



Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals

Michael Hyatt

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We all want to live a life that matters. We all want to reach our full potential. But too often we find ourselves overwhelmed by the day-to-day. Our big goals get pushed to the back burner--and then, more often than not, they get forgotten. *New York Times* bestselling author Michael Hyatt wants readers to know that it doesn't have to be this way. In fact, he thinks that this is the year readers can finally close the gap between reality and their dreams.

In *Your Best Year Ever*, Hyatt shares a powerful, proven, research-driven system for setting and achieving goals. Readers learn how to design their best year ever in just five hours

- three simple ways to triple the likelihood of achieving their goals
- how to quit-proof their goals
- what to do when they feel stuck
- and much more

Anyone who is tired of not seeing progress in their personal, intellectual, business, relationship, or financial goals will treasure the field-tested wisdom found in these pages.

Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals Details

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Joli Hamilton says

Excellent strategy guide for developing new habits and achieving goals. I only wish Hyatt didn't fall into the trap of using almost all male examples in his anecdotal case studies. It sticks out like a sore thumb and becomes grating quickly. That said, the info is solid and tracks to my prior knowledge of growth oriented research results, so I will keep it on my coaching bookshelf.

Ricky says

I am thrilled for Michael's new book. I have read both Platform and Living Forward and was thrilled when he announced he would be sharing his Best Year Ever content in book format. I am about 2/3 of the way through his book and it is proving to be just as beneficial as the other two. What I love about this book is the simple actionable step by step process Michael walks you through to accomplish what he promises. I recommend this book because I believe it will help you identify, define and achieve the goals you have set for the next year (which doesn't have to start in January although that might help).

If that isn't enough of a recommendation for you to go and buy this book now here are a few of the benefits I have gotten from this book already.

1. Michael is clear with his approach. I have read many leadership books and business books on all kinds of ways to achieve goals and lead people. The problem is too many times it is not clearly communicated what the action really is that I need to take it is simply just a written record of the journey the author has been on and leaves me wondering how to apply that to my own situation. Michael does a great job of making it clear what and how I can take action on the process he lays out.
2. He uses practical and current examples. I love that this book comes after tens of thousands of people have gone through his online course and he uses examples from those alumni that apply practically to real world situations. They may not be the same as my situation but the principles can still apply, again because Michael clearly communicates how this works.
3. Nothing is oversimplified or sugar-coated. I hate listening to people who have succeeded at life or business and they have no idea how they have done it. They simply say keep going and you'll get there but that isn't helpful because it doesn't address some of the most important aspects of achieving goals. For me those aspects are knowing what struggles I will face and connecting to the fact that failure doesn't mean failing it is simply an opportunity to learn that I need to make a change to succeed. Michael does a great job of highlighting these things and helping the reader understand how to translate it to your own life.
4. Digging in to find your motivation. I believe that understanding what lies under the step by step process is what truly leads to success. Michael helps define how to find your motivation and how to tap into applying it to your situation to maximize your success. This is vital in moving from simply writing down goals to taking action on the goals you hold most valuable for the upcoming year!

If you have been looking for a book to help you move the mark and succeed at what is most important to you in work, family and life this is it. Applying the process and using the templates in this book will help you move from thinking about what you want to do to getting it done. I hope you will enjoy it as much as I am.

Ericka Clouter says

I think that if you like books in this goal-setting genre, this one is pretty good. I'll probably also buy a copy for reference. I have to admit, I really love the title (maybe to a bias-forming level). *Warning! This review is more like note-taking on the book than a real summary. It's definitely more valuable if you take some notes on it.

Some of my favorite parts of the book were in the first introductory chapter:

1. Starts with a story about the amazing results of resilience. "Stay in the game and keep pushing" even if you're behind, you can still achieve your goals.
2. Set more than a few goals. Imagine accomplishing ALL of your goals a year : Health: best health of your life, energy to spare. Relationship: deepen your relationship. Finance: Debt-free with deep savings, money leftover and protected from emergencies. Spiritual: Feeling a connection to something greater and feeling grateful every day.
3. Document your baseline in the 10 domains so you can see your progress.

