

Ways to Make 2021, Your Best Year! Presented by Jerry Posner

Some notes and ideas to consider ... and to use!

CONTROL WHAT YOU CAN. ACCEPT WHAT YOU MUST. MANAGE THE REST!

What might be some elements of 'your best year?'

WRITE THEM DOWN. REVIEW DAILY. EDIT AS DESIRED.

WHAT ARE YOU LOOKING FORWARD TO IN 2021? MAKE A LIST!

One size does not fit all. We are all individuals with unique motivations and drives.

We start with who we are, where we are, what we have to work with, and where we want to be headed.

**What is important?
What is meaningful?
What is right for me?
What do I want most?**

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Ask yourself: "What is important, meaningful now? What would I like to change ... improve ... accomplish? How would I like to feel? What ignites my passion? What triggers my happiness and joy? What makes me feel proud? What works for me? What do I want to DO?"

**Know your B.S.
(Belief System)**

Update as necessary.

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Examine your B.S. (Belief System). What do you believe ... what do you WANT to believe ... and why? (At least, you must believe that achievements, changes or improvements you seek, are possible for you.) **Make an honest list of your core beliefs.**

Where did they originate? Parents? School? Science? Mass media? Note limiting, irrational, false beliefs

that might need changing. Note beliefs that are the most helpful and empowering!

What do you stand for? What do you represent? How do you self-identify?

Make a list of **your own positive core values** (your guiding principles - fundamental beliefs) that have an active influence on your life. Such as: honesty, integrity, loyalty, efficiency, kindness, compassion, courage, inspiration, service to others, happiness, cheerfulness, optimism, balance, passion, caring.

Review them regularly, especially when you have an important decision.

**Challenge
accepted!**

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**RECOGNIZE "THE THREAT STATE" AND
CHOOSE "THE CHALLENGE STATE!"**

Brains work differently when we feel "threatened" by a problem ... or "challenged" to find a solution!

"The Oz Principle" (Connors, Smith, and Hickman)
"See it. Own it. Solve it. Do it."

Like lists? • To-Do List (of course!) • Inspiration List • Gratitude Journal

"WORDS-OF-THE-YEAR" SUGGESTIONS

Patience	Empathy	Kindness
Forgiveness	Balance	Stillness
Compassion	Courage	Reflect
Self-awareness	Faith	Cogitate
Confidence	Hope	Rewire
Power	Charity	Ready
Focus	Service	Friendship
Calm	Honesty	Posture
Mindful	Optimism	Listen
Purpose	Generosity	Permission
Action	On-Time	Inspire
Simplify	Presence	Truth
Breathe	Awesome	See
Gratitude	Fitness	Connect
Creativity	Choice	Humility
Self-expression	Passion	Celebrate
Love	Improvement	Discipline
Joy	Abundance	Learn
Laugh	Transcend	Teach

20 For 2021 – Daily Reminders for a Stellar Year

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1. Emotions happen ... behavior is a choice.
2. Compassion and kindness are not chores.
3. Tip generously.
4. If you're not thinking before you speak, then who's speaking?
5. When you're about to lose patience, DON'T!
6. Making enemies can be expensive!
7. Opportunity can't knock if it doesn't know your address.
8. Gratitude helps, and is always available.
9. Make someone happy, make just one someone happy.
10. Decide where your attention does the most good.
11. What do we want? CLARITY! When do we want it? NOW!
12. Avoid spending \$1000 worth of worry on a 2¢ situation.
13. Face irrational fears and tell them to take a hike.
14. Speak to yourself as you would speak to your best friend.
15. Be mindful of the messages your face is sending.
16. Make meaningful future memories ... now!
17. What makes you feel the proudest? Do those things.
18. Tell at least one person a day, "I love you and I'm glad you're here."
19. Recognize your good luck, and make good use of it.
20. "You had the power all along, my dear." — *Glinda*