

# EXPLORE YOUR ENTHUSIASM

## EPISODE 188: HOW TO GET A FRESH START

Welcome to the new year!

This is the time of year when everyone is thinking about their plans and goals and what they want to create...and with that comes a big dose of self-doubt.

"Well I've never done that before."

"I failed to hit a goal last time."

"I have never set such a big goal!"

Today - how to start *FRESH* - how to move forward on your goal no matter what happened last year.

Today I want to talk about something that nearly everyone who wants to do something amazing and new in the New Year deals with: Feeling like a big goal is out of reach because you've never done it before. This week we're going to talk about some strategies for letting go of where you've been, in order to move towards what you want. We talked about this a little in [episode 91](#) - why you're afraid of a big goal and in [episode 101](#) - why your goal failed. You can find both of these linked up in the [show notes](#).

### **Orient yourself where you are, right now.**

The first phase of Map Your Business is getting clear about where you are right now. A lot of the people I work with actually think they're \*behind\* or not far enough along, or that they haven't accomplished much. Identify your wins from last year, your universe of resources and support and getting clear about where you are right now is KEY to getting a fresh start.

### **Recognize your fear.**

When you think about your goals for the year or the new year - what is keeping you from feeling completely lit up and enthusiastic?

It's fear.

The question is: Fear of WHAT? What are you afraid will happen? What will go wrong?

"I don't want to verbalize my goal, because then I have to acknowledge my failure if I don't reach it. It's scary!"

### **WRITE DOWN WHAT YOU'RE AFRAID OF.**

Reaffirm to yourself that is ok to have fears and do things anyhow.

I'm gonna say that again - it is ok that you're afraid of this. You can move forward anyhow. If you feel like the fear is really holding you back and you can't move forward, schedule a time to work through it, using your favorite tools: EFT, yoga, talking it out with someone, whatever has worked for you in the past.

### **Identify the upside:**

What is the good of what you want? What is the upside?

Here's the good news: If you "fail" to reach your goal, after giving it your focus and attention? You still haven't failed. You haven't failed at business and you haven't failed at life. You simply got a different outcome.

That's all we're going for. We're experimenting, trying things, and then looking at WHATEVER the outcome is. Perhaps the outcome is what you hoped for, perhaps it's something different. But either way, you've learned something about what works and what doesn't. You've gathered data, to apply to your next experiment.

### **LET GO OF WHAT DIDN'T GO WELL. REALLY LET GO OF IT.**

One of the most-popular instructions in Map Your Business is to make a list of everything you regret from the last year and... *burn it*. I've even laid out the book so after you write your list of regrets, you can pull it out of the book and you won't lose anything else.

Fully let it go.

You can make this ritual as complex or simple as you like - as you write out your regrets, diffuse some essential oils, light a candle. Then take your list crumple it up, light it up, and make sure you say: I am letting this go.

(Suggested oils: Frankincense, the oil of truth and inner clarity (while you're writing the list); geranium to let go of self-judgement; lemon or lime to let go of your negative feelings around these regrets)

### Set a better goal

In [episode 101](#) I covered the reasons you might not have reached your goal. The important thing is to use that data to create a better goal. One that's aligned with your mission, values, available time and personal tendency.

I've created a worksheet to help you set a better goal - just head to [Podcast 188](#) and fill out the form under the show notes - you'll get the transcript and a worksheet

### Remember: Now is not then.

You are a different person than you were at the beginning of 2017. You have learned so many lessons. You have new skills, new abilities.

No matter what you're afraid of, now is not then. If you need to, put this on a post-it note on your computer, write it on your mirror, burn it into your memory.

What you've accomplished in the past is not indicative of what you're capable of in the future, if you decide to be different, to take new actions, to learn new skills.

If you want to make a list of the lessons you've learned last year, get oriented in where you are right now, and create a very doable plan, broken up into smaller chunks, to reach your goal this year, check out my book, *Map Your Business*. You can find it on Amazon or you can get a signed copy at [taraswiger.com/map](http://taraswiger.com/map)

If you're wondering how to get back to work after taking the holidays off, check out [episode 135](#).

## CREATE MORE DO-ABLE GOALS

Set a goal for the next 3 months (nothing bigger than that!) and ask the following questions about it.

### What's the mission of your business?

Not sure? Listen in [here](#).

### What matters MOST to you? (ie, what are your core values?)

It's ok if you aren't 100% certain, just write down what first comes to you

### What does the business you want look like?

What's a future destination for your business in the next 1-3 years?

### Is this goal in alignment with that?

### How does it align with your values?

Frame your goal so that it reflects one of your values.

### What's your tendency when it comes to expectations?

Not sure? Check out [this explanation and Resource Guide](#)

How can you structure this goal (or the process of working on it) to work best for you, based on that tendency?

(ex. Get accountability, understand the WHY, etc.)

Does this goal make sense for where you are right **now**?

Do you have the time to work on it?

Are there other projects you're working on?

Do you have the energy?

Is this goal specific?

Is it measurable?

If yes, what exactly will you measure?

Do you have a plan of action? Do you know what actions you'll take each week to make it happen?

If not, you need to [make a map!](#)

If so, write it down somewhere you'll revisit it each week!