

New Years REVOLUTION
From "[The Forbidden Book Of Getting What You Want](#)"
Making a New Years REVOLUTION
by Dantalion Jones

Notice the title is about a revolution and not a resolution.

The distinction is important because it's taken me all of my life to figure out how to make every year revolutionary.

Why set small goals for a new year when you could set huge and outrageous ones? Even if you don't accomplish great and audacious goals by years end it's very likely you'll accomplish more than if you set small menial goals.

Now that's revolutionary!

There are two things you absolutely must do to be so revolutionary

1) Deal with the past.

This means several things. You have to burn the habits of the past and view them as ancient relics of a former age. At the same time you have to view the past objectively without emotion so that you can learn from your mistakes and assess your accumulated resources.

One person I've met does this by a ritual that burns a calendar of the former year and then turns literally to a list of goals that are set for the upcoming year.

2) You must create a blinding focus of what your future will be like. In other words, you have to create a destiny.

Program Yourself

A lot of people think of programming as negative but why not turn it around to a positive? Program Yourself!!!

There are three factors to a good self programming:

1) Creating triggers. This means creating triggers, anchors and reminders of what your goal(s) is/are for the year and train, train, train yourself to

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respond to them.

2) Create powerful emotions. Linking powerful positive emotions to these triggers and anchors that remind and motivate you into action.

3) Practice. Creating a regular “ritual” that consciously links these emotions and rituals. In other words, practice, practice and practice until your reactions to these triggers becomes automatic.

Here is a recommendation that you won't hear from a lot of people; plan on setbacks. What that means is that things will happen that you don't expect but if you know this ahead of time you can make sure they won't halt you completely. One way of doing this is to think of your goals as part of a bigger plan that includes a philosophy about how you'll react to set backs.

To take it a step further you can benefit by worshiping your setbacks. Why? Because they can be your best teachers. From every set back you can learn. Be Revolutionary. Nothing great ever happened by reaching for mediocrity.

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