



Dike Drummond here at TheHappyMD.com and I am so happy you made the choice to make 2013 your best year yet. Welcome to the 2013 Breakthrough Process.

This is a worksheet you print off and fill out with your favorite pen - ideally with your favorite cup of tea as well. The entire process will take less than an hour and set you up for much more success and happiness in the brave new year of 2013.

Our goal is to do two things

1) LOOK BACK

- Harvest the learnings and celebrate your accomplishments in 2012

You did a lot, learned a lot and accomplished much in 2012, I am certain of it. However, most of us are so busy in our day to day lives that we don't notice these things until you slow down and look back.

The holidays are a natural time for most of us to get this break. This worksheet will help you recall, document and celebrate all the good things in 2012 ... and remember the lessons you had to learn the hard way ... so you don't have to repeat them in the months ahead.

2) LOOK FORWARD

- Set some goals for 2013 to make it your best year yet

Then you will listen to a **guided imagery audio** that takes you into the future - to this same holiday season in 2013. You will notice what you have achieved and what it feels like. Then you return to these worksheets to set down some goals that will help you create more happiness and fulfillment in this year ahead. The simple act of writing your goals, dreams and desires down on paper does two powerful things ...

- a) It is the first step in making them real. Putting a pen to paper is the first translation of your thoughts into physical reality.
- b) It dramatically increases the chance that you will achieve your goals. Write your goals and desires down, save the lists and review them every month in the year ahead. You will be surprised how you look back at the list, find you can cross one of the items off and you don't remember planning to accomplish it. The goal was met on what seemed like autopilot.



POWER TIP #1:

To increase the fun and power of this process I encourage you to do this with other people ... as a group. Take the steps in this process with your spouse/significant other, with your children, with your whole family, with your office staff with the partnership group of your clinic. You will be surprised at the things you learn and the relationships you deepen by sharing accomplishments and dreams with the important people in your life.

POWER TIP #2:

Have some fun here. Use your favorite pen. Brew a cup of your favorite tea. Put some Christmas music or other favorite on lightly in the background. Sit in your favorite chair. Use several different colored pens. Draw in the margins. Make a vision board out of your answers. Pretend you are in 3rd grade arts and crafts. Setting goals is more powerful when you use all of your senses in the process.

Ready? Let's get started ...

How this process works

Write your answers to the questions below in as much detail as possible. If you need more paper, grab some blank sheets and keep writing until you feel done for now. In some cases there is an action step that is needed to complete the step. Often this is to schedule a meeting or activity. In this case I have put a checkbox that looks like this.

Scheduled?

I encourage you to schedule these completion activities as part of this process ... get them on your calendar now. Then pat yourself on the back and make sure you keep that appointment with yourself.

Do not throw these worksheets away. They are your strategic plan for 2013. When you are done with the Breakthrough Process, keep these sheets in a folder and put it in a place where you won't forget.

At the end I will give you a structure for using this folder and your answers from the breakthrough process to create lasting and positive change for yourself in 2013



LOOKING BACK

2012 Acknowledgements

What do you feel are your top 5 achievements in 2012?

Have you celebrated them adequately?

If not, how will you celebrate and/or acknowledge your accomplishments and when will do you complete your celebration.

(Power Tip: Do this before the end of the year)

Scheduled?



2012 Gratitude

What are three things you are grateful for that occurred in 2012?

Who are three people you are grateful for here at the end of 2012?

Have you thanked them personally?

If no, when and how are you going to do that.

(Power Tip: Think about thanking them in a special way ... both of you will love it)

Scheduled?



2012 Learnings

What are the three biggest lessons you learned in 2012?
(What do you know now that you did not when the year began?)

What does knowing this make possible for you now ... that was impossible before?

How will you remember these lessons - so you do not have to learn them again?



2012 Incompletions

What are three important things you started in 2012 that are incomplete and/or unfinished?

What is the next step in your #1 incompleteness and when will you complete it ?

Scheduled?



