

The 12 Week Year by Brian P. Moran (A2 Level)

ULTIMATE READING

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The 12 Week Year by Brian P. Moran **will be helping** you get more done in less time. The idea **will be simple**: you **will not plan** your goals for 12 months—you **will plan** them for only 12 weeks.

A normal year **will feel** very long. Many people **will lose** focus or **will wait** too much. But 12 weeks **will feel** short and real. When time is short, you **will take** action faster. This book **will teach** you how to focus, act, and win in just 12 weeks.

1. Think in 12-Week Years

You **will be treating** every 12 weeks like a full year.

You **will set** one or two big goals for this short period and **will work** on them every day.

If you stay focused, you **will achieve** more than before.

“You will do more in 12 weeks than most people do in 12 months.”

2. Set Clear and Simple Goals

Your goals **will be** clear and easy to understand.

You **will write** goals that are short, specific, and have numbers.

For example:

- “I **will exercise** 3 times a week.”
- “I **will save** \$200 by the end of 12 weeks.”

When your goal is clear, you **will feel** motivated and focused.

“A clear goal will give you power.”

3. Plan Each Week

At the start of each week, you **will be writing** what you need to do.

Small actions every day **will be helping** you reach your big goals.

You **will be asking** yourself:

- “What should I do this week?”
- “Am I doing my best?”

Each small step **will lead** to big results.

“Small steps every day will lead to big results.”

4. Check Your Progress

It **will be important** to track your work.

At the end of each week, you **will be checking** your progress.

This **will help** you see if you are on the right path.

If something doesn’t work, you **will change** it and try again.

“When you check your work, you will grow faster.”

5. Act, Don’t Wait

Many people **will be waiting** to feel ready, but success **will come** to those who act.

Start now. Don’t wait for the perfect time. Every small action **will build** your confidence.

“You will not wait for the perfect time. You will start now.”

Main Ideas

1. You **will plan** goals for 12 weeks, not 12 months.
2. You **will set** clear, simple, and measurable goals.
3. You **will be planning** each week and taking daily action.
4. You **will be checking** your progress regularly.
5. You **will start** now instead of waiting for the perfect time.

Final Motivation

You **will not need** 12 months to succeed—you **will need** only 12 weeks.

With focus, simple plans, and daily action, you **will change** your life.
Believe in yourself. You **will be taking** small steps, and they **will create** big results.

“The future will start today.”

“You will do more than you think.”

Anyone **could change** their life if they **were believing** in progress and **were staying** consistent.

“Success wasn’t a big step. It was many little steps.”

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