



# Your Best Trading Year Yet:

## A Goal-Setting Framework for 2026

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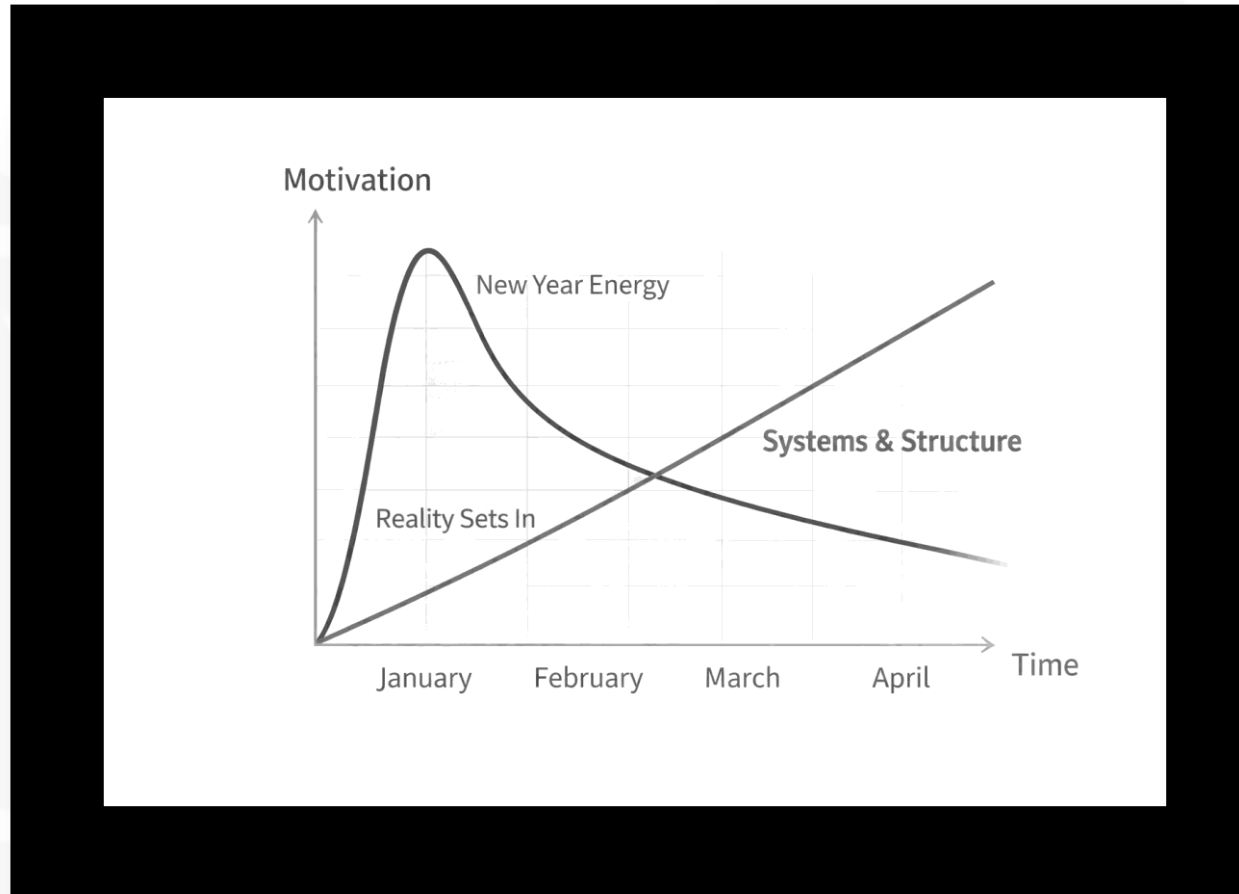
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# Setting Yourself Up for Success in 2026

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- Understand why most goals and resolutions fail — and what actually creates lasting progress
- Learn how to identify your ONE highest-impact focus for 2026
- Shift from outcome-based goals to process-driven systems
- Design a simple, sustainable framework you can execute daily, weekly, and quarterly
- Walk away with a clear plan to build consistency and momentum throughout the year

**80–90% of people abandon their goals**  
*(often within the first few weeks or months)*



# Why Most Goals Fail

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## Capability is not the problem

Most people are capable of achieving their goals, the issue is maintaining motivation



## Motivation fades over time

It's natural for motivation to diminish as the initial excitement wears off



## Lack of supporting systems

Without a clear process and structure, it's easy to get derailed when life gets busy



## Too many goals at once

Trying to tackle too many goals at once can lead to feeling overwhelmed and losing focus

The key to achieving goals is having the right systems and structures in place to sustain motivation over the long-term.

# Consistency Compounds

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## 1% daily improvement

Small, consistent actions lead to exponential growth over time



## Compound effect

Incremental progress compounds to create extraordinary results



## Consistency is key

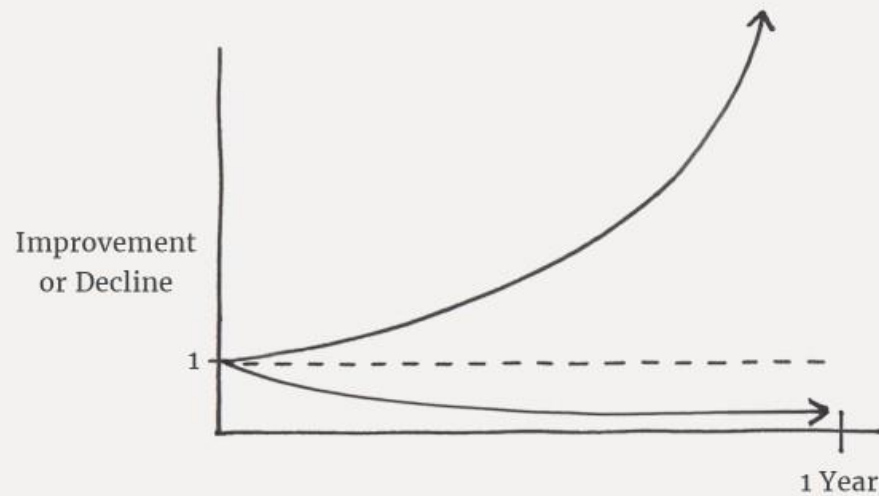
Sticking to a routine or habit, no matter how small, is crucial

Embracing a mindset of continuous, consistent improvement can transform your life and achievements over time.

# The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$

1% worse every day  $0.99^{365} = 0.03$



JamesClear.com

# Outcome Goals vs. Process Goals

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## Outcome Goals (Destination)

### Results-focused

- Motivating but uncontrollable
- Short-term emotional swings
- Often tied to self-worth

### Examples

- “Have my best year”
- “Hit X returns”
- “Be consistent”

## Process Goals (Path)

### Behavior-focused

- Fully within your control
- Builds consistency over time
- Reinforces identity

### Examples

- “Follow my rules daily”
- “Review every session”
- “Execute my plan with discipline”

# S.M.A.R.T. / H.E.A.R.T

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## S.M.A.R.T.

### **S – Specific**

Clearly defined and focused (no vague goals).

### **M – Measurable**

You can track progress and know when it's achieved.

### **A – Achievable**

Realistic given your current resources and constraints.

### **R – Relevant**

Aligned with your bigger priorities and direction.

### **T – Time-bound**

Has a clear timeframe or deadline.

## H.E.A.R.T.

### **H – Honest**

Aligned with your true self.

### **E – Energizing**

Excites you, sparks motivation.

### **A – Aligned**

Matches your values and purpose.

### **R – Realistic**

Challenging but possible.

### **T – Time-bound**

Has a clear timeline.

### **SMART:**

“Follow my rules at least 90% of the time for the next quarter.”

### **HEART:**

“Become a trader who values consistency over quick wins and trusts the process.”

### **Combined:**

“Follow my rules at least 90% of the time for the next quarter so I can become a consistent, disciplined trader who trusts my process.”

# The ONE Thing

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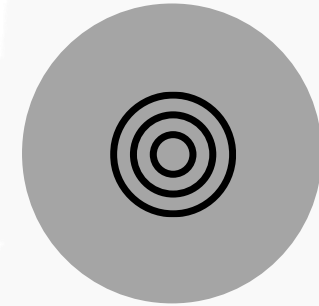
## The ONE Thing

What's the ONE thing you can do that makes everything else easier or unnecessary?



## Progress doesn't come from doing more

It comes from doing the right thing consistently



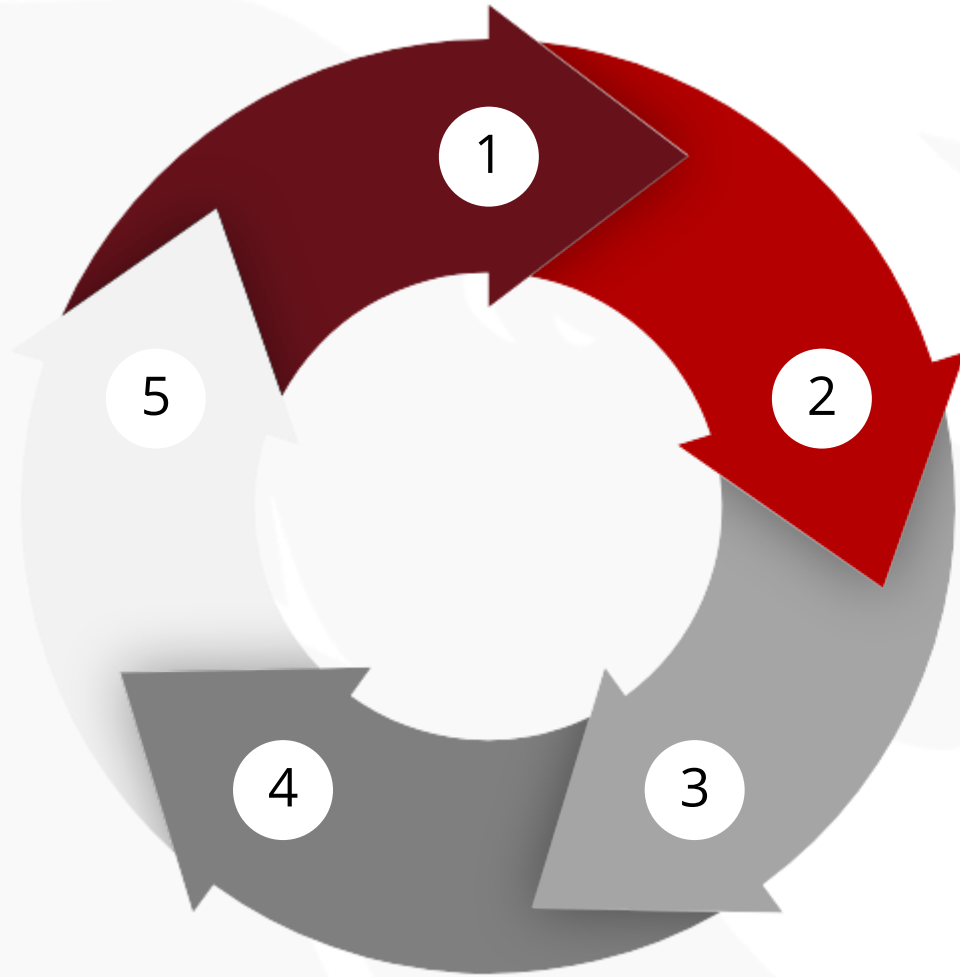
## One clear focus beats scattered effort

Prioritize and concentrate on the most impactful action

Identify your most important task and focus your efforts to maximize your productivity and progress.

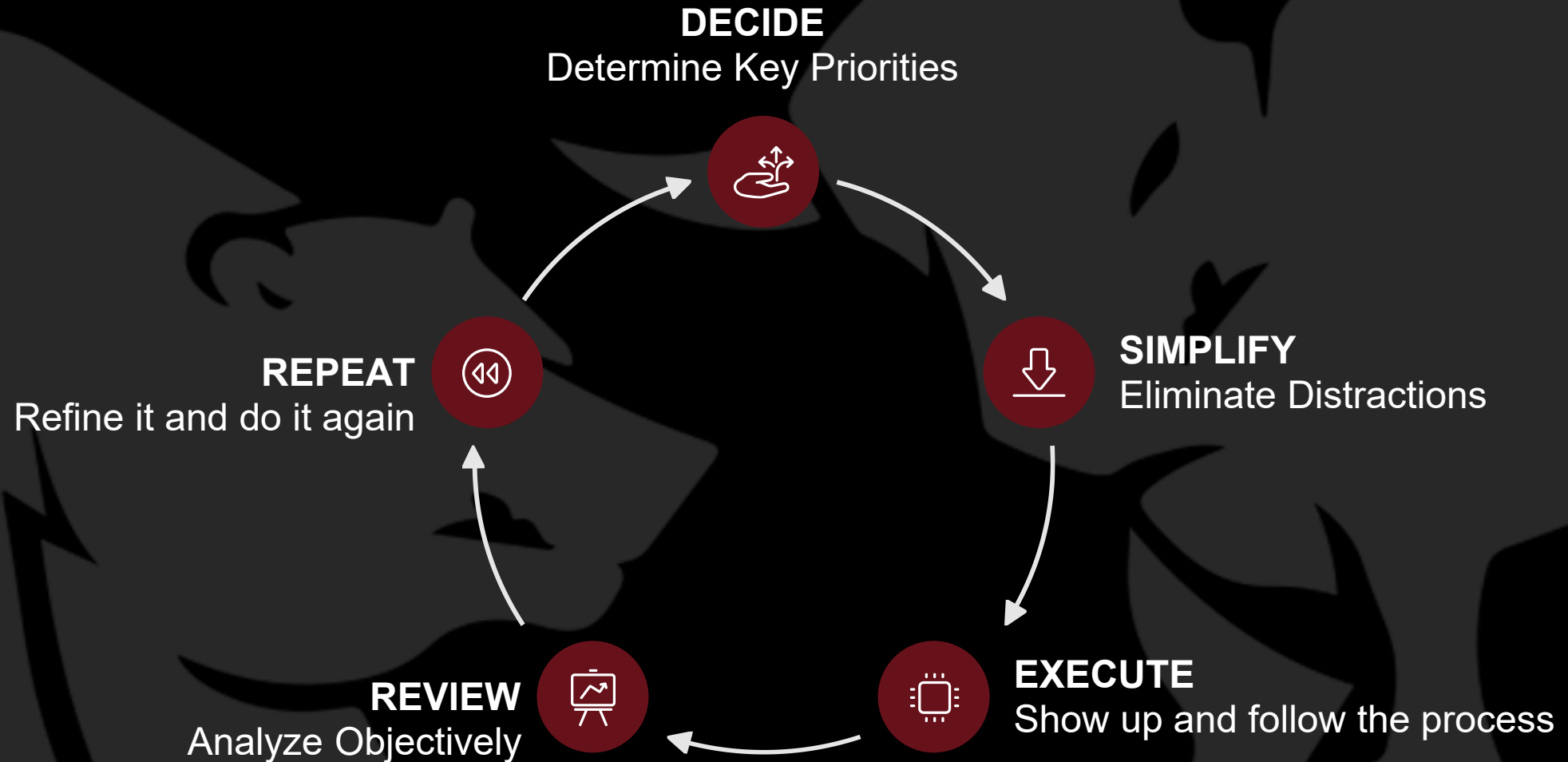
# Designing from the Top Down

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- 1** 1 Year  
What is my goal for 2026?
- 2** Quarterly  
Based on my 1 Year Goal, what's the one thing I can do this quarter?
- 3** Monthly  
Based on my Quarterly Goal, what's the one thing I can do this month?
- 4** Weekly  
Based on my Monthly Goal, what's the one thing I can do this week?
- 5** Daily  
Based on my Weekly Goal, what's the one thing I can do daily?

# Focused Action Framework



# Example #1: Learning the Drums

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● Yearly Goal  
Learn to play  
the drums

● Quarterly Focus  
Find a drum instructor  
that can come to my  
house once per week

● Monthly  
Commitment  
Reach out to 1 drum  
instructor

● Weekly Action  
Research drum  
instructors in my area

● Daily Action (The  
ONE Thing)  
Spend 10 minutes  
Googling instructors

# Example #2: Achieve Financial Independence





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