Ten Domains: Spiritual, Intellectual, Emotional, Physical, Marital, Parental, Social (friends), Vocational (career), Avocational (hobbies), Financial. Although I notice that home management seems to be missing from his list.

Usually, I give my thoughts on the books instead of summaries, but I wanted to record this for myself. So here's my little summary.

1. Believe the possibility- overcome doubts, be positive and abandon scarcity thinking, what's lacking and imagine putting it there, don't limit your goal based on your resources
(A bit repetitive: a. Recognize the limiting belief, b. Record it in writing, c. Is this belief helpful? d. Reject or reframe the belief. e. Revise the belief turn into liberating truth, f. Implement the new way of thinking.)
2. Get closure on the past and develop gratitude. After action review- write it down: What happened, why it happened, and what you can do to improve. You can do this with last year's goals. Adjust your beliefs and behavior. Gratitude makes you resilient and reminds us that we have agency. (A little repetitive here.)
3. Set goals that really work (Chapter 7)- Specific and measurable, habit goals, but also risky goals that stretch and challenge you.
4. Find your motivation to achieve your goal (this was my least favorite part). Find an accountability group.
5. Make it happen (Chapter 13-14): a. Start with the easiest /smallest part first for big projects (instead of eating the frog)- warm-up and create a positive feedback loop, if you get stuck try something else. b. seek outside help. c. Fully commit and schedule parts on your calendar. d. Activation triggers or cues to make responses easier. (Brainstorm triggers that are easier than your goals, optimize your activation triggers by automating them or taking them out of your control, decide in advance what to do if you're blocked, revise your activation trigger if it's not working.) e. Regular review of our goals: Daily review of all your goals (7-10 goals)- look for daily 3 actions; Weekly review: look for next 3 big actions and check at next weekly review; Quarterly review: rejoice your milestones, recommit to your goal- reconnect to your "why," revise your strategy or goal if it's not working, or remove the goal if you decide it's not worthwhile. If you remove it you might want to add a new one.

Celebrate your wins- both the overall goal and the milestones.

Jason Hoschouer says

I have been a follower of Michael Hyatt's for years. His no-nonsense approach to goal setting is second to none. The timing of this release is perfect as it will allow me to finish out 2017 on a high and jump into 2018 with clear direction and purpose.

The best part of this book is Hyatt's assertion that goals often bleed into one another and setting a single goal isn't particularly realistic. When I'm focusing on something personal, I need to realize it may be impacting my work life as well. Striking that balance and understanding the ebb and flow using the LifeScore Assessment was eye-opening!

Karin says

So, I feel like you can't really review a lifehack/ self help book immediately upon completion, but I really like how action oriented this book was. This is a very clear action path for how to make changes over a year by analyzing your current situation, goal setting and periodic review. I did follow along with the exercises, so I guess I'll know for sure in a few months! Very easy to process through audio imo.

Anna LeBaron says

I am delighted that Michael Hyatt's "Best Year Ever" program is now in book form!

I have used his program for five years in a row to set goals for each year and then accomplish so many of them, year after year! This has been a game-changer for me. Actually, a LIFE-CHANGER! Since I began using these proven methods I have become a published author and started a new career!

Imagine setting goals and then actually following through and doing the work required to reach them! How would that change your life?

Michael Hyatt will lead you through his "5-step plan for achieving your most important goals".

In doing so you will discover:

- * What's holding you back right now
- * How to overcome your past setbacks
- * The seven attributes of effective goals
- * How to quit-proof your goals
- * The role of habits in personal achievement
- * What to do when you feel stuck

I recommend that you not rush through the reading of the book. Instead, read it thoughtfully, and invest the time to complete each Action Plan as you go through the book. I also highly recommend doing this with a friend. Having someone to celebrate your achievements with makes the rewards of accomplishing your goals that much richer!

Jami Balmet says

Based on Michael's first two books that I loved (Platform and Living Forward), I had high hopes for this book. But I was very disappointed. Michael use to teach solid, step by step approaches to creating a platform, writing, and setting goals. But like his podcast that I seldom listen to anymore, this book was more fluff and stories than anything else. For anyone who has ever read anything on setting goals, you can probably skip this book. I kept waiting to get to the meat - but sadly never did! Maybe I missed the point of this book, but I didn't have any practical take aways. I'm confused at the hype of the book honestly ????

