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52 MONDAYS

The One-Year Path to Outrageous Success & Lifelong Happiness

VIC JOHNSON

VIC JOHNSON is a motivational speaker and personal development specialist. He was a pioneer (at age 23) of the quick-lube industry when it first launched in Florida. He is today the Host of *Goals 2 Go*, a television show on The Success and Training Network. He has established several Internet based business including AsAManThinketh.net, MyDailyInsights.com and Goals-2-Go.com. He is the author of *No Dream Too Big*, a contributor to *Walking With the Wise* and co-author of *Goals and Day-by-Day* (with James Allen.)

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MAIN IDEA

The key to achieving more in the next year is to set aside a little time every week on a “same time, same channel” basis where you step back from the day-to-day bustle and focus on taking a step or two towards your goals. While this may sound like an unimpressive and simple idea, the fact is a lot can happen in a year. Even if you just take a few steps forward each week, the combined impact of 52 weeks of small steps can be impressive.

“One of the most important goals I ever achieved was one that I started on in OCTOBER. It doesn’t have to be the first of the year, the first of the month or even the first of the week. There’s no magic about when you start. The magic is in getting started!”

– Vic Johnson

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| <ul style="list-style-type: none"> 1 Define success and a method to keep you motivated 2 Calendar small steps towards your goals 3 Establish a new habit which is aligned with your goals 4 Write down some affirmations which are goal focused 5 Build some mental toughness 6 Take a risk and get into A-C-T-I-O-N 7 Commit to living your life like a champion 8 Make yourself a great week by tapping into rewards 9 Envision success and understand gestation 10 Enjoy the process of who you are becoming 11 Get inspired 12 Give yourself a visual boost 13 Go out of your way to inspire someone else 14 Get into the habit of making and using check lists 15 Join a group that are heading in the right direction 16 Prioritize – Start saying “No” to more distractions 17 Measure your efforts and set new benchmarks 18 Choose an intimidating feat 19 Attempt something outrageous and give it your all 20 Add a new daily habit which fires your determination 21 Take another small action which connects to your habit 22 Develop a numerical assessment of your progress 23 Focus on delegating work others can do for you 24 Commit to working on your goal for a specified time 25 Talk to someone you admire and ask their advice 26 Act as if you are already a success | <ul style="list-style-type: none"> 27 Start preparing for the realities of success 28 Think expansively about the second half of the year 29 Pay attention to and visualize success 30 Restart the clock – Commit to moving forward each day 31 Track your mood and think more positively 32 Start reading some books on self-development 33 Figure out some enjoyable ways to reach your goal 34 Clarify and recalibrate why you’re pursuing your goal 35 Identify one stone you can put in place each day 36 Hit the turbo button by test driving your dreams 37 Take one step outside your comfort zone every day 38 Show gratitude by giving to someone less fortunate 39 Become more obsessed with your goals 40 Embrace what inspires you and make it prominent 41 Take on a 4th quarter new habit and ingrain it 42 Eliminate distractions and get back on track 43 Double down – Figure out what’s effective and do more 44 Consciously fill your idle time with positive energy 45 Spend 12 minutes a day on productive activities 46 Finish strongly and set yourself up to score 47 Take a few minutes to record your blessings 48 Make a list of the people you’re grateful for 49 Reach out to the people who can help you 50 Sow your last seeds of the current year 51 Plan what you want to achieve next year 52 Celebrate all you’ve accomplished this year |
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