

MY NEW

NEW

YEARS

GUIDE



**PROFESSIONAL GOALS**  
 "A professional is an amateur that didn't quit."  
 WAYS I KNOW I CAN CREATE MORE VALUE FOR MY COMPANY  
*ask up in meetings when I have a good idea*  
 CAN CREATE MORE VALUE FOR  
*periodically visit*

**CREATIVE GOALS**  
 Important muse of all is our inner child."

**COMMUNITY GOALS**  
 "No road is long with good company"  
 FRIENDSHIPS I WANT TO DEVELOP  
 Ex. *Jason*

# CONTENT OF MY YEAR

*“If You Fail to Plan, You Plan to Fail” - Unknown*

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# DEAR MVMT MKRS



On behalf of MVMT, we want to thank you for all of your amazing contributions in 2010. Every day we have a choice to create change or wait for change—either way it is coming. We hope that the momentum and motivation from last year’s MVMT brunch and the introduction of TechnOrganizing and 30 Day Do Its into your lives help you create change.

We welcome you to our 3rd annual New Year’s Revolution Brunch. In year 1 we were live in Brooklyn. In year 2 we did a livestream. And this year we invite you to open up your living room to family and friends you want to spend more time with and make more value with in 2011.

Grow community first is a mantra we adopted from the Guide To Liberation. In the process of growing community, we naturally grow ourselves. I am because we are and we are because I am. Personal development is not always personal. My community can see me in ways that I can’t see myself. Through them, I know my purpose, my place, and my potential.

This year our contribution to you is our New Year’s Evaluation & Planning Workbook. Print it. Complete it. Share it. This is a tool we use to evaluate ourselves so that we can make incremental improvements on who we are in the world and what we do. We hope that this tool helps you create your best year yet in 2011.

**OUT OF MANY, WE ARE ONE.**

*Rolando Brown & Khalil Almustafa*

# GIVING 2011 MEANING

*“The best way to predict the future is to create it.”*

2011 is the year of \_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

My quote of the year is \_\_\_\_\_

\_\_\_\_\_

My theme song is \_\_\_\_\_

This chapter of my life is titled \_\_\_\_\_

The one thing that will be a part of my daily life is \_\_\_\_\_

A word or principle I want to embody this year is \_\_\_\_\_

A person I want to study and/or model this year is \_\_\_\_\_

# EVERYTHING I ACHIEVED IN 2010

*“We must go back to our roots to go forward.”*

*Ex. ran a marathon*

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# **EVERYTHING I'M GRATEFUL FOR IN 2010...**

*“Who does not thank for little will not thank for much.”*

*Ex. the privilege to create my life*

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# COMMUNITY GOALS

*“No road is long with good company.”*

## 3 FRIENDSHIPS I WANT TO DEVELOP

Ex. *Jason* \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 3 CHALLENGING RELATIONSHIPS THAT I WANT TO WORK THROUGH THIS YEAR

Ex. *step-dad* \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 3 PROFESSIONAL RELATIONSHIP I WANT TO DEVELOP

Ex. *my boss, Betty* \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 3 COMMUNITIES OR ORGANIZATIONS I WANT TO BECOME MORE INVOLVED WITH

Ex. *Young Pros Association* \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# FAMILY GOALS

*"A tree is known by its fruit."*

I WANT TO BE THE TYPE OF

*older brother*

WHO:

YOUR ROLE (i.e. sister, daughter, mother, aunt)

*- calls siblings regularly*

*- supports my siblings*

*equally and in any way*

*possible*

*- listens before speaking*

*- my siblings can trust*

*when they can't go to our*

*parents for help*

I WANT TO BE THE TYPE OF

WHO:

YOUR #1 ROLE (i.e. sister, daughter, mother, aunt)

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# FAMILY GOALS

*“Honor your father and mother.”*

**I WANT TO BE THE TYPE OF**

**WHO:**

YOUR #2 ROLE (i.e. sister, daughter, mother, aunt)

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**I WANT TO BE THE TYPE OF**

