

SUCCESSFUL NEW YEAR!

*The 52-Week Inspirational Planner That
Will Change Your Life Forever (2019 Edition)*

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WELCOME!

Welcome to *Successful New Year*—the inspiring week-by-week workbook that helps you think bigger, work harder, and finally make sure your new year's resolutions come true.

Are you ready to take control of the next 52 weeks? Using proven psychological principles, battlefield tested military strategies, and timeless business success tactics, this workbook will help ensure that this year is absolutely the most productive and growth-inspiring year of your life.

Let's get started!

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ABOUT THE AUTHOR

Dr. Monroe Mann is an attorney, filmmaker, book author, musician, actor, motivational speaker, and business/life coach and consultant. He holds a JD, an MBA in finance, a masters of entrepreneurship, an LLM in commercial real estate law, and a PhD in psychology. He lived and studied for two years in Lugano, Switzerland; taught English in Shanghai, China for one year, and was nominated for a bronze star for his service in Iraq with the US Army as an intelligence officer and trainer of the 4th Iraqi Army. He speaks English, Chinese, French, Italian, and smatterings of other languages, and is the founder and executive director of Break Diving, Inc, a charitable organization with one mission: your success. His other books include Guerrilla Networking (with Jay Conrad Levinson), Start Your Own Coaching Business, Time Zen, Romantic Suicide, To Benning & Back, Battle Cries for the Underdog, Battle Cries for the Hollywood Underdog (with Lou Bortone), and The Theatrical Juggernaut – The Psyche of the Star.

You can read more about this crazy cat at:

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and through google, amazon, imdb, and youtube searches.

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HOW THIS BOOK WORKS

Are you ready to take control of the next 52 weeks? Using proven psychological principles, battlefield tested military strategies, and timeless business success tactics, this workbook with help ensure that this year is absolutely the most productive and growth-inspiring year of your life.

The book itself is presented in workbook format, with many exercises and blank spaces for you to write, plot, and plan!

Each chapter in the book corresponds to that particular week in the program. To make things easier for you, I have filled in the dates for all of 2019.

If you start the book in **January 2019**, just follow along, week by week.

If you start the book in **February** or **March**, read two chapters per week until caught up.

If you start the book in **April**, **May**, or **June**, read three chapters per week until caught up.

If you start the book in **July** or **August**, read five chapters per week until caught up.

If you start the book in **September** or **October**, read six chapters per week until caught up.

If you start the book in **November** or **December**, start at chapter 48, and finish the year strong with whatever you're doing. Use the prior chapters as inspiration. Then, purchase the 2020 edition and start off strong!

Each week focuses on an inspirational kick in the pants, and then provides additional guidance on how best to attack what remains of the week, month, and year. Each chapter therefore not only has an inspirational reading portion, but also a workshop section for the reader to think and replan; a review portion from the previous week(s); a planning section for the week to come; and other small but effective inspiring components and psychological stimuli to ensure that each week builds on the last.

Congrats! This year is going to be your must successful yet! And definitely email me and let me know how you're doing: roe@monroemann.com

More info: www.monroemann.com www.monroemannlaw.com www.breakdiving.org

SUCCESSFUL NEW YEAR 2019!

INTRODUCTION

Over the years, as both a fellow human being and as someone with a PhD in psychology, I have come to realize a few things about new year's resolutions:

a) THE WISH: a wish of a happy new year usually only comes true if someone ends up having a *successful* new year. Whether the resolutions are focused on life, love, career, money, friends, travel, health, or otherwise, the “happy” part (for most of us) is often based on and gauged by the barometer known as success.

b) THE LAZY: people in general (myself included) are lazy. Lazy doesn't mean you fail to get things done; it simply means you often don't *want* to get things done, because getting things done usually requires effort (and usually of the taxing variety). For this reason, many people start off each new year with great intention and vigor, only to see their chutzpah and passion dissipate and all but disappear two weeks later due to the inherent laziness (and self-defeating nature) of the human condition.

c) THE LACK: it pains me *so much* to see my friends and even strangers tell me about their new year's resolutions, only to tell me later in the year that their resolutions didn't come true. The ‘explanations’ usually revolve around lack of time; lack of money; lack of opportunity; or lack of motivation. All patently unacceptable excuses.

d) THE GOOD NEWS: *nonetheless* there *is* good news: when people have a strong enough *why*, a helpful, simple, and do-able *how*, plus a motivating *when*, pretty much anything is possible.

How do I know this? Well, I somehow seem to have the “uncanny ability” (as my friends sometimes say) to get it *all* done. Year in and year out, I “somehow” manage to accomplish in one year what most people accomplish in ten. “For some reason”, I tend to follow through and bring to success the majority of each of my new year's resolutions.

