



This is your year.

2016 will give you a fresh start, a clean slate, and the chance to start making progress towards your dreams. Most people don't follow through with their New Years resolutions. Fortunately for you, you're not most people.

Do you want to change your life?

Do you want to finally take action and work on your goals?

You can do it. Your life can be totally different in one year if you're committed.

I've compiled a list of ways you can reinvent yourself, get motivated, and reach your goals in 2016. Feel free to skip around and find some that resonate with you. Leave a comment below saying which once you're going to try.

Write a book

It's easier to publish your own work that it was a decade ago. James Altucher says [self-publishing your own book is the new business card](#). Writing a book helps establish you as an authority in your field. It can also lead to business opportunities in the future. I just published a book about finding your life's purpose and overcoming your fear of failure. You can check it out [here](#).

Start your own blog

Blogging is a great way for you to join the conversation online. Career expert Penelope trunk says [blogging is essential for a good career](#). She also says that, "A well-executed blog sets you apart as an expert in your field." There is a subject you're uniquely suited to talk about based on your personal experience. If you have an important message, [blogging](#) can help you spread it.

Read more

A great book can unlock parts of your brain you didn't know existed. Learning is crucial to being successful and books are a worthwhile investment in your education. Many of the world's most successful people are voracious readers. Read classic books (>100 years old). Read how-to books to sharpen your skills. Read biographies to be inspired by the stories of successful people.

Wake up one hour earlier

Waking up an hour earlier each day for a year amounts to nine workweeks of extra time to work on your dream. Use this time to plan, prioritize your goals, and come up with new

ideas to build a better future.

Get more sleep

If you want to stay productive, make sure you're [getting enough sleep](#). We romanticize the entrepreneur who works twenty hours per day, but if you need that much time to get things done, you're inefficient. It's better to have full engagement for a shorter period of time than to spend an entire day working with a half-empty tank.

Follow the Warren Buffet rule

Write down twenty-five things you want to achieve in your lifetime. Pick the top five. Forget about the remaining twenty and work on those five.

Write down ten ideas per day

This is another concept I learned from James Altucher (read his blog, it's a gold mine). Writing ten ideas per day strengthens your "idea muscle," and makes you more creative. Altucher says if you don't exercise your "idea muscle," it will atrophy. He includes this as part of his [daily practice](#) to become happier, healthier, and more successful.

Quit the job you hate

Life is too short for you to be working somewhere you hate. If quitting your job this instant isn't feasible, here are some ways to [deal with your job](#) until you're finally able to leave.

Focus on deserving what you want

To get what you want you have to deserve what you want. Instead of wishing you had the circumstances you want, become deserving of them. The universe reciprocates your effort. You get what you give.

Help other people

Zig Ziglar says, "You can have everything in life you want if you will just help enough other people get what they want."

Work on your attitude

The attitude you have towards life has a direct affect on its quality. You're attitude shapes your decision-making. It also determines how you'll react to tough situations. A negative attitude guarantees failure.

Make a declaration

If you have a big goal in mind for this year, announce it to everyone. Tell your friends and family. Make them hold you accountable. People want to appear consistent with the way they portray themselves. Now that you've told everybody about your big plans, you have to live up to them.

Quit smoking

Seriously. There's a mountain of evidence that says you're going to die early if you keep smoking. Use the declaration strategy to help you quit.

Apply for a job you're not qualified for

This will teach you to think big. There's a ton of competition in the middle and there's less at the top. If you're confident and persuasive you just might land it. Here's a free video series that teaches you how to [land high quality jobs](#).

Focus on yourself

Comparing yourself to other people who are more successful than you will make you feel insecure and unhappy. When you look at the lives of other people you're only seeing what they allow you to see. The grass isn't always greener. Focus on *your* goals, *your* dreams, and *your* life.

Stop making excuses

Be honest with yourself. Stop pretending that your circumstances aren't your fault. Admit that you haven't been doing all that you can to be successful. Then do something about it.

Watch less T.V.

