

Your Best Year Yet: How to Reach the Next Level in 2025

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When you set goals, you're not simply making a to-do list for the coming year. You're casting a vision for your future—a pathway to becoming the person you want to be. This isn't just another piece about the importance of goal-setting; if you're reading this, you already understand the value of goals and actively seek to improve. Instead, this guide will give you practical frameworks and tools to apply immediately, empowering you to reach your Next Level.

Define Your North Star

To grow meaningfully, you need a clear direction. Start by defining a long-term vision across multiple time horizons to create a North Star that aligns with your goals and aspirations:

- **10-Year Vision:** Think big. Ten years may seem distant, but time moves fast, and a far-reaching vision allows you to anchor significant achievements and set the tone for who you're aiming to become.
- **5-Year Vision:** This timeframe bridges the long-term with the present. It lets you plan medium-term steps to make your larger aspirations feel attainable and relevant to your current life.
- **3-Year Vision:** Focus on tangible, practical progress here. This vision is close enough to feel achievable yet far enough to push you out of your comfort zone, bridging day-to-day actions with your broader ambitions.



Be Willing to Evolve

Remember, it's okay if your vision shifts over time. Growth requires flexibility. What's essential is the discipline to set a course and take consistent action. Each year will shape your journey, bringing clarity and insights that might even redirect your path.

Planning Across Life Domains

Balanced, sustainable success comes from defining goals across different areas of life. Below are some essential domains for young professionals looking to elevate themselves in 2025 and beyond:

- **Career & Learning:** Identify the skills, certifications, or career advancements that will drive your professional growth.
- **Health & Wellness:** Prioritize physical, mental, and emotional well-being to maintain peak performance and resilience.
- **Financial Health:** Create goals that support long-term financial security, such as saving, investing, or reducing debt.
- **Relationships & Community:** Develop personal and professional relationships, seek mentorship, and look for ways to contribute to your community.
- **Purpose & Passion Projects:** Engage with goals that fuel your spirit and keep you motivated. Purpose-driven work can help sustain you through challenges and offer deeper fulfillment.

The Formula: Goals → Actions → Standards

To bring your vision to life, use this simple but effective formula:



Goals

Set SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. Ensure each goal aligns with your North Star, helping you stay focused on what matters most.

Actions

Break each goal down into actionable steps that can be tracked weekly or monthly. These actions should be small, achievable tasks that keep you progressing. For

instance, if your goal is to obtain a new certification, your actions might include enrolling in a course, setting a weekly study schedule, and finding a study partner.

Standards

Standards are the daily and weekly commitments you set for yourself. They're the minimum expectations that keep your actions consistent and meaningful. For example, if professional growth is a goal, your standard might be reading industry news each morning or scheduling monthly networking calls. Standards help establish habits that bring you closer to your goals, day by day.

Tips for Staying Consistent and Motivated

Achieving a vision takes sustained effort. Here are some strategies to help you stay on track:

- **Accountability Partners:** Find someone who can help hold you accountable. It could be a mentor, a friend, or a colleague with similar goals. Sharing your progress and challenges with someone else makes you more likely to stay committed.

- **Review and Reflect:** Regularly evaluate your progress. At the end of each month or quarter, reflect on what's working, what's not, and where you may need to adjust your actions to stay aligned with your vision. This reflection will keep you adaptable and grounded in your purpose.
- **Celebrate Milestones:** Recognize and reward yourself for accomplishments along the way. Building a fulfilling life and career is a marathon, not a sprint. Acknowledge the progress you've made, and use that energy to propel you forward.

Start Now!

Don't wait until January 1st to begin. That excitement we feel around New Year's resolutions—the sense of a fresh start and limitless potential—can happen any day. You can capture that energy today and start building toward your 2025 goals before the new year even begins. Starting now allows you to close out 2024 with momentum, pulling those 2025 aspirations forward.



Final Thoughts

Setting a big vision, planning intentionally across all domains, and upholding high standards in your daily actions will build powerful momentum for the year ahead and beyond. This journey is about more than just professional success—it's about crafting a life that aligns with your deepest aspirations.

Let this year be the start of Your Best Year Yet. Start now, and rise to the Next Level.