

# NEW YEAR'S EVOLUTION

**5 Easy Steps to Accomplish Goals, so They  
Become New Year's Reality - Not Just Resolutions**

by Joseph McClendon III

# From The Desk Of Joseph McClendon, III

Congratulations on your decision to take your life to a higher level. You are about to embark on a journey that will affect you and the ones that you love in a very profound way. You deserve the best that life has to offer, and it is out there for the asking. Health, happiness, joy, love, financial freedom, and/or whatever it is that your heart desires.

Success is whatever you deem it to be. Learning to take control of our emotions and behaviors is like asking for what we want from the one person that can give it to us first...Ourselves.

The biggest difference between those special individuals that we call the successful ones and those who only dabble in the fact that they have developed a habit of doing what it takes. They have learned the skills that crush the things that hold most people back. They have learned to massively expand their ability to be, do, and have more for themselves and the ones that they care about.

All of the planning, all of the training, all of the programs, and all of the products can only take you so far if you don't learn how to control your greatest asset...YOU! By listening to this program, following the instructions, and taking a few simple steps, you will know exactly what to do to eliminate negative emotions and behaviors and create the ultimate future for you and your loved ones.

My sincerest wish for you is that you live your life healthy, happy, and full of love. I thank you for the privilege of sharing these proven strategies with you, and I look forward to being your coach today and in the future. Dare to make your life magnificent!

Warmest Regards,

*Joseph McClendon III*

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# *Get yourself prepared!*

## ***Mentally:***

We all can manifest our own feelings and emotions!

Get into a proper mental state... feel good! What you do and the result that you get are directly proportionate to the way you feel at any given moment. That especially holds true with the learning process and the conditioning process. If you get in the habit of causing yourself to feel good before you do anything, then the results will be significantly enhanced. Repeating the process of causing yourself to feel good each time before you do something will condition your nervous system so that it will become automatic, and you will find yourself feeling good and ambitious about the task or experience at hand.

## ***Music:***

Music is the magic catalyst to the soul that can break through even the toughest of excuses and attitudes. It can instantly transform fear into faith and procrastination into determination. We all have our favorite songs that can lift us up and carry us to the promised land called will power. Choose some music that inspires you and makes you feel good. Choose as many as you can, and make them easily accessible.

## ***Tools for Your New Evolution***

1. Get a Journal
2. Get an online calendar/scheduler
3. Get together a list of people that you are going to share this process with

# STEP 1

## ***My Warm-up:***

Warming up sets the foundation for your body and mind to operate at their optimum. All sports figures, singers, sports figures, musicians, etc. ALWAYS warm up.

## ***Move it***

The movement of the body is the most effective way to get in the right head space, especially as it releases feel good chemicals.

## ***See it***

See yourself standing strong, smiling-look at yourself in the mirror – imagination is the strongest tool that you possess.

## ***Say it***

Words that you say inform the way you feel. Say “Yes” to what you are seeking.

## ***Praise it***

Acknowledge and praise yourself.

# STEP 2

## ***Your Choice:***

Brainstorm a list of what you want and choose which is most essential to achieve and when.

- ***Where you focus is where you go!***
- ***Where do “I” want to go/outcome?***
- ***Make a clear-cut choice; your nervous system will go where there is a pleasure.***

Use your journal to capture your thoughts. Just brainstorm as though you are going to get everything that you write down. Part of the process is to stimulate your brain to search and seek out ideas and desires. The searching process is also a conditioning process that trains the brain to look for what is great and desired. This is the genesis of creativity as well as state/attitude elevation.

# STEP 3

## *Your Plan:*

- ***If you fail to plan - you plan to fail!***
- ***To have success - easiest thing to do is model someone else's success. Just do what they did.***

## ***DUPLICATE***

Compress time by modeling the success of others. Do not enroll in the school of hard knocks; it is rough and takes way too much time. Simply find someone that has done what you wish to do or accomplished what you wish to accomplish. Even if it is not exactly what you want, find someone that has similar results to what ones that you wish to have. You don't have to know them personally or even have access to them. You can find information about almost anyone these days through the internet and books and other sources.

Learn what they did, what they believe, model they're language patterns, their body movements, and what they focused on. Find out how they planned out their rise to success and what they did day-to-day. You may not always be able to get a lot of information but all that you can get is better than none at all. Also, you will find that there are often several people that you can model in the same areas. You will then find that for the most part, they all generally have the same beliefs and similar activities. In short, copy what they did and even what they do now to cut through the barriers of time and experience.

# STEP 4

## *My Why:*

Why's come first and how's come second.

- ***Choose the reasons why you are going to make it happen. Human beings do amazing things when they have a strong enough reason why!***
- ***What are the things that will drive you and pull you towards your choices?***

# STEP 5

## *My Schedule:*

Schedule Personal Development (first thing in the morning for 15 minutes).

Schedule things that will support your plan.

- ***What are you going to do to make it happen?***
- ***Read out loud your reasons why.***
- ***Make yourself accountable.***



# ***Praise Yourself***

## ***You Freaking ROCK!!!!***

Our entire nervous system operates on pain and pleasure. Praising and acknowledging ourselves immediately after we do something sends a clear-cut signal to our system to do more of what we just did. This makes our progress and growth automatic.

Take some time each day to give yourself a well-deserved round of applause. Don't be shy on this; you need to hear it from you that you are not only on your own side but that you are your biggest, raving fan and that you are always going to support and praise and appreciate you for all that you are and all that you do.

Don't take this lightly, this is a huge differentiator and one that makes a huge difference in your speed and efficiency. It is also contagious and others will take it on for themselves and also appreciate you more and support you more.

Remember that life is exactly what you dare to make it. And fortune favors the bold. So boldly step up and dare to make your life Magnificent.