Gary Vaynerchuk has some blunt, yet poignant advice about making time to be successful – "Everybody has time. Stop watching fucking Lost." Spend less time watching the tube and more time working towards your dreams.

Follow the one percent rule

Focus on getting [one percent better](#) each day. According to the rule of 72, your skills will double every 72 days. By the end of the year your skills will have increased by five hundred percent.

Think about dying every morning

It sounds morbid, but focusing on your mortality can help you put things into perspective. Your time on this earth is limited and each day brings you closer to death. Seneca said, "You

act like mortals in all that you fear, and like immortals in all that you desire.” You can’t keep putting your dreams off for a future that isn’t guaranteed.

Set goals you can reach

You want to have big dreams in the long run, but in the short term it’s best to set small, [achievable goals](#). Setting and reaching goals builds confidence and gives you momentum.

Change your philosophy

Your philosophy is the compass pointing you in the direction of your future. It’s what you believe about the world you live in. It’s what you use to determine reality. If you want to change your life, change your philosophy. If you believe the world is filled with opportunities, you’ll seek them. If you believe that life isn’t fair, you’ll stay stuck.

Find a mentor

Find someone who is already where you want to be in life and ask them to mentor you. Invite them for coffee or take them to dinner. Don’t simply ask to pick their brain. Be well prepared and [have something to offer them](#).

Save your money

This one is difficult for many of us, but it’s important. Start small and save at least ten percent of your income. At minimum put some change in your piggy bank each day. The key is making it a habit.

Donate a large sum to charity

Donating an uncomfortable amount of money to charity can help you switch from a scarcity mindset to an abundance mindset. Helping others also makes you feel good about yourself.

Meditate

Your mind runs rampant with anxious thoughts on a daily basis. How do I know this? Because you’re a human being. Meditation alleviates stress and helps you become an observer of your thoughts instead of a slave to them. Try it. It works.

Go to an event by yourself

Find a local networking event where you don’t know anyone and try meeting some new people. This will help you get out of your comfort zone and build your social skills.

Work on your speaking skills

Regardless of your profession, if you reach a high level in your industry you may be asked to speak in front of a crowd. Public speaking is a useful skill to have. Attend a local toastmasters meeting to learn how to become a better speaker.

Cut toxic people out of your life

The people around you have a direct impact on the quality of your life. Do yourself a favor and cut ties with insecure and negative people. It's easier said than done, but it's necessary.

Start a side hustle

One of the biggest financial mistakes you can make is only having one source of income. Even if you don't want to be a full time entrepreneur, find some ways to add additional income sources. Check out [side hustle nation](#) or [smart passive income](#) to learn how.

Find something to be grateful for

Write down three things you're grateful for everyday. Think deeper than, "I'm grateful that I'm alive." When you spend the time to think deeply about gratitude, you'll realize your life is much better than you perceive it to be.

Think

Take some uninterrupted time each day to think about ways to solve your problems and reach your goals. Pascal said, "All of humanity's problems stem from man's inability to sit quietly in a room alone." You'd be surprised what you can come up with when you block out the noise.

Find Heroes

Find people to look up to and inspire you. Emulate people who are successful in the area you're hoping to succeed. Learn about their stories and the obstacles they went through to make it. Knowing that someone started off where you are now and succeeded will help you stay motivated.

Start your morning off with positivity

The start of your day can have a snowball affect on the rest of it. Think about a time where you woke up on the wrong side of the bed. It went downhill from there. Listen to a motivational speech every morning and it will start your day off on the right track.

Don't read bad books

If you're fifty pages into a book and it isn't resonating with you, throw it away. Life is too short to read bad books.

Focus on one thing at a time

First, read the book *The One Thing* by Gary Keller and Jay Papasan. Second, follow their strategy of focusing on one thing each day, week, month, and year to be successful.

Keep a journal

Use a journal to capture a fresh idea that pops into your head. Use it to write down your goals and track your progress. Many successful people have a [commonplace book](#) for noting important items.

Learn a new language

Learning a new language makes you cool and more interesting. Learn a little bit at a time. There are many people who say it can be done in a matter of [months](#).