Well, this book explains exactly how, and allows you to apply what I do on a weekly basis for my life... to your life, on a weekly basis. For the above reasons, I created this unique and dynamic workbook to help ensure you finally follow through on your new year's resolutions. It works hand-in-hand with my book *Time Zen* and the course of the same name at www.udemy.com/time-zen, which I heartily recommend you check out, but they are not required.

This workbook is not a book that smugly and aloofly talks about the psychological principles of goal setting and time management; it's a hands-on, nose to the grindstone workbook that actually ensures you not only set those goals and manage your time well, but also provides you with the 'get up and go' mentality you need to put the plan into motion, day in and day out.

Is it going to be simple? Yup.

Is it going to be easy? Nope!

But nothing worth pursuing ever truly comes easily.

Nonetheless, my guarantee to you is this: *if you follow the simple instructions contained in this book and work each week (over the next 52 weeks) on the activities contained herein, you will accomplish more of your new year's resolutions than ever before.*

And dare I say it: you very likely will accomplish more for your life than you ever dreamed possible.

So without further ado...

Let's not let *this* year pass us by! Agreed? Agreed!

NOTE ABOUT TYPOS: It's December 21, 2018 as I am finishing this book up. I'm in a huge rush to get it completed and onto Amazon before 2018 is over. While I've made every effort I could to catch typos and make sure the layout is as perfect as possible, I am (as many of you know) a firm believer in "Good now is better than perfect never." Well, this 2019 edition: it's good enough. 2020 edition will be better. If you find any typos or have suggestions for the 2020 edition, be sure to let me know!

PHASE I: PREPARATION & BEGINNINGS

During the first ten weeks of the year, there is going to be a lot of planning involved. Don't worry, there will also be a *lot* of doing too! During this first phase, though, you're going to be doing much more *thinking*. More so than you have in a very long time.

You see, one of the biggest problems people have with dream and goal accomplishment is spending only 10% of their energy figuring out what they want to do and how they are going to do it, and then spending 90% of their remaining energy pursuing things that are ultimately a waste of time, using strategies that are not going to work. Worse, they blindly pursue goals or employ strategies which no longer make any sense based on what has changed in their lives in the last day, week, or month! This is one of the biggest reasons why people start off a new year with great energy and intention, only to lose momentum and enthusiasm shortly thereafter.

That is why *this* year, you are going to try something different.

The better strategy that I propose is to spend 90% of your energy *thinking* and *planning* and *plotting*.

Once you figure out specifically and clearly what it is you *really and truly* want will you then go for it and put the plan into action.

In other words, you are not going to jump out of the airplane *right this very second* simply because you are excited to get to the ground! That would be pretty stupid. Let's first prepare the parachute, ensure it's packed correctly, make sure it's fastened securely to your body, and maybe we should also ask the pilot to fly over an area that is not known for harboring hungry sharks. Makes sense right? Research first, *then* be impulsive.

Further, once you actually begin implementing your plan, you need to be continually rethinking, and replanning, and replotting, every day, every week, every month, constantly asking yourself—again and again and again—if and how your situation has changed. Only then can you be sure that the strategies and goals you created the previous week still make sense during the current week.

So during these first ten weeks, and in particular, these first four weeks, you're going to be putting your thinking cap on again, and again, and again, and again.

STEP ONE: Turn the page. This will be your workspace for the next seven days.

STEP TWO: Read the entire first chapter once straight through, without doing anything, to first get a feel for what it's all about. Then go back, re-read, and just do what it says! Simple!

WEEK 1 (OF 52): WHAT ARE YOUR LIFE DREAMS?

Monday, December 31, 2018
TO
Sunday, January 6, 2019

WEEK 1 KICK IN THE PANTS: *What are your life dreams?*

Yeah, Week 1! The adventure begins!

Think about this: twelve very long months are in front of you. You are already probably thinking: “What do I want to accomplish this year?” But I don’t want you wasting these 12 months pursuing things you won’t care about ten years from now. I want this year to be the beginning of a more successful life. So let’s dig deeper: the first question is not, “what do you want to accomplish this year”. Go figure, right?! The question is: “what do you really want to accomplish *in this life*?”

So don’t think small. Don’t just think, “What is *possible* in a lifetime?” I want you to start off by thinking what is *impossible*. YES! I want you to think big! Think crazy! Think so delusionally that you call *yourself* delusional!

Yes, ma’am. Yes, sir. That’s the type of thinking we need. Why? Because an arrow *always* falls short of its mark, so you need to aim higher than the target. In other words, people rarely get what they truly want; they usually get something close, but not exactly what they intended—something a little (or a lot) less than what they intended.

So what to do? *Shoot higher*. Always, *always* shoot higher. In everything and in all that you do from this day forward. Always, always higher.