**WHO:**

YOUR #3 ROLE (i.e. sister, daughter, mother, aunt)

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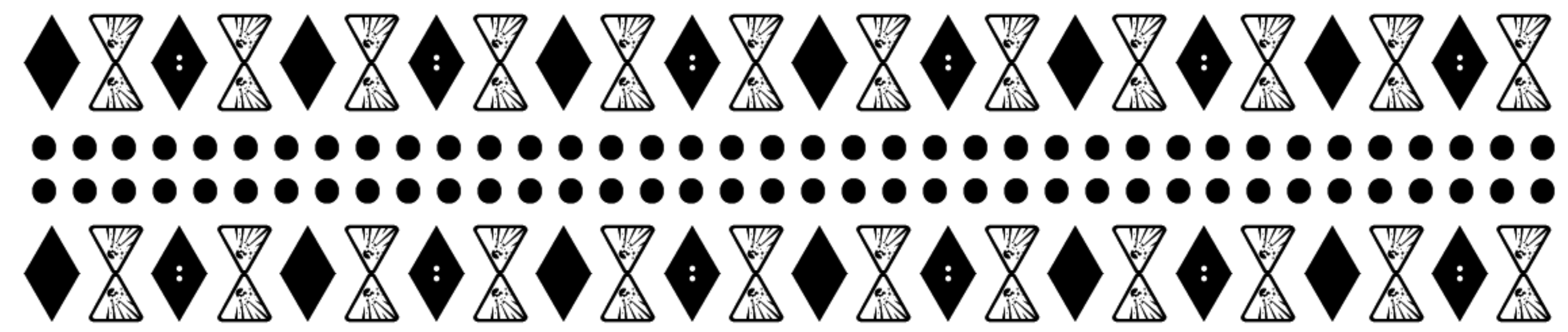
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# SPIRITUAL GOALS

*"We are spiritual beings having a human experience."*



**IN 2010, I GREW SPIRITUALLY BY:**

*Ex. meditating daily* \_\_\_\_\_

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**AS A RESULT, I SAW CHANGES IN:**

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**IN 2011, I WANT TO DEEPEN MY**

**SPIRITUALITY BY:** \_\_\_\_\_

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# PROFESSIONAL GOALS

*“A professional is an amateur that didn’t quit.”*

**2 WAYS I KNOW I CAN CREATE MORE VALUE FOR MY COMPANY:**

Ex. *Speak up in meetings when I have a good idea*

1. \_\_\_\_\_

2. \_\_\_\_\_

**2 WAYS I KNOW I CAN CREATE MORE VALUE FOR MY CUSTOMERS:**

Ex. *check in with them periodically via phone or visit*

1. \_\_\_\_\_

2. \_\_\_\_\_

**2 WAYS I KNOW I CAN CREATE MORE VALUE FOR MY COLLEAGUES:**

Ex. *share information that I've found to be insightful*

1. \_\_\_\_\_

2. \_\_\_\_\_

# PROFESSIONAL GOALS

*“Job, career, or calling? The choice is yours.”*

**BY THE END OF THE YEAR, I WANT: (CIRCLE ONE)**

- A. A CAREER CHANGE    B. A PROMOTION    C. AN INTERNAL JOB CHANGE**  
**D. TO GO BACK TO SCHOOL    E. TO BECOME AN ENTREPRENEUR**  
**F. OTHER:** \_\_\_\_\_

**THE 5 MOST IMPORTANT THINGS I MUST DO TO MAKE THAT HAPPEN ARE:**

*Ex. find a professional mentor on my path*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# CREATIVE GOALS

*"The most important muse of all is our inner child."*

## THINGS I WANT TO CREATE IN 2011:

e.g. art, events, meals, books, songs, businesses, organizations, spaces, etc.

*Ex. a blog about health and motherhood*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

# PHYSICAL & NUTRITIONAL GOALS

*“Wisdom is to the soul what health is to the body.”*

WHAT WILL I EAT MORE OF IN 2011?

*Ex. kale*

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HOW WILL I EXERCISE THIS YEAR?

