

# Fresh Start Webinar

2022 Webinar Series

Tools for Creating  
reasonable and achievable  
goals to achieve the things  
you desire to do.

# 5 Keys to Remember

- 01** LEARN FROM THE PAST  
Reflecting on why things did not work out in the past will become invaluable tool for you moving forward.
- 02** REMOVE THE OBSTICLES  
Making changes based on what you have learned from the past will help you chart new paths in the furture so you don't fall into the same habits of the past
- 03** SET REALISTIC GOALS  
If your goals or desires are not attainable you will fail even before you start. Remember to even break down larger goals into smaller goals to gain momentum, change habits and to create a new future.
- 04** ACCOUNTABILITY  
Find someone you trust that can journey with you, challenge you and motivate you when you want to give up.
- 05** CONSISTANCY  
Committing to doing something and doing it consistantly is the key to success. You will need to schedule time to acheive the things you want to do. Make it part of your routine and you will do it.

# Reflect on your previous year.

How many times have you been successful at closing the door to the previous year without it somehow trickling into this new year as well? The problems, mindsets and habits tend to follow you into the new year unless you take the time to reflect on the good, and bad and learn from your previous experiences.

What are some of the things you want to leave behind from 2021?

Reflect on what your goals were for last year? Were you able to achieve any of them? Why didn't you accomplish them?

Which goals did you not achieve that you would still like to do in this new year.

Those who fail to LEARN  
from History are doomed to repeat it.

UNKNOWN



Reflect on the things that went wrong last year? How did they negatively affect you?

What can you learn from last year that you can change to have a different outcome for this new year?

Write down all the GOOD things that happened Last year. Do you want to continue them or build upon them in this new year?

# Remove the Obstacles

## IDENTIFY AND REMOVE THE OBSTACLES

*Some examples of obstacles could be time, finances, energy, health, confidence, resources, fear, lack of motivation, procrastination, loss of loved ones, grief.*

What are some of the obstacles that you faced this past year that kept you from fulfilling your goals?

How can you remove these obstacles so that you can pursue the things you desire to do?

Is there anything in your life that is distracting you that you may need to consider letting go of or adjusting to make room for the things that you really want to do?

Sometimes you will need to say NO to something good to say YES to something better.

# Set Realistic Goals

ACHEIVABLE MEANS ATTAINABLE

Setting goals that are unattainable set you up for failure every time. Break down larger goals or dreams into smaller more manageable pieces. By accomplishing the smaller goals you will gain confidence and momentum to keep pursuing the bigger long term dreams.

What are some short term goals that you have for this new year. You may break it down into for the next month, week or even just the next day. Set up bite sized goals that you can achieve that will lead you to the bigger goals.

What are some longer term goals that you hope to accomplish over the next few years?

How can you break the big goals into a series of smaller goals that will eventually lead you to the bigger goal. For Example one of my dreams was to be a writer, but I needed to break it down into smaller goals such as committing to writing 1 hour every week, then committing to completing my first chapter.



A goal without a plan is  
just a wish

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# Accountability

## CONFIDE IN SOMEONE YOU TRUST

Having someone to hold you accountable, challenge you and encourage you to keep going when you feel like quitting is invaluable. Commit to connecting regularly to discuss your progress, pitfalls, ask for help or receive encouragement to keep going.

List some people who you may consider to journey with holding you accountable to your goals.

Commit to connecting with them on a consistent basis, such weekly, every two weeks, or even monthly. When you can pick the same time each week and schedule it in to your calendar it is much easier to connect consistently.

You can choose to connect in person, by phone, or video chat.

# Consistency

## COMMIT TO FOLLOW THROUGH

The main difference between those who achieve their goals and those that don't is that those that consistently put the time and effort in each day are the ones who will achieve their goals. How many times have you said Ill do it tomorrow, but it often doesn't get done. Commit to making a schedule and sticking to it. Make a plan and implement it. If you don't have a plan or strategy you will go a whole other year and not acheive your goals.

What are some thing you need to actively put designated time and attention to to achieving your goals?

Are there any changes you will need to make in your current schedule to accommodate these changes? Are there good things that you have filled your time with that may be time to let go of or lessen your involvement?



There are only a certain amount of usable hours everyday. It is important to know how we use our time and what where we can make the time to pursue the things that are really important to us.

# Summary

## **REFLECT ON THE PREVIOUS YEAR**

Reflect on all the good and negative things that happened in the previous year. What can you learn from those experiences that can set you up for success in this new year.

## **REMOVE THE THINGS STANDING IN YOUR WAY**

Identifying and removing the obstacles that keep you from doing the things you want to do will help you succeed in this new year

## **MAKE YOUR LIST OF GOALS**

Using the things you learned in your reflections from your past seasons make a list of reasonable goals for 2022.

## **MAKE A PLAN**

List what you would need to achieve each goal, schedule time in to complete them, say no to things that will distract you from achieving your goal.

## **TELL A FRIEND**

Accountability is the most important key to being successful. Choose someone you trust and that will be consistent at checking in with you to see how you are doing.

If you desire to connect further about any of your particular struggles or need more suggestions or support in creating a plan for this new year I would love to hear from you.

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**Without a plan you are going to stay where you are. Its time to make a move.**