

[00:00:00] Have you looked back on all those things that happened in 2022 and took note of the ones that have elevated you. If you haven't yet, we're gonna do that today. In today's episode, I'm gonna walk you through my process and how I choose what I'm gonna take into the new year with me.

Welcome to the short of it with Amanda Long, each year I take inventory of what served. And I use that to determine what I'm gonna keep doing in the coming year. So keeping the things that have brought me happiness, fulfillment, and success at top of mind, help me focus on what I'm gonna do in the coming year.

I focus on the things that stand out to me that helped me grow personally, the things that provided results in my business. And then I also list the things that brought [00:01:00] the greatest memories to my family. So I am touching on every aspect of my life, my personal, individual self, my business and my family life.

Now, another year of abandoned goals isn't where you wanna be at the end of 2020. And I know that right now the cliché is, you know, not creating resolutions per se. And the rebel part of me has always resisted creating resolutions, but I use a different version of resolutions, if you would say, I use goals.

I think it's just a different perspective of looking at whether it's a goal or a resolution. So goals inspire and motivate. And they helped me assess my progress. So a resolution in my mind is just a declaration that this is what I'm gonna do this year, this is what I'm committed to. I take that a step further and I think of goals as more of a true resolution of what we wanna do for the coming year.

If a resolution motivates [00:02:00] you do that. But whether you're using a resolution or a goal, the key is action. If we don't take action on those things, they're not gonna happen. So that's what we're gonna talk about today. The aversion to quote unquote resolutions stems from the insinuation that January 1st is some magical date that's gonna change everyth.

And make everything different and better, and all of a sudden you're gonna have all the willpower you need to hit those goals that you wanted. But really what we need is just a starting point or a fresh start, and January 1st gives us that every new week, month, or season also gives us that. So just don't worry about whether you started January 1st, or maybe you're gonna start at January.

Back in September, I was talking about how fall is one of those seasons. To me, that gives me that fresh start feeling. So that is actually when I start looking at the coming year and assessing what's happening in the [00:03:00] current year. And I take note of what changes that I maybe need to make to my goals or what things I need to add, or things that are gonna be new for the coming.

So when January 1st hits, I've already got all of this planned out for my first quarter of the new year. So January 1st to me, is just a, a relevant date. I've already done the work, but I do this every quarter. I don't just set my goals once and then hope they succeed and move forward. So what I'm saying here is listen to your gut.

Do what works for you. You know yourself the best. You know what produces. And what's worked for you in the past. So do that. And maybe you just need to improve on how you're doing it. So whether you're setting goals or making resolutions, you do have to declare what you want in the coming year, and you have to have a way to work towards that.

So a vision board and hopes and dreams, they all need action. Let's take a peek back on [00:04:00] 2022 and see what worked for. We're gonna go through four things that help me do this. So fir the first thing is reflecting on the year you wanna reflect on the past year, we're gonna feel all those good, happy sensations, the gratitude, the happiness that there was in the year.

And then you're gonna list the things that went well, and then you're gonna make a goals list. And write down what those things are and how you wanna take 'em into 2023. So the first step is reflecting on your year. I'm gonna ask you to pull out your planner, open your calendar. Sometimes we forget about those things that happened in the year.

And I do this on different levels. I do it on my personal level, I do it on my business level, and I do it on. My family level. So I check and see what did we do this past year with the family that worked really well? What are vacations we wanna do again? What are traditions that we really love? My oldest just went off to college, so we were making a little [00:05:00] bit new, not necessarily traditions, but creating new ways to connect with him since he's not living in the house with us anymore and making sure that we nurture that relat.

Some other things that I've looked at are in my business, like what has provided some really good inspiration or motivation? What are the things that helped me create results, and what did I enjoy most about all of that? So list all of those

things, and you can make different lists if you want to, or you can make one big list with everything in it.

But list everything that you did that brought you joy and happiness. Now, on that list of things, You're gonna wanna identify the stuff that's in your zone of genius and your zone of genius are the things that you're good at and you love. So just because you're good at something doesn't mean it's your zone of genius if you don't really love it and it doesn't light you up and give you that butterfly feelings in your stomach.

So really take note of the things that brought you happiness and [00:06:00] the things that you are good at or the things that brought you happiness and you're good at, but you're still building that skill or so. Now the next step is to really feel that feeling. And what I mean by that is look back on the things that made you happy and grateful, and just sit in that feeling for a moment because we really deserve.

