

The Annual Success Planner



Goal Setting for the Most Important Race of All — the Human Race.

By James Tarantino

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*Dedicated to my Family & Friends,
especially Kristi, Grace, Nick and Ryan.*





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CHAPTER 1

Introduction

*This is the day your life will surely change.
This is the day when things fall into place!*

(The The)

Congratulations on your decision to purchase the *Annual Success Planner (ASP)*. As the author and as a long time user of the *ASP* system, I can assure you this will go down in the record books as one of the best investments you have ever made, especially if you are willing to invest your two other most valuable resources — time and effort. Trust me, I know that time, effort, and money are at a premium these days, but this simple system really does work if you are willing to spend a few hours engaging yourself in this life changing process. So, whether you are unemployed and hurting right now as a result of the worldwide economic slump, or you have a job and are optimistic about the future, this book can help you make this year the best year of your life!

By now you might be asking yourself, “Exactly what is this *ASP* system all about?” Good question. **The *ASP* system is all about helping every day, busy people all around the world achieve their most important dreams and goals.** The *ASP* is divided into two major goal setting categories —



Long Term (*i.e. Goals that you want to achieve beyond this year*) and **Short Term** (*i.e. Goals you want to achieve this year*). More specifically, this book will help you focus on **Six High Priority Areas** of life that most people have in common: **Health, Family & Friends, Career, Wealth, Spirituality and Community/Everything Else**.

So, now that you are somewhat engaged and curious, are you ready for some interesting and potentially depressing goal setting statistics that I read in a recent RISMedia article? Well, here goes. For starters, it really does not surprise me that only 5% of all people in the world even take the time to set goals. In fact when you think about it, most people spend more time planning a vacation or a party than they spend setting goals and planning their lives. So, congratulations again, because you are already on your way to being in the top 5% of the population. But don't start celebrating yet because, of all the people in the world who do set goals, 86% of them fail! And even more disappointing is the fact that of those 14% who do succeed, only 30% maintain their newly found success for the long term. Now I am definitely not a math major, but those odds don't sound very good to me. Except for one key fact! None of these unfortunate souls has ever had the opportunity to use this **ASP** system since this is the very first time it has become available to the public! Who knows, you could be part of a trend that changes these dreary statistics forever.

My research indicates there are three primary reasons why most people either do not set goals at all or often fail if they do. These three reasons are:

- They have a fear of failure.
- They think they are too busy.
- They simply don't know how to do it.

This **ASP** addresses all three of these factors head-on by giving you the tools you need to overcome these obstacles and succeed with your goals. While there are certainly plenty of other goal setting books and videos on the market, only the **Annual Success Planner** has been specifically designed to help busy people maximize their chances of success.

Here is a quick preview of the **Five Key Aspects** of this book which make this such a successful life changing system. **First** of all, the number one key to this goal setting system is that it is a **one-stop-shop** for all of your goal setting needs. In other words, there is ample space to write out all of your goals and to track them in this book. You

do not need to use spiral notebooks, computers or anything else. This book and a writing utensil are all that you need. The **second** key aspect is the fact that the book is divided into two main sections — **Long Term Goals** and **Short Term Goals**. The **Long Term Goals** are the first ones you will work on, followed by the **Short Term Goals**. The **third** unique feature of the *ASP* is that it helps you focus on **Six High Priority Areas** that most humans share: **Health, Family & Friends, Career, Wealth, Spirituality, and Community/Everything Else**. The benefit of giving you these **Six High Priority Areas** is that it will allow you to focus on the main things that really matter in your life. I truly believe that if you start to think of your life and your goals in the context of these same **Six High Priority Areas** you will achieve true clarity and balance in your life. Next, the **fourth** key is the unique **Five Step Goal Setting Formula** which literally gives you all the tools you need to actually set and achieve your specific goals. This **Five Step Formula** covers the most important time-tested essentials of solid goal setting, and, if followed, will put you in the best position to be successful. Finally, the **fifth** and last key is the fact that this book has intentionally been designed to be **short, simple, and straightforward**. In fact this book follows the *KISS* Formula, which, where I come from, means *Keep It Simple Stupid*. This book is simply about **you** and **your** goals. There is no unnecessary “fluff” that wastes your time.

All of these five keys are explored further in the next sections of this book, so let's get started!

CHAPTER 2

Getting Started

*You can't always get what you want,
but if you try sometime, you just might find,
you get what you need.*

(The Rolling Stones)

You are now almost ready to get started with the main purpose of this book — to set your most important long term and short term goals. Before you dive in though, I need to quickly walk you through each of the upcoming sections so that you know how to engage yourself in this process most effectively. Following is a brief outline of what to expect in the upcoming sections:

- **Section One: Long Term Goals** — This section is first because it makes good sense to tackle the big, long term goals first.
- **Section Two: Short Term Goals** — This section is divided into the **Six High Priority Areas** and should include specific goals that you plan to accomplish this year.

Both the **Long Term Goals** section and the **Short Term Goals** section will use the unique **Five Step Goal Setting Formula** which is discussed in great detail on the next page. Feel free to refer back to this section if you need help once you actually start setting your goals.




Each goal will have separate pages for you to write on which will be broken down using the simple **Five Step Formula**. Now you may be thinking that this sounds complicated, but stick with me and you will see that it is actually very easy and effective.

The Five Step Goal Setting Formula

The **first step** of the **Five Step Goal Setting Formula** involves simply writing down the particular goal you plan to accomplish and establishing a *target completion date*. An easy way to think of this step is that it answers the questions of **What** the actual goal is and **When** you want to achieve it.

Here is an example of what this first step looks like:

1 Set The Goal: 

Target Completion Date: _____

The **second step** is very important yet often overlooked by many goal setters. This step requires that you do some soul searching so that you can answer the question of **Why** this goal is important to you. Taking the time to complete this step will help you uncover your true motivation and purpose which will enable you to stay energized and focused when the going gets tough. Here is what this step looks like:

2 Why Is This Important To Me? 