Stop beating yourself up

It's okay if you're not where you want to be yet. It's okay to endure setbacks. You've made mistakes in your life, but you're going to learn from them, not let them hold you back. You're good enough.

Practice patience

Anything worth having is going to take time to accomplish. Patience makes your dreams come true. It's the most important characteristic you need to be successful.

Focus on habits

Your [habits](#) determine your future. Success isn't a giant leap. Success comes from doing the little things day in and day out. The habits you formed in the past are what gave you your current circumstances. If you want to change your life, change your habits.

Attract Success

Don't chase success. Make success chase you. Jim Rohn said, "Success is something you attract by the person you become." Victor Frankl says, "Don't aim at success. The more you make it a target, the more you are going to miss it." Work on becoming a better person.

Work on your body language

Stand up straight. Walk twenty five percent faster. Smile when you greet people and maintain eye contact. Your body language gives off subtle cues to the people you meet. Anytime you meet someone new they use your body language to size you up.

Focus on what you can control

Focusing on things outside of your control is a futile effort. It will only lead to unhappiness and frustration. Make changes where you can and don't worry about what you can't change.

Accept your past

Let go of those moments you wish you could revisit and change. Be grateful for what has happened to you – good or bad. You'll never be able to move forward until you let go.

Perform the Steve Jobs test

Look in the mirror each morning and ask yourself, "If today were the last day of my life, would I want to do what I am about to do today?" If the answer is no for too many days in a row, change something.

Think experiment instead of failure

Treat everything in your life as an experiment and you'll never fail. A scientist doesn't consider an experiment that doesn't work a failure. In fact, they can even feel like a "failed" experiment brings them closer to the answer they're seeking.

Build momentum

Building and maintaining momentum is the key to success. Set small, reachable goals on a daily basis. Reaching these goals builds confidence and momentum, which will create a snowball effect and make you unstoppable.

Seek Mastery

Take something you have a natural talent for and work to become a master or an expert. It takes years of deliberate practice to master something (many say 10,000 hours). For you, 2016 is year one.

Learn how to say no

Don't try to please everybody. Prioritize your life and learn how to say no to anything that isn't important. What you say no to is equally, if not more important, than what you say yes to.

Breathe

When you're stressed out. When you're in a pressure situation. When you don't know what to do. Stop and take a deep breath.

Keep your mouth shut

You don't have to add your two cents into every conversation. Smart people spend more time listening than they do talking.

Accept people for who they are

If someone believes X and Y then you shouldn't be surprised when they do X or Y. When you're angry with someone it's because you're failing to understand the way *they* see things.

Don't take things personally

Marcus Aurelius said, "choose not to be harmed and you won't be harmed." No one can offend you without your permission.

Remove the limits you place on yourself

You have no idea what you're capable of. You don't know your ceiling for achievement, so stop worrying about it.

Think Big

Your problem is almost always thinking too small. Actions leading to big results can only come from thinking big. If your dreams don't scare you, they're not big enough.

Love the grind

Becoming successful is hard. It's supposed to be hard. If it weren't then everybody would give it a shot. Stop trying to fight the grind of life. Learn to love it. The hard is what makes it good.

Stop thinking you're special

You're not the only one with problems. You're not the only person who deals with setbacks, heartache, and obstacles. You're not a special snowflake.

Do your most difficult task right away

Your willpower is a depleting resource. Don't waste it on trivial items. Do your most important and difficult work before you do anything else.

Make empowering choices

Your choices today will either empower you or restrict you tomorrow. There is no middle

ground. Success is a series of smart choices. Failure is a series of poor ones.

Ask yourself this question when you're upset

“Will this matter six months from now?” If the answer is no, keep moving.

Work on yourself

Jim Rohn said, “If you work hard on your job you'll make a living. If you work hard on yourself you'll make a fortune.” Commit yourself to self-development.

Stop being mad at the world

The world doesn't care.

Control your perception

Shakespeare said, “Things are neither good nor bad, but thinking makes them so.” Your perception is the only thing that determines your reality.