Brandon Kelley says

This book has helped me gain clarity for 2018 and has given me a great process for taking steps toward the things I believe God is calling me to in the next 12 months. Whether you've given up on New Year's Resolutions/Goals or if you're a goal-setter already, this book is a great tool to move forward personally, professionally, and even putting together a plan to grow your faith. Highly recommended.

John Richards says

I try to read some Michael Hyatt content to start the year every year. Last year I read his co-authored Living Forward book. That one left a lot to be desired.

This book is different. Hyatt is my go-to guru for goal setting. I use a modified version of his Evernote system for my own personal goal setting. Though I haven't taken his 5 Days to Your Best Year Ever, I'm pretty sure this book captures everything he teaches in that course.

A few things that caught my attention.

"If you already have everything you need to achieve your goal, then your goal's probably too small."

"An apparent lack of resources might be the most important resource we have."

"As you're thinking about assigning deadlines, don't make them all December 31. Distant deadlines discourage action."

The last one was important for me. Many of the goals I had set as distant deadlines last year were much more difficult for me to accomplish than the ones I had set shorter deadlines for. This year, I tried to add a few more helpful steps to ensure that my December 31 goals don't fall by the wayside.

Hyatt's SMARTER acronym expands on the well-known SMART goals formula (with a twist) and helps anyone interested in shaping better goals in getting those crafted well. His LEAP acronym at the end of the book is also unique and helpful if you're looking to make big changes over the course of a year.

Great templates in the back of the book that I plan on using in the future.

Looking to set and finish goals? This is definitely a good book to read to start the year.

Misty Beller says

An exceptional book for anyone. Whether you're a go-getter and want to move to the next level personally and professionally, or whether you're just tired of slogging through the same ol' rut, this book is a must-read.

I've set goals for years, some I've accomplished and some I haven't. I love the way the author gives tools to examine all aspects of our lives and find the areas where we want to take action. The book then takes us step-by-step through creating goals that stretch us, then developing a game plan to make them happen. I'm already starting my new goals and thrilled to see the progress I'll make!

Patricia Sutherland. says

Si te interesa el tema de planificación de proyectos y administración del tiempo, en este libro encontrarás información muy útil. De hecho, encontrarás un plan completo para desarrollar tus objetivos paso a paso. Lo novedoso respecto de otros libros de su clase, es que el plan no comienza por elaborar tus proyectos a futuro, sino por una evaluación de lo que no ha funcionado bien en el pasado -objetivos no conseguidos- y por qué. Como me ha sucedido con otros textos suyos, me "puso las pilas": mi cerebro empezó a bombardearme con ideas y he llenado el ebook de notas. Fue exactamente del tipo de lectura que disfruto a fondo.

Jay says

I have enjoyed listening to Michael Hyatt's low key success podcasts and listening to his self-narrated audiobooks. He has a comforting voice with a bit of contagious call to action that he adds to what he publishes. Given his earlier book called "Platform" described how he had combined all kinds of media to get his message across and build his business, it's no wonder that this platform master needs to create content for his own platform – his mix of social media, podcasts, books, training, email lists, etc. This book came about as his daughter suggested he create a class on personal planning. After running the class and based on feedback, Hyatt cleaned up his advice and packaged it in this book. Like all Hyatt books, he includes many personal anecdotes to illustrate his topics, in addition to using business examples and in this case, examples from former students of his class. I found these examples to be the best part of the book. Most of the advice is similar to that of other goal planning books I've read. He includes the concepts of having set goals, like saving \$20,000 by December 31, and having process goals, like reading a business book a month. He pulls in other common topics from planning self-help books, like habits, SMART objectives, etc. Again, if you are well read in personal goal setting, this is of a kind. If not, this isn't bad, and has a friendly voice.

Interesting: Hyatt ran Thomas Nelson Publishing for many years. He mentions in this book that he had a dog named Nelson. Strange that he had a dog with the same name as his employer. I'm now thinking of naming my next dog System.

