* **Daily Goal Review.** We live in a time of intense noise and distraction. It's just too easy to start off these first few weeks of this New Year being really really busy chasing the wrong things. So, my suggestion: every morning--while the rest of the world is asleep--take just 5 pure minutes to reread and then actually rewrite your top five 2014 goals. This will boost your focus dramatically and imprint them with total clarity on your subconscious mind.
* **Complaint-Free Diet.** You empower everything you complain about. You strengthen the negative things you speak of. And you energize the problems you vocalize. To nail your 2014 goals, go on a 90 Day Complaint-Free Diet. Enough said.
* **Clean All Messes.** Masters of Goal Achievement are minimalists. They get that messes create distraction. And distraction reduces your power to achieve every goal you set. The messy office+the disorganized home+the dirty financial life+cluttered mind all weaken your ability to bring your natural laser-like focus to bear on your greatest desires.
* **Become an Incrementalist.** Bottom line: **5 little goals done a day lead to 1850 goals** achieved by December 31, 2014. An awesome work and personal life is more about evolution than revolution. Get serious about the small wins.