



Grace Lordan

December 27th, 2024

Set up 2025 as your year of transformation

As we say goodbye to 2024, Grace Lordan reminds us that it's time to think big in order to put our aspirations into practice and not let them fade away. Thinking big means making 2025 our year of transformation.

As 2024 draws to a close, we're gifted with a moment of possibility, a time to reflect on where we are and where we want to go. For many, this marks the beginning of resolutions, grand goals, and dreams of transformation. But how often do these aspirations fade by mid-February?

In my [book](#), I offer a fresh perspective on how to break that cycle. My approach isn't about dramatic overhauls; it's about setting ambitious goals while focusing on the small, consistent steps that bring them to life. As you plan for 2025, consider six actionable insights to make this your most intentional and impactful year yet.

1. Envision your future self

Before diving into goals or resolutions, take a moment to ask yourself: Who do I want to be in the next five or ten years? Imagine your future self in vivid detail without any constraints. What does a typical day look like? What skills do you have? What kind of life are you leading?

This exercise isn't just about dreaming big; it's about clarity. Without a clear vision of where you want to go, it's easy to get lost in the noise of daily life.

2. Start small, stay consistent

Big dreams can feel overwhelming. "Write a book," "become a manager," or "learn a new language" might sound exciting, but without a plan, they often remain out of reach. That's why I emphasise

breaking down ambitious goals into manageable, bite-sized actions.

For example:

Goal: Learn how to use generative AI.

Small step: Spend a minimum of 90 minutes per week engaging with Gemini or Chat GPT.

Goal: Write a book.

Small step: Write 200 words daily.

These small, consistent actions may seem insignificant, but over time they compound into substantial progress. Success isn't about giant leaps; it's about taking steady, intentional steps in the right direction. Doing so, allows you to maintain your current life while making slow and steady progress to your new one!

3. Control your environment

Our surroundings shape our behaviour more than we realise. If your environment is filled with distractions, it can be challenging to stay on track. I cannot say enough how important it is to pay attention to your physical environment.

Practical tips include:

Declutter your space:

Create a workspace free from distractions to help you focus on what matters. Not using it? Toss it!

Leverage technology:

Use apps or tools to set reminders for habits you're trying to build.

Surround yourself with support:

Spend time with people who inspire and motivate you. Whether it's a mentor, a colleague, or a friend, being around driven individuals can reinforce your own drive. Distance yourself from the people who get in your way.

4. Focus on what you can control

Life is unpredictable. External circumstances, setbacks and challenges are inevitable. The key to progress is focusing on the elements you can control: your actions, attitude, and effort.

This mindset shift can be transformative. Rather than getting stuck on barriers or “what-ifs,” focus on the opportunities within your grasp. If you can’t find time for an hour-long workout, fit in 10 minutes. If networking at large events feels intimidating, schedule one-on-one coffee chats. By doing what you can, when you can, you build momentum and resilience.

5. Celebrate progress

When striving for big goals, it’s easy to overlook the progress you’re making along the way. But celebrating small wins is crucial for maintaining motivation. It also means circumvents the human tendency to over-focus on losses.

Each milestone, whether it’s finishing a course, hitting a fitness goal, or completing a project at work, is proof that you’re on the right track.

Here’s how to celebrate progress meaningfully:

Keep a journal: Document your achievements, big or small, to remind yourself of how far you’ve come.

Reward yourself: Treat yourself when you reach a milestone. It doesn’t have to be extravagant—small rewards reinforce positive habits.

Share your wins: Let friends or colleagues know about your achievements. Their encouragement can boost your morale and inspire others.

6. Reflect and adapt

One of the most empowering ideas in my book is the concept of adaptability. Your goals might evolve, and that’s okay. Reflect regularly on your progress and reassess your vision. Are your actions still aligned with your aspirations? Are there new opportunities or challenges to consider?

Growth isn’t linear, and setbacks don’t mean failure. They’re an opportunity to learn and recalibrate. By remaining flexible and open to change, you can ensure that your goals remain relevant and meaningful throughout the year.

Start thinking big today

2025 isn't just another year. It's an opportunity to redefine what's possible. By thinking big, breaking goals into manageable steps, and staying consistent, you can create a life that aligns with your highest aspirations. If you stop, just start again when you are ready. Remember, your future self isn't built in a day. It's built in the small, intentional actions you take every day.

So, as you welcome the new year, dream boldly and act deliberately.

Happy planning!

Grace Jordan

Grace XOXO

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Posted In: Career and Success | LSE Authors



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