*Ex. bike riding*

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WHAT WILL I EAT LESS OF IN 2011?

*Ex. french fries*

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WHAT UNHEALTHY HABITS GO?

*Ex. smoking*

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# LEARNING GOALS

*"I am learning all the time. the tombstone will be my diploma."*

## 3 SKILLS OR SUBJECTS I WANT TO MASTER

Ex. vegetarianism

2. \_\_\_\_\_

HOW? reading and cooking

HOW? \_\_\_\_\_

one new dish a week

\_\_\_\_\_

1. \_\_\_\_\_

3. \_\_\_\_\_

HOW? \_\_\_\_\_

HOW? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 2 BIG QUESTIONS I WANT TO EXPLORE

1. \_\_\_\_\_

HOW? \_\_\_\_\_

2. \_\_\_\_\_

HOW? \_\_\_\_\_

# FINANCIAL GOALS

*“Show me where you spend your money and I’ll tell you your priorities.”*

## MONTHLY BUDGET

Rent/Mortgage	
Utilities	
Internet & TV	
Cell & Home Phone	
Other House Stuff	
Entertainment	
Groceries	
Dining Out	
Transportation	
Loans	
Credit Cards	
Other:	
Other:	
Other:	
Other:	
<b>TOTAL:</b>	

## YEARLY COMPARISONS

	Dec 31, 2011 Goal	Dec 31, 2010 Actual
Checking	\$	\$
Savings	\$	\$
Investments	\$	\$
Debt (College, Car, Home)	\$	\$
Credit Card Debt	\$	\$
Other:	\$	\$

## INVESTMENTS I WANT TO MAKE IN 2011 (e.g. vacation, business, home)

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# NEW HABITS

*“Don’t put new wine into old wine skins.”*

## WHAT ARE 3 HABITS THAT I WANT TO CHANGE THIS YEAR?

OLD HABIT	NEW HABIT
<b>Example:</b> When I realize that I am wrong at home or at work, I tend to shut down and curl up in my little shell to avoid the truth.	<b>Example:</b> This year, I choose to openly admit when I am wrong, listen to and thank the person who is telling me, and seek to change to the best of my ability.

# INFORMATION & OUTPUTS

*"We should always be mindful of what we fill our minds with."*

## INPUTS

Where do I source my wisdom? (e.g. people, places, newsletters, magazines, books, websites, etc.)

*Ex. NPR Radio daily*

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## OUTPUTS

How do I share the wisdom I receive? (e.g. blog, speaking, mentorship) Who do I share it with?

*Ex. blogging weekly*

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# MY PERFECT AVERAGE WEEK



NEW YEARS GUIDE  
NEW YEARS GUIDE  
NEW YEARS GUIDE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							

# FREE TIME

*“The only reason for time is so that everything doesn’t happen at once.”*

## THE TOP 10 WAYS I WANT TO SPEND MY FREE TIME & WEEKENDS ARE:

*Ex. calling people, especially family members*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# 2011 THINGS TO DO ALREADY

*“We need to do a better job of putting ourselves higher on our to do list.”*

## BOOKS TO READ:

*Ex. The War of Art*

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## PLACES TO GO NEAR MY CITY:

*Ex. Big Bear Mountains*

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## OTHER THINGS TO DO:

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# OTHER 2011 GOALS

*“You can wait for challenges to come or you can create them yourself.”*

**WHAT ARE SOME OTHER WAYS THAT I WANT TO CHALLENGE MYSELF?**

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# GET ORGANIZED BEFORE 2011 BEGINS

*“He who sharpens his saw first will cut the tree fastest.”*

## Personal

- Forgive Anyone You Haven't
- Clean Your Email
- Update Your Bio
- Organize Your Personal Files
- Backup Your Computer

## Professional

- Update Your Resume
- Send Thank You Cards To Colleagues, Clients, & Mentors
- Complete Or Close Any Unfinished Business
- Clean Your Email
- Organize Your Files
- Clear Your Computer Desktop

## Home

- Clean Your Home & Room
- Donate Old Stuff (i.e. clothes, electronics)