Stop following the crowd

Doing what everyone else does will give you the same mediocre results everyone else gets. If the majority of people are going left, you should be going right. The difference between the top one percent and everyone else is the fact that they forged their own path.

Choose the right habits

Success is about doing the right thing, not doing everything right. Focus on developing a few key habits that are required for you to be successful. You don't have to be perfect. You just have to do a few things right.

Have a marathon mentality

Being great takes time. It also takes patience. You have to play the long game. Find your cadence. Work at a steady pace towards your ultimate goal. Treat the path to success like a marathon, not a sprint.

Control your desire

Sometimes wanting something badly can cause it to elude you. It's important to control your desire and keep it from taking over your life. You can't always push your way to success. Sometimes you have to stay calm and let it come towards you.

Use adversity to make you stronger

There are two ways to deal with obstacles and setbacks. You can let them destroy your confidence and cause you to quit. Or you can learn from them, keeping moving forward in spite of them, and use them to make you even better.

Be crazy

In order to reach the type of success most people only dream about, you have to be a little bit crazy. Steve Jobs said, “The people who are crazy enough to think they can change the world are the only ones that do.” Living the life of your dreams isn’t normal. It’s something few people ever accomplish. You have to have the audacity to think that you can be among the few who do.

Be clear on your role in the events of your life

Your circumstances are a mirror of you as a person. Your current situation is this way because you’ve attracted it. You’ll never be successful until you accept that you’re at the center of everything that happens in your life.

Look for clues

There are signs and clues you can use to guide you on your way to finding your purpose. Failures can be a sign to improve. They can also be a sign you’re pursuing the wrong thing. You need to become more observant and think about what your surroundings are trying to tell you.

Don’t sweat the small stuff

Little annoyances take small bits of energy and motivation away from you. Focus on what’s important. Don’t let insignificant problems get in your way.

Use disgust to keep you motivated

One of the best ways to stay motivated is to be fed up with your current situation. Decide that enough is enough. Decide that you’re not going to live the rest of your life this way. If you’re sick and tired of waking up on Monday morning and going to that crappy job, use that feeling to help you work on a way to escape.

Don’t try to do it all by yourself

No man or woman is an island. You’re going to need other people to be successful. Don’t be afraid to ask for help. Look to others to guide you and support you. Find people who compliment your skills to work with.

Establish clear priorities

Time management is a farce. You can't manage time. Time moves forward regardless of your actions. You can, however, prioritize what you do with your time. You need quality time with family and friends. But besides that, your most important priority is your life's work. You have to sacrifice certain things to make room for your priority items. Maybe it's T.V. Maybe it's weekends out at the bar. Maybe it's sleeping in too late. What ever you have to do, make reaching your goals a top priority.

Be careful who you listen to

Most of the advice you hear isn't good. Choose a few smart people to listen to and follow their advice above everyone else's. 99 percent of people aren't living the lives they're meant for so they're not qualified to tell you how to live. Ignore the 99 percent and listen to the 1 percent who are successful.

Start over (whenever you need to)

As long as you're alive you can always start over. If you had a terrible day yesterday you can start over today. If you slipped on your diet and exercise routine you can start over again. If you had your heart broken you can start over and find new love. If you fail at something you can start over, and over, and over again until you get it right (That's the big secret. You only have to be right ONCE).

Make a time commitment for working on your goals

You need to block out time to work on building your dream life. The key is to come up with a routine that's realistic. Don't say you're going to put in twenty hours a week if you're not going to do it. Five hours per week is a good starting place. Making time commitments makes working on your goals a habit. Good habits are critical for success.

Figure out how much you need to have f* you money**

Having f*** you money means you have enough money to sustain the lifestyle you want without having to work. Add up your living expense and the luxuries you want to enjoy. Having a number will give you a concrete goal to work toward.

Focus on the process

Even if you're making the right steps towards your goals, the results might not show up right away. It's easy to feel like giving up because you're tree isn't bearing any fruit. Focus on the process, not the results. If you're following a diligent and deliberate process your success is inevitable.

