

Fanie Briel

**BEST
YEAR
EVER**

Shatter your limits, Outperform your past results,
Take your life to it's highest level

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ABOUT FANIE

AND ABOUT THIS BOOK

As a dedicated learner obtaining my Doctorate, and as a Public Speaker, Author, Personal Development Coach and Leadership Expert, it's been my lifelong ambition to inspire, help, support and serve human beings from every imaginable walk of life over the last twenty plus years of my life.

I help people in showing them HOW to unleash their Personal Greatness in this time when so many amongst us have forgotten what they're made of and selling themselves short.

My greatest ambition is to help people in shattering limiting beliefs, and for them to live their highest versions of their wildest visions.

Through this short and easy to read book, my aim is to:

- move you to remember and honour your greatest ambitions;
- recall and fulfil your wildest desires;
- and to remind you that life is just too short to play small with your potential, your God-given talents and opportunities.

Allow me to take you by the hand, and help you to shatter your limits, outperform your past results, and to take your life to its highest level. And together, let's create YOUR BEST YEAR EVER!!

Fanie Briel

IF YOU HAD ONLY THIS YEAR TO LIVE ?

I was in the privileged position early this year to visit with the person who mentored me when I was in my twenties. Two years ago he was diagnosed with cancer, and left with only one kidney he told me: 'They gave me three years to live with medication. This is year three.'

He is positive, optimistic and by spending time with him filled my life with hope and a brand new sense of purpose. And as I sat there listening to his life philosophy after his diagnosis, my mind was saturated with this one question: 'If I was given only one year, THIS year to live, what would I do differently?'

And I want you to answer this question for yourself.

If this was the last year of your life what would you do differently?

What . .

- new choices would you make?
- what fresh dreams would you pursue?
- what old dreams would you revive?
- what brave and new projects would you start?
- what old fears would you confront and conquer?
- what hidden brilliance would you reveal?
- what postponed ambitions would you fulfil?

Steve Jobs, the Founder of Apple said: ***“Remembering that you’re going to die one day is the best way to avoid the trap of thinking you have something to loose. You’re already naked . . follow your heart.”***

Ayn Rand said: *“Don’t let the hero in your soul perish in lonely frustration of the life you deserved.”*

Albert Einstein lived by the motto: *“You never fail until you stop trying.”*

Leonardo da Vinci said: *“Once you have tasted flight you will forever walk the earth with your eyes turned skyward.”*

No one but YOU can free your mind!

If this was the last year of your life, how would you free your heart and mind to dream again?

Because *“When you cease to dream you cease to live.”* - Malcolm Forbes

How will your history remember you?

Will you be anonymous, invisible, irrelevant . . . one of many who quietly coasted through life with your genius still trapped inside you?

***Or will your history remember you as one who took the dare?
Not necessarily the smartest, or the fastest or the strongest, but
one who at least made the commitment to take the leap and live
your BEST YEAR EVER, as if it was the last year of your life?***

8 STRATEGIES TO LIVING A LIFE YOU DIDN'T IMAGINE

Allow me to share with you eight tactics that you can implement in your life, starting this year, and by so doing design a life that you just can't wait to live.

1. Develop your Reality Distortion Field

Reality Distortion Field is the term that Bud Tribble at the Apple Corporation coined to describe the way that Steve Jobs could bend reality, to convince both himself and everyone around him that his vision of the future was not only possible but inevitable.

You have to set giant and disruptive dreams for yourself. Create your own reality distortion field by bending present challenges in your life, and believe the inconceivable.

Write down your dreams and recite them to yourself over and over again.

And do this long enough until you start to believe them at the deepest levels of your being.

***To make this your best year ever, don't dream outside the box,
but dream as if there's no box!***

2. Find your Big What and Why

The problem is never that we aim too high and never reach it, but that we aim too low and hit it every time!

The Sistine chapel is a chapel in the Apostolic Palace, the official residence of the Pope, in Vatican City. Between 1508 and 1512, under the patronage of Pope Julius II, Michelangelo painted the chapel's ceiling, a project which changed the course of Western art and is regarded as one of the major artistic accomplishments of human civilization.

You have to have a dream so passionate and so big that it sparks a fire in your belly. Something that get your blood boiling and your creative juices flowing.

Stop dreaming within the confines of your familiar limits or your past results.

What do you wish to accomplish in the next 12 months? And as you write it down, let the giant in you come out to play!

WHAT is the big dream, and WHY?

And once you figured that out, the HOW will make its appearance.

To make this your best year ever, pursue dreams that will energise you and fill your days with drive and passion. Small dreams can't!

3. Find your Own Voice

Get comfortable in running your own race!
Make the decision to leave the echo chamber.

Stop being an echo of the beliefs and the lives of the people around you. Cut free from 'herd mentality', and start thinking for yourself versus buying into the definitions of success and achievement that society has sold you as the way to happiness and a life of meaning.

