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Create an environment fostering your success.



Tony Alessandra

You might not even realize to what extent you are influenced—negatively and positively—by things and people around you. Start a journal to keep track of these influences so you can eliminate the negative and increase the positive. For instance, if being around a certain friend always makes you feel discouraged or drained, you should limit time with that person. Nurture your emotional well-being by choosing friends who genuinely want you to succeed and who encourage you.

Also, consider your environment—is your home or office dreary or energizing? And make sure to read and listen to inspirational and motivational material. Make it a point to go to funny movies or watch a TV sitcom that makes you laugh.

Overall, whether it's gossip from co-workers, violence in the media, pessimism in your own thoughts or other influences, make conscious efforts to reduce your exposure to the negative. You'll see positive benefits immediately!

Tony Alessandra, a communication and sales expert and co-author of the best-selling book *The New Art of Managing People*



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INCREASE PRODUCTIVITY.

I'm going to put the 80/20 rule to serious work, focusing on the 20 percent of my work that generates 80 percent of the revenue.

Haziq, via Twitter



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Take daily steps toward achieving my long-term vision.

I've learned that my daily choices make a big difference in my long-term happiness. Les Brown says, "Greatness is a choice; it's not our destiny." I've always been a big-picture person, but this year, I'm breaking down my vision into daily, actionable goals that I can measure. The choices I make to spend a few minutes each day on my long-term vision will make great things happen!

Amy Anderson, SUCCESS managing editor

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RECONNECT WITH FAMILY.

I'm making the change to reconnect with family by having a conference call scheduled for the same time once a week with my mom and brother, so that we can catch up and stay close even though we live in different cities.

Kathlena Smith, SUCCESS production artist

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Refresh your network.

Have a host of contacts you've lost touch with over the last few months? Pull up those numbers and refresh your network! Now is the perfect time to check in and keep your network working for you.

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Write your top 10 goals for this year and post them where you can see them.