



Flip2Freedom

The January Letter to Yourself

Every January, sit down and write yourself a letter, dated exactly one year *ahead*.

And describe, in that letter, what your life is like a year *hence*. (So, in 2013, date the letter January _____, 2014.)

It's a subtle difference to the way other people set goals. Most people write goals like "I live in new house on the beach", and "I earn \$120,000 a year". And that works. But it's like *pushing* your goals.

Writing this letter to yourself is more like *pulling* your goals. For me, this works even better. Every decision I make throughout the year is unconsciously influenced, as I move toward becoming the person I've described.

But here's where I do it very differently: My goals are deliberately in the "*whew*" to "*no way*" range. Mega-ambitious!

There's a sweet spot in there — doable, if I commit myself, but not so outrageous that I lose interest because the required change is too massive.

So here's what makes this ambitious goal-setting so effective:
I REACHED most of them.

In fact, I wish I would had been **MORE** ambitious!

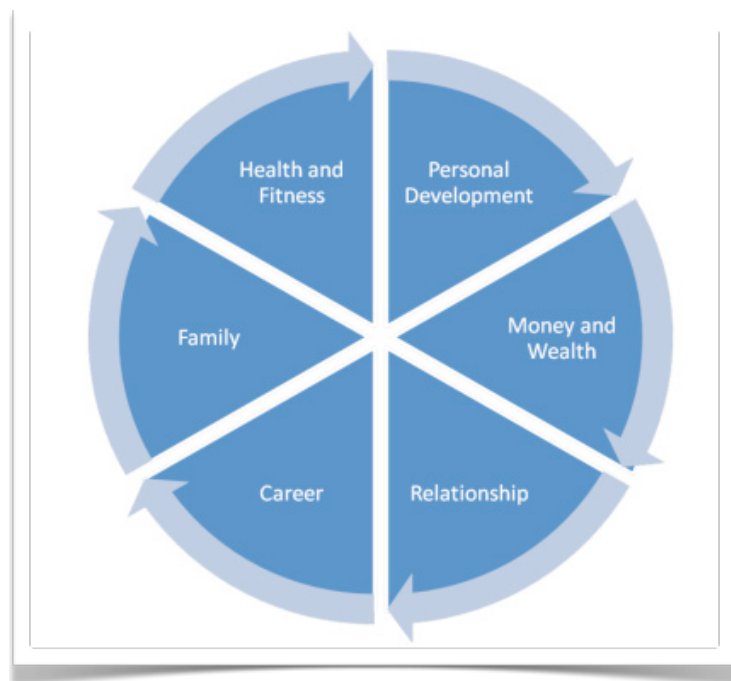
There's a ton of psychology at work there. The person I describe a year away often resembles a stud, lol. I'm looking at last year's letter and I remember thinking, "I have no idea **HOW** this will happen" when I wrote it, and the amazing thing is I exceed my goals and had my *best year ever*.

And — here's the thing— I would NOT have had such a great year, if I wasn't being *pulled ahead* by that letter.

There were numerous small and grand decisions I made that would have gone another way without the influence of what I wrote in my January letter.

Now, I realized that trying to be perfect was a sure way to *sabotage* any goal I set. Perfectionists rarely attain anything, because they get hung up on the first detail that doesn't go right.

All right, here are the areas of life you can write your letter about. The more descriptive the better and don't get caught up on HOW it's going to happen.



Here's an example to get you started:

“Wow _____, what an incredible year you had. This was by far the absolute best year of my life.”

My career completely took off, I made \$ _____ this year without working hard at all, which was amazing! Everything seemed to come together perfectly.

In my real estate business, I consistently flipped _____ properties a month and made on average \$ _____ per deal. The best part is I developed a team that does most of the work. I built a huge cash buyers list of _____ names, phone numbers and email address. I can send an email and sell a property in 3 days or less.

I was able to tithe \$ _____ this year which is more than I have ever done in previous years and I feel great about it.

As for my family...(you get the idea)

My wife and I...

My kids and I...

We went on vacation to _____ on _____/_____/2014. We had the best time of our lives.

I finally reached my ideal weight of _____ and I feel better than ever. I consistently _____.

I read _____ books this year and really furthered my education and feel highly confident on my direction for the future.