Define and dare to speak your own truth, and live by the personal values that feel right to you.

Because to have the results very few have, you must begin to live as very few do, and that's to find your own voice in the crowd!

There are 7 billion of them, but only ONE of you! And you can afford to be yourself and to be comfortable in your own skin, as everyone else is already taken!

To make this your best year ever, believe in and trust your own authenticity and act on your deepest convictions.

4. Join the Generosity Club

You should live by the motto, that 'The person who helps the most people wins.'

Make the decision this year to become a giver, and not a taker.

Be a contributor – not a consumer.

You will be remembered only for two things in your life, whether you caused problems or solved them!

Be a go-giver, not a go-getter.

Make it your mission to add rich streams of value to as many people as possible, and see it being returned back to you, for as a man sows he shall also reap.

Because your life only truly comes alive when you give of yourself .
.your time . .your knowledge . .your blessings.

To lead is to serve!

***To make this your best year ever, do unto others
as you would have them do unto you.***

5. Walk with Giants

You will ALWAYS only rise or fall to the level of your conversations, as we become our associations.

If you're the most talented or smartest person in your group, you have to seriously consider finding a new group!

The people you spend most of your time with affect the level of your thinking, they influence what you believe to be possible, and they leave lasting impressions on your personal values and performance.

The phenomenon is described in a Harvard Business Review and is called Emotional Contagion, speaking to the scientific fact that we subconsciously pick up on and then adopt the mind sets and feelings of the people we associate with.

To make this your best year ever, take a close look at the people closest to you. What do they have you think, read and do, and is that fine with you? If not, decide to find and walk with giants!

6. Install Super Tiny Win Habits

To be world class, you only need to be slightly better, but with total consistency.

You have to make the commitment to consistently implement what Robin Sharma refers to as 'The super tiny win habit.'

Let go of the notion that its once-off gigantic changes that will transform your life. Truth is that it's tiny little improvements, consistently repeated over time that wins the day!

The reason why most new year's resolutions fail is because people want to change too much in too little time. They set up themselves for failure.

I want you to incorporate super tiny win habits in your life this year, habits that are so simple to do, that it's actually simple enough NOT to do them!

Zig Ziglar was once asked how he made such a big success of his life in such a short period of time, and his answer was *'the things others found easy enough NOT to do, I did.'*

Your days are your life in miniature - and as you craft each day, so you craft your life! Small daily improvements when done consistently over time lead to awe-inspiring results.

To make this your best year ever, install super-tiny win habits, then press Play, Repeat, Play, Repeat, Play, Repeat . . WIN!

7. Get Smart - Get Fit

What's the point of being the richest or most successful person in the cemetery?

Real wealth is health.

Money can only buy us medicine but it cannot buy us health!

Making a commitment to getting into the fittest condition you've ever been in can be a complete game changer for you this year.

When you exercise, you flood your brain with the release of neurotransmitters like serotonin and norepinephrine which make you feel happier and more confident. And happy and confident people are more creative and productive.

Through exercise you also trigger the release of BDNF, brain derived neurotrophic factor, a protein in the brain that is being referred to as miracle growth for the brain.

Studies have shown that the release of BDNF in the body actually super charges your brain's ability to focus, to process information and to get things done.

So exercise actually make us smarter!

Research also shows that exercise causes a phenomena known as neurogenesis, which means that when you exercise you grow new neurons which lead to the development of new neuro pathways in the brain.

Getting fit will raise your game in every area of your life. You will have more drive, grit, energy and intelligence.

To make this your best year ever, get smart by getting fit!

8. Become a serious Investor in YOU Inc.

Make a serious commitment to grow your knowledge, develop your skills and outlearn everyone around you this year.

Invest more in your personal growth than in anything else and watch your life rise to the level of the most successful people in the world.

A man who is a member of the \$100 000 000 club revealed that he was most financially successful in the years when he spent three hours a day on his own personal development.

Robin Sharma says: *“If I had to choose one factor in my own career and life that has created my best results, it’s investing in learning and making my thoughts, performance and personal habits better.”*

You have to discover and then invest in your own life what the most successful people do each day. Be an eager student and learn what make the greatest performers on the planet the greatest performers on the planet.

The fastest way to double your income is to triple your investment in learning and self-improvement.

The world’s richest and most successful people all have one thing in common . .they adore learning. They read, go to conferences, they have mastermind groups, they do online courses and they have Coaches.

And they understand that these ‘costs’ in growing themselves are not expenses, but investments.

‘In My experience, investing in the right personal development programs generally yields a 30x-100x ROI.’ Robin Sharma.

To make this your best year ever, start thinking like an investor, and invest in the place that will yield the finest return on investment you have ever seen . .YOU INC.

18 SIMPLE **QUESTIONS TO** **ASK YOURSELF** **IN 2018**

The New Year means nothing if your mind is still boxed up in its comfort zone.

You can't live the same year 89 times and call it a life!

