in your life (your body, relationship, finances, etc.) and it drove you to develop an Outcome/Result, or you experienced something pleasurable and wanted more.

Did you not focus on that experience continuously, putting a lot of emotional charge into it and thinking about what it would mean for your life? This was giving it a Purpose—a powerful “why.” What was the next step? Did you actually create a plan? Or did your brain take over, magically attracting things to you? What were the steps you took? Determine if there is a similar process or pattern you can identify here.

Accomplishment #:

Three most difficult accomplishments from Step one:

<b>1</b>	Accomplishment summary:
	Step 1
	Step 2
	Step 3
	Step 4
	Step 5
<b>2</b>	Accomplishment summary:
	Step 1
	Step 2
	Step 3
	Step 4
	Step 5
<b>3</b>	Accomplishment summary:
	Step 1
	Step 2
	Step 3
	Step 4
	Step 5

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## 5 Steps for turning dreams into reality!

- 1. Get triggered- stimulus triggers your brain**
- 2. You begin to imagine/envision new possibilities**
- 3. You become emotionally engaged**
- 4. You create a clear result and commit to it**
- 5. Take massive action- go for it like crazy (keep seeing the vision, focusing and taking action and changing your approach)**

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## Step 3

1. Pretend it's Christmas (or a holiday you celebrate similarly). Brainstorm a list of things you would like to achieve, create, give, have, do and/or experience in the next 20 years. Record everything you want to have, do, be or create in your lifetime, big or small.

Desire #:

List desires here

<b>1</b>	<input type="checkbox"/>	
<b>2</b>	<input type="checkbox"/>	
<b>3</b>	<input type="checkbox"/>	
<b>4</b>	<input type="checkbox"/>	
<b>5</b>	<input type="checkbox"/>	
<b>6</b>	<input type="checkbox"/>	
<b>7</b>	<input type="checkbox"/>	
<b>8</b>	<input type="checkbox"/>	
<b>9</b>	<input type="checkbox"/>	
<b>10</b>	<input type="checkbox"/>	



2. Now go back through this list and decide how long it will take you to achieve each desire by entering 1, 3, 5 or 10 years in each box.

3. Circle *all* of your one-year desires and choose your *top four* one-year desires.

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## Step 4

Summarize each of your top four one-year desires from Step three here. Then, in the area provided, write a summary of why you *must* and *will* absolutely achieve these desires within the next 12 months.

Top four 1-year desires from Step 3

One-year desire #	One-year desire #1: <input type="text"/>
<b>1</b>	Summarize why you <i>must</i> and <i>will</i> absolutely achieve this desire within the next 12 months.

  

One-year desire #	One-year desire #2: <input type="text"/>
<b>2</b>	Summarize why you <i>must</i> and <i>will</i> absolutely achieve this desire within the next 12 months.

  

One-year desire #	One-year desire #3: <input type="text"/>
<b>3</b>	Summarize why you <i>must</i> and <i>will</i> absolutely achieve this desire within the next 12 months.

  

One-year desire #	One-year desire #4: <input type="text"/>
<b>4</b>	Summarize why you <i>must</i> and <i>will</i> absolutely achieve this desire within the next 12 months.

**This concludes your goal-setting exercise. Thank you for taking this important first step in pursuing a life of total fulfillment!**