To feel happier more often, and I don't think that we allow ourselves to enjoy the moment we're quick to move on to try to keep that going, that momentum going, or to find the next thing that's gonna make us happy. So are you working from home and that made you happy? Sit in that feeling for just a moment, you know and say, I'm so grateful that I get to work from home every day and I get to have more time with my family, and I don't have to be in the rat race of the traffic jams and getting to the office.

Maybe you read an amazing book this year that really brought good vibes and impacted your business or your life, and soak up that for a [00:07:00] moment and just think about from that, what can you take into this next year? The longer we allow ourselves to sit in the good feelings and we remember those good feelings, and we just embrace it and soak in it, the better that we start feeling, the more positivity we start feeling.

Our brains start becoming more creative. And happier, and they start looking for the positive in our life. And we deserve to feel that way more, probably more than we allow ourselves. So looking back on the happy times helps our brains create more happy chemicals that can hang around, and then that helps us do more.

Good. Now, step three is actually making a list. When you look back on what made you feel grateful, what were those things? Write those all. And now we're gonna make a list in step four that's going to help you decide what you want

more of in the coming year and how you can add more of that to your life this coming year.

The key to [00:08:00] avoid another year of abandoned goals is to write these lists down, sit on them, and use it each week to remind you of what you're working towards. I love planning my goals 90 days at a time, and I'm going to share a link with you in the show notes that talks about how to plan your goals 90 days at a time so you can take what we're doing in today's.

And take this list that you end up with of all the good, happy things that happened last year, and you can start creating some goals for those so that you can start tracking them and taking action. Now I wanted to share a couple of the things that I'm carrying into 2023 because I did work through this, and even though I have my goals already planned at the end of last quarter of the year, I still look back on, you know, at the beginning of the year on the things that really worked for me.

And early last year, I started a reading and journaling habit that I'm also gonna create a podcast on. But it has brought [00:09:00] so much motivation and inspir. Even though it's not directly creating momentum in my business, it has impacted everything that I've done this year. It has created a lot of inspiration that has resulted in big changes in my business, this podcast being one of them.

And it has just served me so well from a personal and a business perspective. So I'm gonna carry that into 2023, and I will share you with you my reading and journaling habit in a future episode that's not too far away. The other thing that I'm gonna carry into 2023 is my content process. I'm still building this.

It's still in the works, but it's another key element that's helped me create more content consistently. And in the past, I have not been super consistent about my content, which is very embarrassing for me to say out loud, but it's probably gonna help some of you out there because I think consistency and content is a really [00:10:00] tough thing to do.

So while I can do it for my clients, I've not been doing it for myself very well. So I'm gonna continue building my content process this year. I feel like I have a really good system laid out, which I will share with you also in the future. But I wanna make some tweaks to it and just make sure that it really is.

But I just wanna make sure that it's really honed in this year, so I'm gonna continue working on it in 2023 and really create a fantastic process for content. Another thing that I actually didn't start till later in the year last year was doing

morning stretching. And I do have a standup desk, so I stand up and sit, but I still feel like I sit a lot during the day, and stretching in the morning has improved my mood.

It has improved my motivation. It just makes me feel better all around as well. And because I sit a lot for work, I like to have a little bit more movement in my day, and I'm hoping that this is gonna be one of those gateway goals into even more [00:11:00] movement in 2023. I would love to hear what you're taking into 2023.

I love hearing all the different things that people think of and, and things that work for others, because I think when we share the idea, We start to feel and see more of the things in our lives that we go, oh yeah, that is something that worked really well for me too, and I just love having that shared experience.

So hop on over to Instagram or Facebook, LinkedIn, wherever you like to hang out and post on today's podcast post. And let us know what you're bringing into 2023. Join me each week for a new episode of the Short of IT with Amanda Long Business and Productivity podcast. Please sign up to get our emails.

Not only will you get an email when new episodes drop, but you'll also get heaps of marketing business and productivity tips. So click the link in the show. Also connect with me over on LinkedIn by searching Amanda Long Smart Marketing Squad, or over on [00:12:00] Facebook and Instagram at Amanda Long s m s. I'd love to chat with you all there.

That's it for today. Thanks so much for listening.