Free your mind!

How?

Start by asking yourself better questions . . . because asking the right questions of yourself, regularly, is the answer.

Ask yourself the following 18 questions, and answer them as honestly as you can.

1. In ONE sentence . . . who are you?

2. In ONE word . . . what do you live for?

3. What is worth the pain?

4. What will you NEVER give up on?

5. What do you ALWAYS try to avoid?

6. *What's something you take for granted EVERY DAY?*

7. *What do you need MOST right now?*

8. *What would you immediately do different or change if you knew no one would judge you?*

9. *What's something no one could EVER take from you?*

10. *Who would you like to forgive RIGHT NOW?*

11. *Happiness is NOT ?*

12. *What impact do you want to leave on the people you love?*

13. *Your Life is too short and valuable to tolerate ?*

14. *What used to scare you but no longer does?*

15. *What do you want to remember forever?*

16. *What do you always look forward to?*

17. *What recently reminded you of how fast time flies?*

18. *What's something that everyone, including you, should be able to say before they die?*

You may wonder what the point is of asking and answering these and even other questions? And the answer is that **the questions you ask yourself on a regular basis can determine the type of person you become.**

The key to using questions is embracing the fact that most of the frustrations and stress in your daily life could be avoided if you would simply take the time to ask, **“What else could this mean?”**

So next time a random life situation starts to get the best of you, pause, take a deep breath, and then ask yourself another set of questions like . . .

- ***What is the story I’m telling myself about this situation?***
- ***Can I be absolutely certain the story I’m telling myself is true?***
- ***How do I feel and behave when I tell myself the story?***
- ***If I stopped telling myself the story once and for all, what else might I see, hear, or experience?***
- ***What’s the revised version of the story?***

What you need to remember is that it’s not the answers you get from others, but the questions you ask yourself that will help you grow stronger in life.

So I challenge you to re-read and reference all the questions above throughout 2018.

And keep in mind that they have no right or wrong answers.

Because asking the right questions of yourself, regularly, is the answer.

Please, ask away...

FINAL THOUGHT

My deepest and most sincere desire for you, is that you succeed in 2018, and that you make this YOUR BEST YEAR EVER!

The great Myles Munroe once said: *“The greatest tragedy in life is not death, but life without a reason! It's dangerous to be alive and not know why you were given life.”*

I really hope that what's written between the pages of this short document will help you to uncover your WHAT and WHY for 2018.

I also hope that I have inspired you to believe that you have what it takes to affect the outcome of your life this year!

The lasting impression that I wish to linger with you throughout this year, is that you are enough!

You didn't survive everything in your life for nothing. You arrived at this pivotal moment, where the words of a total stranger you have never met and probably never will, wants to have you believe that you DO have it in you to make this YOUR BEST YEAR EVER!

I will now leave you with the following story.

A study was conducted by Dr. Karl Pillemer, a professor at Cornell University, who interviewed more than a thousand Americans over the age of 65 and all from different economic, educational, and occupational backgrounds.

In the study, Dr. Pillemer asked them to share the most valuable lessons they'd learned, and advice they would have for others on topics ranging from family and children to money and careers.

And overwhelmingly and surprisingly, the focus wasn't on what they did do, but what they DIDN'T DO!

Of a thousand people in the later stages of life, what dominated their advice on the lessons of life was regret.

One man in his late eighties was asked: "If you could come back and live the life of anyone, who would you want to come back as?"

He answered:

"I would want to come back as the man I could have been, but never was."

He went on to say:

"This time I'd act with more courage. I wouldn't allow my fear to turn me away from opportunities I didn't take.

I'd risk more; I'd take the chances I wish I had.

I'd allow myself to fail more, love more, and laugh more.

This time I'd be sure to live more.

My advice to anyone, is not to wait until you're eighty and filled with regret.

Be the person you 'could have been' NOW."

Follow the advice of that elderly gentleman, put on your brave face, and make this **YOUR BEST YEAR EVER!**

Fear and excuses kill more dreams than failure ever will.



TOMORROW DESIGNED TODAY
FANIE BRIEL

www.faniebriel.com

<https://www.facebook.com/Fanie-Briel-1197792510245338/>

Books and additional resources

Motivational Leadership – Proven Principles to bring out the Best in people and to quickly increase results for all.



https://www.amazon.com/Motivational-Leadership-Fanie-Briel-ebook/dp/B00CXQPQY4/ref=sr_1_1?s=books&ie=UTF8&qid=1516610624&sr=1-1&keywords=motivational+leadership+fanie+briel

The ONE CHAPTER book on Goal Achievement - *8 Reasons why resolutions fail and Keys on how to stack the odds in your favour in only ONE chapter.*



Dare 2 Declare - *Designing an upgraded version of your life through 30 Positive Declarations*



3 Minute Life Strategies Audio – *Sharing insights on 10 random Topics on Life issues in only 3 Minute sections*