Forget about rules

The only rules you should abide by are the laws of physics. You've been taught a set of rules

growing up and they're the reason you place limits on yourself. The "rules" say you have to work at Xyz Corporation for forty years and collect a measly paycheck. The "rules" say you have to have above average intelligence or talent to be successful. There are no rules. You're capable of creating the reality you want.

Act like the person you want to be

Imagine the person who has everything you want. How would they act? How would they deal with people? What type of mindset would they have? Become that person now. Act as if you were already in possession of what you desire.

Stop Worrying

Worrying doesn't make your situation better. It blocks your mind from seeing alternatives. When faced with a tough situation you need to focus on your options moving forward instead of worrying about what has happened or what will happen.

Be prepared

Success happens when opportunity crosses paths with preparation. Your job is to develop yourself and become the type of person who is able to seize opportunities when they arise. Your moment will come. Will you be prepared for it?

Become a philosopher

Being a philosopher doesn't mean that you only spend your time pondering the subtle nuances of life. A real philosopher is someone who takes what they've learned and applies it to their own life in a practical way. Your goal in life is to learn how to live.

Learn from other people's mistakes

You learn from mistakes, but who says they have to be yours? There are countless examples of what not to do. Become observant. Learn about the mistakes of those that came before you. Heed the lessons of history. You don't always have to learn the hard way.

Stop waiting to be picked

You're waiting on your big break. You're waiting on a promotion, a new job, for someone to give you an opportunity. You might end up waiting your whole life. Instead of waiting to be chosen, choose yourself.

Study human nature

Learn about the things that drive people – self-interest, lust, pleasure seeking, and pain avoidance. When you understand what motivates people, you can use it to your advantage.

Learn about the brains cognitive biases and how you can use them to persuade people.

Make the world a better place

You shouldn't act solely out of self-interest. You're not successful if you have to take advantage of others or step on people to get where you're trying to go. Make an impact on the people around you.

Accept that the world isn't fair

Maybe other people have advantages that you don't. Maybe you're not the smartest or the most talented. But then what? You can cry and complain about how unfair your situation is or you can suck it up and decide to do something about it.

Don't try

When you say you're "trying," you're giving yourself an exit route. So when you give up you can say "I tried." No more trying. Now you're doing. When you're doing you keep moving no matter what. When you're doing the only thing that stops you is death. Success is inevitable when you're doing.

Adapt

The strongest species aren't the ones who survive. The species who survive are the most adaptable. Planning doesn't work. Strategy does. A plan is rigid. A strategy is fluid. Create a strategy to achieve your goals. Make contingency a part of your strategy. Always think multiple steps ahead.

Re-Motivate yourself

Zig Ziglar said, "People often say that motivation doesn't last. Neither does bathing – that's why we recommend it daily." You have to start from zero every single day and find the motivation to keep working. There's always something you can use to motivate yourself. The job you hate. The future you want. Find something you can use on a daily basis.

Move closer to fear

You have to walk through the fire to be successful. Walking through the fire means you have to work towards something with an uncertain outcome. You have to open yourself to the possibility of failure and continue to move forward. If you're scared – good. That means you're working towards something worthwhile.

Understand that there are no gatekeepers

You don't need a publishing house to get your book in front of people anymore. You don't

need a record deal to become a famous artist. You don't need anybody's permission. Everything is turning indie. Whatever arena you're in has become a level playing field. Build your own empire.

Stop looking for a magic bullet

There's no need for endless guesswork. You know what needs to be done. You just have to do it. If you've found your path to destiny, follow it with faith and don't look back.

Block out the noise

There's a lot of noise in the world. If you don't stay focused you will get distracted. Don't watch the news. Don't worry about celebrity gossip. Be careful about the media you consume. Be careful what you allow into your mind.

Never settle

Gratitude is one thing. Settling is another. Gratitude means that you appreciate what you have. Settling means that you pretend to appreciate what you have. Be happy where you are but never settle. Stay on the rise until the day you die.

Don't complain

About your job. About the weather. About your spouse. About your kids. About anything. Complaining makes you weak.

Never give up

Ever.