

New Year Resolutions Template

How to Use This Template



This is not a typical business planning tool. Traditional business planning tools mostly try to get you to work backwards.

For instance, the planning usually starts with asking you how much you wish to earn. Another way of putting it is to ask you what is your ideal lifestyle. With a figure in mind, you then proceed to work backwards. If you are looking to earn \$24,000 per annum to support your lifestyle, that means your goal is to earn \$2,000 per month. So you attempt to figure out what you have to do to achieve this target. Those actions, then become your New Year resolutions. The idea is that if you perform those actions, you will achieve your financial goals.

Personally, I find this method to be rather ineffective. You see, financial success didn't happen when I pluck numbers from the air and then work backwards. Financial success came only when I focused on *inner transformation*. I firmly believe that no success is long lasting without inner transformation. Some may encounter financial success without having to go through any inner transformation. But usually, that type of success doesn't last.

Therefore, I've decided to do things a little differently this time round. Instead of asking you to write down "standard" New Year Resolutions, I've decided to come up with a little exercise.

The goal here is to get you to go *within yourself*, as deeply as possible, so that you can become clear about where you want to go. Sometimes, the deeper you go, the harder the exercise becomes. That is because the truth may be hard to face at times. Don't hate me for it! :) Instead, be brave and come face to face with whatever truth that may arise. It may be painful at first, but I guarantee you, if you can't bring yourself to face the truth, the suffering will be long term.

For some people, the truth hurts so much that it's hard to continue looking at the truth. If that's the case, then just put it aside and come back to it at a later time. There is no need to force anything. Trust that everything unfolds in its own time.

The template starts by asking a very simple question - What is one quality that I can work on this year?

This quality is something that is subjective. It can be a skill, a strength, or a weakness. Of course, the whole idea of doing an exercise like this is to help you understand the *motivation behind* wanting to work on such a quality. For instance, you may wish to improve your research skills because you find it hard to understand business trends.

So research becomes the quality you want to work at. The next part of the template is a whole lot of white space. This section is to allow you to understand more about where you wish to go. Obviously, you want to work on research because having better research skills leads to better business decisions, which in turn leads to more money. The money is then used to fulfill certain desires. *Only you know the true intent behind such desires.*

Financial success is just one aspect of your life. You can do the same exercise to try and improve other aspects of your life (e.g. health and relationships).

Let the internal dialogue begin and write down whatever emerges from within. Don't worry about others judging you or anything like that because no one will read what you have written. You are writing this for yourself and the content are for your eyes only. So feel free to jot down anything that arises.

I highly recommend that you focus on one quality at a time. Don't pressure yourself to come up with ten New Year Resolutions at one go. There is really no hurry. What matters most is that you be truthful with yourself. By focusing on just one quality at a time, you give yourself time to consider issues deeply. Go deep and enjoy the exploration.

In doing so, you will soon find yourself arriving at insightful resolutions. You will find that in completing this exercise, your resolutions will be more purposeful and meaningful. They certainly don't have to be complication or sophisticated. Even simple resolutions can have deep and profound meaning embedded in them.

They are *truly* your resolutions.

I hope they will bring abundance and richness into your life.

Sincerely,

Darren Chow

P.S. You can choose to work on as many qualities you want. Just print multiple copies of the template and repeat the exercise.

Question: What is one quality that I can work on this year?

Answer:

The quality that I want to work on is _____

I want to work on this quality because

Therefore, My New Year Resolution is: