



*New Year*

**BEST YOU**

*Make 2019 your best year  
EVER!*

For creative entrepreneurs, artists, & visionaries

by brandi amara skyy

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This is dedicated to the dreamers of dreams. (And the doers who get said dreams done!)

You, my love, are now one of them!

# Intro

*New Year. Best You – Make 2019 Your Best Year EVER!* is derived from the exact tools, questions, and reflection i've used for the last 4 years to plan and create my goals and slay for the year to come.

But just because the tools and exercises in this book come from a personal place doesn't mean that they aren't effective on a much wider scale.

The tools i share with you in this whopper of a New Year Goal Setting book are the same tools i use to coach and mentor my 1:1 clients throughout our work together.

And for the first time ever, i'm sharing it all with you.

*Why now?*

Because in the social-political climate we are living in, we all need to hear your stories and bask in the diversity of ideas and messages you have to share with the world.

**i believe the personal is political** – that what we do and experience in the realm of “me” effects what we do and experience in the world of *us*.

But i also believe that personal, while political, is also revolutionary.

Which means that those things you, me, i, we experience are also the very things that spark change in, not just ourselves, but the world.

And i don't know about you, but i'm always down for a revolution 😊.

But when you say the word “revolution” most people's minds go directly to the social-political realm. Yes i'm calling for those kinds of revolutions too, but right now in this space, the kind of revolution i'm on the front lines for **is a revolution of the self**.

Not a whole NEW self, but a better one. A whole one. An all-inclusive one.

A self that sees itself in its totality – and at the locus of its many intersections.

**Self-knowledge is a revolutionary act.** And that's *exactly* what i designed **New Year.**  
**Best You** to help you discover, do, and create for yourself.

# *Who i Am.*



## *Howdy and welcome!*

Its super nice to meet you!!

i'm Brandi – a writer, drag artist, and coach for intersectional creative entrepreneurs, writers, drag artists, and online business creators. i've been a professional performer for over 33 years, a writer for 5, and on July 9, 2016, i left my day job to venture into creative entrepreneur and coaching land and i haven't looked back since!

Over the course of my career i've collaborated with and coached hundreds of creatives, artists, writers, performers from drag queens to astrologers to dance choreographers to future online biz owners, tastemakers, and changemakers.

Since starting my coaching/mentoring business in 2016, i've had lots of people ask me tons of questions about what it is i do and how i do it all – perform, write, coach,

play house with my wife, take care of my two 4-legged babies, travel, speak, and teach.

The answer to all of the above is the content of this book and goal setting system you just purchased.

This book is full of every ritual, exercise, and question i ask myself as i reflect on the previous year and plan my new one.

But it's also tons of resources like my favorite books and podcasts, tips on how to plan out the goals you set in this book, AND it comes with its own 12 month tarot reading *just for you!*

So many of us want to make this year THE year that changes it all but we aren't sure where to begin, but most importantly, how to keep going when the newness and energy of the new year begins to wear off.

So i put together this book to help you (*finally*) make serious headway on living your best life.

But before we dive in, let me lay it all down for you right now, the practices in this book **changed my life.**

And i know they can do the same for you.

i created this, like everything else, in love, light, and solidarity so we can live the change we wish to see in ourselves – and the world.

Happy reading!

But more importantly, happy DOING!

xo-b

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# Why Best You and Not “New You”

The concept of a “new you” has always bothered me.

The word new implies that there is something wrong with the old, with what we have, or who we are.

“New” as an adjective of the self feels like who we are right now somehow isn’t enough. That we are somehow not worthy of polishing up and the only way we will ever get anywhere is if we discard who we are and become something “New” – i.e. something different, other than ourselves.



i don’t know about you, but i’ve been through and learned way too much in my lifetime to just toss out all my decades of experience for a new and shiny me.

Instead of thinking of ourselves in the dichotomy of old and new or desiring a “brand new me,” what i believe we need is a better way of doing things, of *seeing the opportunities of newness that come at the start of the new year, month, day, and every morning that we are blessed enough to take another waking breath* and harnessing that new energy that surrounds us at any given moment into a tool that will help us grow from the locus of *who we are right now*.

Without having to give up any part of ourselves to get there.

**i want us to shift from a belief of having to be a new us to live our best life and to slay our goals into someone who takes the newness, resources, and tools that**

**already surrounds them to be the best you/me/we we can be.**

That's the lungs of **New Year. Best You** – harnessing the energy of the New Year and the collective sigh of renewal and channeling that into a tangible process and ritual for creating a better us in body, mind, spirit, action, and career.

The heart of **New Year. Best You** is *you*.

Despite what all the advertisements say about our bodies, our complexion, our life, who we love, how we talk, where we are from, WE ARE NOT FLAWED! We are flawless in all our imperfections.

So my dear beautiful friend, the world does NOT need a new you; a new *us*.

**What we need is a better/best us that is aligned with OUR goals, dreams, wishes for ourselves, our future, our world.**

No book, planner, coach, or goal setting course has the power to turn you into the best version of yourself aka that person you need to be to make your dreams a reality.

***But you do – if you put in the work.***

And what i discovered is that when a group of people are focused on creating change in themselves they end up creating and holding space for others to create mini-revolutions for their own communities – and eventually the world.

“We change ourselves. We change the world.” my mentor Gloria Anzaldúa said.

My wish is that what follows helps you see and harness your flaws, your experience, your otherness into your power. And from that power you step out into the world in the New Year as your Best You ready to be the change you wish to see by being the slay i know you are.

Xo-



# Gratitude + How to use this book

First off, i want to say thank you for being here and for being a part of the work and movement. It's an honor and a privilege to be able to serve you and your journey towards greatness with my ideas and words.

💖 **FROM THE BOTTOM OF MY RHINESTONE** 💎 **HEART THANK YOU.** 💖

Next, i'd like to give you a few suggestions on how to use this book to create the best experience and plan for your New Year.

## *Suggestion #1*

Set aside one full uninterrupted day for your planning and make sure to fill it up with stuff you love like your favorite candles, foods, drinks, music, etc.

If it is impossible for you take a full day (hey, i get it #life #adulting) then i suggest you take one day to do the **2018 Review & Reflection** and another day to do your **New Year. Best You** planning. Most of my clients (if they can't take one full 8-hour day) split the work into two 4-hour time blocks on consecutive days.

HOWEVER ....

i implore you to give yourself the gift of one full day to take action for yourself and your dreams. This is what self-care looks like. *Claim it.*

## *Suggestion #2*

Have the following things already found and handy so you're not breaking into your focused planning energy to find these things while in the thick of your goal setting:

- Your planner of choice

- A notebook/journal
- Your favorite pens, pencils, markers, crayons, etc.
- Calculator
- Timer (yes, you can use your phone but make sure you put it on DND)

i also recommend printing this book out so you can write in it and make it your own. Get your energy all up on this!

And while the following aren't 100% necessary for the journey, they definitely make for a deeper more connected and integrated ride.

### **Candles**

Preferable ones for manifesting. [This](#) is one of my favs. If you don't have the cash to buy manifesting specific candles, get a few tea or pillar candles in one or all of the following colors: purple, green, or blue. OR choose a color that *personally* resonates with you!

### **Tarot cards**

Again, if you have them cool! If you don't, no worries! Because for the purposes of what we are going to be using them here, i've got you covered! (See your 2019 month-by-month tarot pulls and reading in your bonuses!)

### **List of 2018 goals**

If you did any kind of goal setting or reflective work for 2018, get your list out and keep it handy. We will be using them as part of our yearly reflection for the first half of this book. If you don't have any, again NO WORRIES. Starting from scratch is just as good as starting fully loaded 💜.

## *Tactical*

In addition to the stories, guidance, and descriptions, you will be introduced to the tactical side of planning and goal setting along with the energetic work of it. The

tactical sections of this book is where we take what we've just read and learned and put it into action. What i call *praxis*.

You will know when it's time to put aside your learning hat and slip on your 'doing' crown when you see the word Praxis just like this ...

## *Praxis*

Now that you know what you need and have solid suggestions on where and how to begin, it's time to get and gather your stuff AND pick out and schedule your *New Year. Best You* planning day.

Our group planning day is set for Friday December 28 beginning whenever you wake up!

During that day, i will be planning right along side you and dropping into our Facebook group to cheer you on, answer any questions you have, and give you lots of love and a few more tips and tricks.

If you can't plan that day (or are joining us after the 28th), grab your calendar and pick one full day to dedicate to this work. **Block everything else out!**

After you have your planning day set, go ahead and gather everything you need from the above suggestion lists.

i also suggest that you plan a few fun things to do like reading, watching 30mins of your favorite show, create a planning playlist – whatever gets you in the planning mood! – whenever you take a break from your planning.

Also, make sure you get your drinks and meals planned out in advance that way you don't have to exert any brain power on deciding what you're going to eat, but most importantly, protect your planning day and time with the same ganas and strength as you'd protect your deepest darkest secrets.

i'll also be dropping a few more suggestions in our Facebook group as our group planning day comes closer!

Speaking of Facebook groups ...

Make sure you join our Facebook group [here](#) so you can take full advantage of the energy of our group, planning day, and your four LIVE coaching and Q&A sessions with me happening every Monday in January 2019 at 2pm CST.

And while you're there, make sure you introduce yourself too!

And lastly, as you venture into this new territory and New Year, know that i am here for you EVERY. SINGLE. STEP of the way.

Seriously, if you have questions about any of this, email me at [brandi@brandiamaraskyy.com](mailto:brandi@brandiamaraskyy.com). i answer all my emails personally – no robots, no assistants. Just me and you, mano-y-mano.

Or post your questions, comments, and/or concerns in our Facebook group. We ALL can learn from one another! And we are ALL in this together!

**My biggest goal right now and for 2019 is to make sure YOU get and live your definition of success in this next year and beyond.**

And if you're reading this and you are NOT a part of **New Year. Best You – Make 2019 Your Best Year EVER!** you still have time to join!!

*Click [HERE](#) to get access to the entire book, private Facebook group, planning day, live coaching sessions, and tons of bonuses all for just \$19.99!*

**Sale ends on midnight CST on December 31, 2019.**

May 2019 be the best year for us, *together*.

Mucho mas love, light, and solidarity,

Xo-b

*Let's Begin!*

# 2018 Review & Reflection



*It is not good enough to imitate the models proposed for us that are answers to circumstances other than our own. It isn't even enough to discover who we are. We have to invent ourselves.*



# Opening Ritual

The opening quote for this section is one of my favorite quotes of all time. It is from a Mexican writer, playwright, philosopher, and feminist Rosario Castellanos.

It speaks the truth of how we should see and approach anything that comes into our lives: How can this become a tool to better know and understand ourselves? And how can we use what we are learning to invent ourselves into our *best version of ourselves*?

Because that's really all that goal setting is – inventing ourselves and who we want to become through the goals we choose to focus on.

And we make those changes even more real when we implement what we have learned and planned, *consistently*.

We are going to be doing a lot of both in our time together.

But first let take our first step in this journey into our reinvention of ourselves in love ... and in gratitude.

Thanks for reading!

Feel free to share with your friends and family or anyone who could use a little extra love this New Year!

All i ask is that you link back to the book! Link below.

<http://bit.ly/NYBYHoliday>

*If you're ready to dive into your best year ever, get the **rest of the book + 4 Live Facebook coaching sessions the month of January 2019** covering the biggest hurdles most people face when they are trying to achieve their goals: time, money/resources, mindset, and follow-through for just \$19.99 (regularly \$99)*

**[CLICK HERE TO LEARN MORE AND BUY!](#)**