

How to Have the Best Year of Your Life

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When was the last time you had a great year? What has been the best year of your life so far? This year can be different. You can have a great year without that much effort. **You only need a new perspective and a plan.**

A few exciting goals and a few interesting things to look forward to can turn an average year into a great year.

Use these strategies to take control and make this year the best of your life:

- 1. Choose one exciting thing to do each quarter.** Give yourself something to look forward to. You can have something big each year, like a great vacation, but we need things that are closer in the future to look forward to, too.
 - Have something exciting planned at least once every 12 weeks. It might be a day trip into the city if that all your pocketbook or schedule will allow. Or you might be able to do something more extravagant. **The key is to have something that creates anticipation.**
- 2. Practice gratitude.** Your life is already better than you think. Be grateful for the good things and people in your life. It will enhance your mood, and you'll be in a better position to have a great year.
- 3. Set one goal for each major area of your life.** If you want to have a great year, you need to make some progress in your life. Break your life down into a few categories. You might decide on relationships, finances, health, and adventure. It's up to you.

- Create one goal for each category and do your best to achieve it. **Hitting just a couple of goals can make for a great year.**

4. **Spend less.** Debt is one thing that can ruin your life. Have you ever noticed how your mood is often closely tied to the amount of money in your bank account? Spend less money this year and save more. At the very least, ensure that you're spending your money in a way that will maximize your year.

5. **Eliminate the negative.** Get rid of as many things as possible that are getting in the way. The negative things in your life might be debt, certain social obligations, your excessive waistline, or certain people. What is getting in your way?

6. **Use the weekend to plan the following week.** A great year doesn't happen by accident. Plan your work, diet, exercise, and social activities. Plan anything else that is pertinent to your life, too. **Take responsibility for your results by planning your actions.**

7. **Eliminate five bad habits and add five good habits.** A year is just about the right amount of time to get rid of a few bad habits and add a few good habits. Pick one good and bad habit from each category of your life and get to work.

8. **Be more honest.** Be more honest with yourself and others. Be more honest about what you want from life. Honesty can be more stressful in the moment but is less stressful overall. Have a great year by increasing the degree of honesty you express in your life.

Was last year less than you'd hoped for? How about the year before that? Have you been stuck in a streak of bad years? **Make the next 12 months the best you've ever had.** Break out of your routine and try something new this year. You can have the best year of your life by setting the intention to do so right now.