



## Best Year Ever Action Guide

3 words that will make the next 12 months your best ever

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When you are \_\_\_\_\_ and you are naturally \_\_\_\_\_.

If your mindset \_\_\_\_\_, your life \_\_\_\_\_.

How you \_\_\_\_\_ and how \_\_\_\_\_, determines the kind of results you achieve.

Power, Profit and Peace of Mind is not something to be \_\_\_\_\_. It is something that \_\_\_\_\_.



What is your number one goal for the next 12 months?

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What are the obstacles to achieving that?

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“I look back on the last decade of my life I attribute the largest single personal, professional and peace of mind gains to Matthew and his coaching/mentoring. Through Matthew’s guidance I have been able to build a life that I love living. Sure he was there when I bought my first Rolex, BMW, made the first million but those things really pale in comparison with the real gifts such as learning how to be grateful and accepting myself and other people unconditionally. Matthew is one of the rarest people on the planet because of the intensity in which he projects his energy in fulfilling other people’s dreams. Whether you are seeking fame, fortune, joy, acceptance or just pure bliss the teacher is ready when you are and his name is Matthew Ferry.” - Ron Rubin



## Six Barriers to Achieving Goals and Dreams

### Success Barrier #1

You are \_\_\_\_\_.

What you \_\_\_\_\_, determines what you \_\_\_\_\_.

Name 2 things in your life, that you do because you have to... in other words; if you could, you would stop doing them.

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Consider you never \_\_\_\_\_, your personality or your life. Consider your life is a \_\_\_\_\_ to the circumstance you find yourself in.

“Hi, I no longer feel like I am one of those slow people who doesn't get it. I AM GETTING IT!!!! Just like you said, Matthew. I really am feeling like there is nothing wrong. I am enjoying the process most of the time and I am trusting that it is an inside job and I don't have to grind it out all the time. How great is that!!!! I am giving the gift all the time and I feel like I am exactly in the right place> I am playing the perfect game and I am declaring it all perfect.” — Susan Morrow



## Success Barrier #2

You believe what your \_\_\_\_\_.

You get \_\_\_\_\_.

Positive thinking is like  
\_\_\_\_\_.

What has your mind been saying to stop you from living your dreams?

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“What a remarkable experience! Once the light of awareness has shown on your actions and thoughts there is no going back into the darkness...only denial! Thank you for awakening me into a world of conscious choice!” — Arthur Kleinpell



## Success Barrier #3

Your have accidentally convinced \_\_\_\_\_  
\_\_\_\_\_.

What you talk about \_\_\_\_\_.

The opportunities you currently have in your life are directly related to \_\_\_\_\_.

“This is amazing. I can't even believe how I achieve the success in happiness in my life for these few days. Thank you Matthew. You are really admirable.”

— J Fernando



## Success Barrier #4

You rely on \_\_\_\_\_  
\_\_\_\_\_

You can accomplish goals and dreams one of two ways. You can \_\_\_\_\_.

Write down a few things that have been hard or stressful lately:

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What have you not been doing lately but you know you should?

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What have you been doing out of guilt and obligation?

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What do you need to say “No” to right now?

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## Success Barrier #5

You mistake \_\_\_\_\_.

What you want \_\_\_\_\_. But it takes  
\_\_\_\_\_.

Breakdown is \_\_\_\_\_.

“Minute 55 of Week 3 is awesome, your list of non-survival situations made a difference. I felt and start to feel more unstoppable every day. It won't kill me to take action today? WOW! What a revelation. It worked for me yesterday, I intend to have it work for me today!” — Robin Auwerda



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## Success Barrier #6

You allow The Drunk Monkey to \_\_\_\_\_  
\_\_\_\_\_

What you \_\_\_\_\_.  
What you \_\_\_\_\_.

Who you have you been resisting lately?

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What part of your life have you been resisting lately?

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What do you resist about yourself? Wish was different?



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