WORKSHOP INSTRUCTIONS

Task 1: Your first task for this week is going to be making a list of all the things you have ever wanted to accomplish in your life. No matter how silly, you will write them all down. From big crazy goals like ‘become an astronaut’ to smaller ones like ‘lose 5 pounds’. Whatever you can imagine, write it down. Whether it was something you wanted to do but never thought you could to something you once tried, failed, and still dream about, write it down.

Your Life Dreams

Task 2: For each of these dreams and hopes and plans, write down one thing you can do this week for each. Even if you ultimately decide not to pursue many of them, the important thing is that you do at least one thing related to each of these dreams this week, even if it’s just internet related. For example, if the dream is ‘become an astronaut’, then go visit the NASA website and do a little research for five minutes. If the dream is ‘lose 5 pounds and keep them off’, then do a search for ‘weight loss strategies’. It’s okay to start small right now—things are going to get huge very soon, don’t you worry.

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[illegible]

Why just *one* task for each dream? Well, the idea is not to overwhelm yourself right from the get-go, because if you do, you are far more likely to quit. For example, far too many people join gyms and pay for a yearly membership and start going to the gym three times a week for two hours at a time only to realize that... three weeks later, they aren't going to the gym at all. *Please don't do this.* Start small this week. This preparatory phase is more about *thinking more and doing less.* Maybe it seems counterproductive because you feel like you aren't *doing* a whole lot, but that's actually precisely the point: this will be the strongest foundation you can set for a successful new year. *By doing a heck of a lot more thinking than you typically do.*

So, do *not* start doing a million things in a fit of unbridled enthusiasm—I promise you that if you do that, you are far more likely to tire out and give up very quickly. Instead, let's first spend a lot of time doing brain work (yeah, THINKING?! Crazy, right?!) By doing this, it will not only be a lot easier to do the physical work, but it will be a lot easier to maintain the momentum too, once you get started.

Take note: I am not going to keep you bridled for long. In a few weeks, the bridle comes off, and you'll be wildly running towards your goals for this year. But you will be doing so knowing that you're clearly and effectively wildly running... *on the right track.* And that's a key point indeed.

This week is about preliminary *planning*—not doing! Big bold brainstorming. Making a huge list of all the things you have ever wanted to do in your life. And thinking *big!* And *CRAZY!* And then, for starters, you're going to do one thing that could bring you closer to the realization of each of them... *even if you are not sure you even want to pursue them to completion.* Why? You'll know after taking the first step with each which ones get you the most excited. The idea is to just expose yourself again to all of the things you have ever wanted to do in your life, to help you determine what you *really* want.

So, yes, you're going to be running very quickly, very soon. But first, just trust me: start slowly, and build up speed gradually. A year is a *very* long time. Pace yourself, and take this time now to plan well. As my instructors at US Army Officer Candidate School would repeatedly tell me, "Prior Proper Planning Prevents Piss Poor Performance". ☺

THIS WEEK'S PLAN

1. Your Full To-Do List for the Week

Write down ON PAPER (or on a computer and print it out) your FULL to-do list for the week. And do not lose it! Use your above list as a guide. We are going to need to look at this list again next week.

2. Top Ten 5-Minute Tasks For This Week

All of your tasks on your weekly to-do list should eventually be broken down into simple do-able five minute tasks. Why? Simple: if you think it will take a long time to do, you will use “lack of time” as an excuse for not doing them. But if each task will only take 5 minutes, then voila, you certainly can find the time to do them. So keep the tasks bounded to 5-minute bursts. P.S. – don’t worry if you have more than ten tasks: this list is just your *top* ten, to keep you focused.

Write down your top TEN 5-minute tasks for this week here:

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. *Accountability Partner For This Week:* _____

Find someone in your circle (it does not need to be a close friend) and tell them your plan for the week—it can even be a total stranger. They do *not* have to get in touch with you. Just by sharing your tasks with another person, you will end up getting more done. And more likely than not, by sharing with them what you're up to, you will probably end up striking a conversation with them, and voila, the accountability is strengthened even more.

QUOTATION OF THE WEEK

“A journey of a thousand miles begins with the first step.” – LaoZi

Congrats. You just made that first step. Now just 51 more to go!

WHAT NOW?

Congrats! You finished the planning for the first week. Don't worry about what we are doing next week. Just focus on the tasks for this week. Do not move on to read Chapter 2 until next week. You have more than enough to do, and jumping ahead will simply serve to dampen your momentum. Simply focus on your tasks for this week.

A REMINDER OF SOME OF YOUR TASKS FOR THIS WEEK:

- ☐ Did you create your life dreams list?
- ☐ Did you create a to-do list for the week, written, on paper?
- ☐ Did you complete your top ten 5-minute tasks list?
- ☐ Did you share your top 10 tasks with someone TODAY?
- ☐ Did you diligently work on your weekly to-do list tasks?