LOOKING FORWARD

2013 Strategic Plan

BEFORE YOU CONTINUE please download and listen to the 2013

Breakthrough Guided Imagery Audio. This audio recording of my voice will lead you on a journey one year into the future to the holiday season of December of 2013. You will be able to tap into the feeling of accomplishment for the year just past and notice what you did that made 2013 such a success. This mp3 audio recording is yours to keep and repeat throughout 2013 whenever you need that feeling of success and accomplishment to pull you forward. It can be downloaded to and played from an mobile device including cell phone, iPhone and iPad. Here is the link:

www.tinyurl.com/happymd2013

Imagery notes:

Use this space to record your experience during the imagery audio. What did you see, feel, sense, notice? What became clear to you in the imagery?



2013 BREAKTHROUGH PROCESS

2013 - My Five Top Goals Are

Write down your top five goals for the coming year ... in no particular order and in any and all areas of your life.

The next step towards my #1 goal at the moment is

Scheduled?



2013 - Five People to Get Closer To Are

Who are the people who are (or could be) most important in your life ... the ones with whom you would like to have a closer relationship?

Pick one and schedule a meeting, date or alone time with them in the next two weeks. Get it on your calendar now and consider scheduling a regular time for you two to get together throughout the next three months.

Scheduled?



2013 - Five New Skills to Learn

What five new skills would make all the difference once you learn them?

What is the first step to learning the #1 most important skill on your list?

Scheduled?



2013 - Five Fabulous Adventures Would Be

What are five things you have dreamed about doing for a while (they are on your “bucket list”) that would be fabulous things to experience this year?

POWER TIP:

Pick one. Put it on your calendar, pay for it and make the reservations.

Reality Check: When you have the tickets bought and reservations made, the odds are nearly 100% that you will look back this time next year and smile because you did it. It’s time for an adventure, don’t you think?

Scheduled?



2013 - Five Problems to Resolve

What are five nagging issues/problems you are ready to resolve now?

The first step in resolving the biggest problem at the moment is?

Scheduled?



2013 - Five Things I will Let Go Of Are

What are five things you have worked on or been bothered by for a long time ... that you can simply let go of now?

How will you remember to let go when you find yourself holding on?

Power Tip:

Notice where items on this list are the same ones on the previous one ... problems where the solution is letting go.



Next Step:

Celebrate like crazy.

Pat yourself on the back, pump your fist and say "YES", do your happy dance and say "WOO HOO". You did it. You completed the 2013 Breakthrough Process. Your foundation, and goals are set for the year. They are not rigid or stifling ... these are the goals that make the most sense to you at this moment.

Begin to celebrate all wins ... acknowledge yourself for the little things and you take your nose off the grindstone. This is a vitally important and research proven success tool. I call it "Treat Yourself Like a Dog". Here is a video training on the subject that is actually taken from the 1 Minute Stress Relief Program.

<http://tinyurl.com/2013dog>

Two more things have happened as well without you noticing ...

- 1) You writing these down on paper has completed the first step to making them real and created a file you can use to focus and motivate you throughout the year.
- 2) You have just tripled the chance that you will reach any one of these goals ... a massive increase in the probability of your success.

Final Step:

Put this completed worksheet in a folder. Review your notes here at least once a month.

Each time you take out that folder and do your monthly review ... work on completing the next step on at least one of the items on the 2013 lists. Pick one and do the following ...

- What is the next step to be taken?
- When will you do that?
- Put it on your schedule.
- Complete the action.
- Come back to the lists, cross it off and celebrate.

POWER TIP:

Schedule your monthly planning sessions for the year now. Put them in your calendar.



Take the Shortest Path to Your 2013 Goals:

If you would like personal support with tools, tips, shortcuts to reach your goals more quickly and easily in 2013 ... I invite you to share a Discovery Session phone consult with me before the end of the year.

This is a full hour on the phone to discuss your situation in detail and give you a personal strategic action plan for 2013. No cost, no obligation and completely confidential. Use the link below to see my online schedule and book your Discovery Session.

<http://tinyurl.com/your2013>

All the best to you in 2013

I sincerely hope this 2013 Breakthrough Process and the Guided Imagery audio support you in making 2013 your best year yet.

If you have any questions about the Breakthrough Process, Discovery Sessions, the services we offer at TheHappyMD.com or would like to discuss live training for your group or hospital staff, please contact me at.

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<http://www.thehappy.md.com/contact> - website contact form

Keep breathing, have a great rest of your day and a 2013 that is your best year yet.



Dike

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