Dan says

I have read many, many books on setting and achieving goals. What sets Your Best Year Ever spare from all the others? Honestly, not much. The material covered is pretty well known: SMART goals (Hyatt adds ER to make them SMARTER), understanding the “why” behind a goal, making a plan, getting help, employing an accountability buddy, etc. Goal setting has been covered so well over the decades, we should all be experts at accomplishing our dreams by now. So why did Michael Hyatt feel the importance of writing another book on goals?

Because, frankly, we DON’T accomplish our goals. We set them with great anticipation and then get discouraged when we don’t achieve our wildest dreams. Yes, some do, but many of us don’t. And that is what Hyatt digs into.

Michael Hyatt has, for several years now, run a special class each year to help participants set and achieve goals to their Best Year Ever. He has some experience in pulling off the feat of helping people do the difficult (I won’t say impossible - that would be too pessimistic, even for me). Yes, paying several hundred dollars to get some help in achieving one’s goals is certainly a way of getting motivated. And it is possible to achieve wild success without paying the money. So what makes Your Best Year Ever different?

Stories (there are a lot of them) definitely help explain his points and help build the “I can do it too” feeling. Process and forms keep things lined up and in proper order to maximize potential. I believe the difference is Resonance.

Let’s face it. Michael Hyatt has a very large audience who follow him via his blog, podcast, books, videos and speaking. He has done an excellent job of being everywhere and helping people get excited about improving themselves. So it follows that when the student is ready, the teacher will appear. Michael has spent the last ten+ years getting people ready. And when the time is right for that person, the book is just one more way to help people execute.

I almost signed up for Hyatt’s very first Best Year Ever online course several years ago, but for various reasons, I wasn’t ready to commit to it. Several years have gone by and every year I have wondered about it. Last year, I bought his book Living Forward and read it. This year I am implementing it. So it follows that I want to make some movement toward achieving my Life Plan and achieve the goals that inherently go along with it. This year, Best Year Ever is resonating with me. The student is finally ready. Lead on, master.

A.L. Chittur says

The latest from leadership developer and writer Michael Hyatt, Your Best Year Ever is apparently a companion to an online course called “5 Steps To Your Best Year Ever”.

The book read quickly, each part is comprised of several chapters and capped by a multi-step “Action Plan” that distills the advice you’ve just read into a checklist of sorts. I liked the practical nature of the book and will likely use some, if not all, of the action plan steps in the coming months.

For negatives, I think the biggest one is a surface-level treatment of the concept of “limiting beliefs” and how we can approach productivity. Hyatt’s writing and products often presume you are your own boss, and so in control of your own feedback loop and what a typical workday looks like. I don’t believe this is the common example and so he loses me as an audience at times when he seems to be writing more for CEOs and higher-end business leaders than for the ‘average’ professional looking for more from life and to live it more fully.

Trisha says

I think a healthy suspicion of any guarantees of making a certain life for ourselves is good, unless what's being offered are promises from God's Word. We are not the captain of our souls, even though many live as though we are. This type of book is somewhat of an unusual read for me, but after seeing it recommended a couple of times by a teacher I greatly admire, I decided to give it a read. We make our plans, and God directs our steps; that reminder was never given in this book, at least not in those terms. Still, we should make our plans, and I think Hyatt does a clear job of laying out a very doable plan for making goals and pursuing them. If you've struggled with this in the past, I think Hyatt's plan would be helpful.

I especially appreciated his scarcity vs. abundance thinking, and his recommendation to consider how our past failures keep us from future goals. His advice to not "eat that frog" and instead do smaller actions to fuel the harder ones is helpful, too. He's quotable and engaging. He outlines all of the steps thoroughly and provides planning templates as well. There's much practical advice here, but don't look for something deep spiritually. For example, the exhortation to practice gratitude comes across as the popular, generic trend that it is instead of a purposeful giving of thanks to the Lord that flows from a love for Him, and God's promises are not the focus at any point. Those endorsing Hyatt's book include the range of Tony Robbins to Andy Stanley to Donald Miller, and Hyatt references Brene Brown multiple times. Such a wide range of company is quite telling in itself.