OK, so what are you now waiting for? GET TO WORK! Before you know it, it's gonna be next year! ☺

WEEK 2 (OF 52): THINK BIGGER

Monday, January 7, 2019
TO
Sunday, January 13, 2019

INTRO: This week, you are pushing yourself to think even bigger. The idea is that you need to make thinking bigger a habit. It's a crucial task you are going to have to use and reuse throughout this year, so that's why we're focusing on it here in a little more depth. Further, by forcing you to think even bigger, I am helping to ensure that you spend this year doing things that are leading you to your *life* goals, and not just your short-term goals for this year. Trust me: this is going to help you so much in developing and executing your resolutions for this year. But first, let's review last week.

LAST WEEK IN REVIEW

Last Week's Accomplishments.	What Does This Mean?

Last Week's Setbacks	How Does This HELP My Success?

How Has My Overall Situation Changed? Specifically In What Ways?
For Better? For Worse? Explain:

What must I continue to do from last week *that is working well?*

What must I do differently from last week *that needs to change?*

WEEK 2 KICK IN THE PANTS: *Think Bigger.*

Welcome to Week 2! Congrats for sticking with it for at least the second week haha.

If you haven't already, first complete the previous 'Week in Review' section. Don't spend too much time there. Just quickly jot down your thoughts in about five minutes.

Next, look at the "Life Dreams" list that you made last week. This week, while looking at that list, I want you to think even *bigger* that you did last week.

I know, we still haven't really focused on your goals for *this* year. Don't worry, I haven't forgotten! Right now, I just want you to look at that list, and try to think even bigger: **If absolutely NOTHING could stop you, what would you want to do?**

If you really think about it, I bet there are things that you are thinking right now that are *not* on that list. So what to do? *Add them!* If you even thought, for even a moment, "Become President of the United States"—WRITE IT DOWN! ☺

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Now, take another look at the list and see if each and every dream on that list really is big enough. If you wrote, “Write a novel”, well, that could be much much bigger. Wouldn’t you rather it be a hugely successful novel? I’m sure the answer is yes. Well then, change it to, “Write and publish a NY Times Bestselling Novel”. Now THAT is big. And that’s exactly the type of BIG we need!

Come on, we’re not done. Really take some time to think about what you want in your life. On your deathbed. What is it? On your deathbed, what do you want to have accomplished? What makes you smile just thinking about it? What do you want written about you on Wikipedia when you’re dead. What do you *really* want?! Write it all down, adding each dream to your list. As you’re doing this, remember the Break Diver’s Creed: No Rules, No Excuses, No Regrets.

Don’t think, just write: whatever comes to mind. And then add another task you can do this week to bring that dream even just a little bit closer.

The key is, every day, from this day forward, continually ask yourself, “Am I thinking big enough?”

The answer will usually be “no”. And that’s your cue to push yourself to imagine even more possibilities. All day. Every day.

So congrats! Today, right now, is the day you start thinking way bigger than you’ve ever thought before. Oh I can smell victory already. Can you?!

WORK SHOP INSTRUCTIONS:

If you did your homework from last week, you did a whole lot of small tasks related to each of the dreams on your list, right?

As you did so, you probably realized that you are super jazzed up about pursuing some of those dreams, while some of them don’t really get you all that excited. Guess which ones you probably should pursue? Yup! The ones that got you the most excited. If some don’t really excite you that much, that’s okay. Keep them on the list, but you can ignore them for now. If some of them really do excite you, circle them.

SUCCESSFUL NEW YEAR 2019!

You see, this week, I want you to start thinking about which are the most important. I'm not talking about which are the most important things for you to focus on *this year*. I am just talking in general, for your life—which of these dreams are the most important?

After you're done looking at the list, and circling the ones that excite you the most, pick the top ten and write them here:

MY TOP TEN LIFE DREAMS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

THIS WEEK'S PLAN

1. *Your Full To-Do List for the Week*

Look at last week's list. If you didn't finish everything, that's okay. Just transfer what you didn't do here, add your new tasks, and let's start a new week afresh!

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2. Top Ten 5-Minute Tasks For This Week

Looking at your plan for the week, write down your top TEN 5-minute tasks for this week here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. Accountability Partner For This Week: _____.

QUOTATION OF THE WEEK

“You have to think big anyway, so you may as well think big.” – Our 45th President

WHAT NOW?

Don't worry about what we are doing next week. Just focus on the tasks for this week. Here is a reminder of some tasks you should be doing:

- ☐ Did you review and refine your life dreams list by *thinking even bigger*?
- ☐ Did you write down your life dreams top ten list in the space provided above?
- ☐ Did you create a new to-do list for the week, written, on paper, using last week's list as guidance?
- ☐ Did you complete the top ten 5-minute tasks list for this week?
- ☐ Did you share this week's top ten with someone TODAY?

What are you waiting for? GET TO WORK! Before you know it it's gonna be next year! ☺