

2014 – Reflection

What am I grateful for this past year?;

What challenged me this past year?;

What lessons did I learn?;

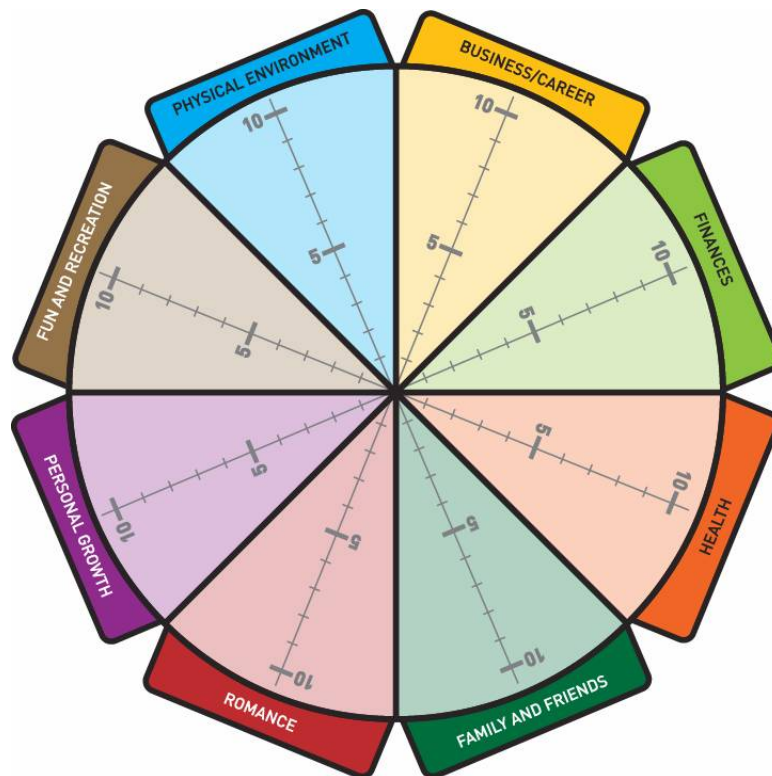
2015 – My Best Year Yet

Step 1: WHAT?

So what would you like to achieve this year? I like to start with themes – these can come in the form of words, such as, romance, self- love, wealth, success, health or fun! Take inspiration from the ‘wheel of life’ shown below...

My 3 themes for the year are;

1. _____
2. _____
3. _____



Now turn them into workable objectives. For example, if you chose self- love as a theme your objective may be something like; ‘Continue taking steps to love and nurture myself through x, y & z.’

My 3 major objectives for the year are;

1. _____
2. _____
3. _____

Step 2: WHY?

Given a big enough why, the how will take care of itself...

Our passion and belief ignite our motivation and propel us into action. We therefore need emotional connection to and belief in our goals to ensure we achieve them. Asking why gives us the compelling reasons to go out and get 'em.

Refer to each of your objectives and ask;

1. What will that give you?

2. What will that give you?

3. What will that give you?

Step 3: HOW?

Use this next template to break down your objectives into achievable goals across the quarters. This will help you get clear on what's involved in achieving your objectives and identifying the building blocks to get there.

Quarterly Break Down

	Summer	Autumn	Winter	Spring
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Summer – do, do, do

Autumn – reap what you have sown

Winter – plan for the next

Spring – plant your seeds

Then... start again!

**Acknowledgement and thanks to Alice Haemmerle for her inspiration on the seasons*

Use this next template to help you order your weeks within each of those quarters...

WEEKLY/ DAILY PRODUCTIVITY	
PROJECTS	
#1	#2
1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
#3	#4
1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
PEOPLE	
Reach out to	Waiting On
PRIORITY	
1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	

**Acknowledgement and thanks to Brendon Burchard for this template*

Step 4: 3 Rs

Revisit; Allocate time to revisit your quarterly goals at week 6 of the quarter. Mark this in your diary. How am I going half way through the quarter? Am I where I thought I would be?

Refine; Do I need to refine my goals now that I have more information? Do I need to allocate more time or may I allocate more effort?

Recalibrate; Readjust where you need to.

Step 5: SUSTAIN

To sustain our efforts not only do we need a big enough why, but we need our energy. Ask yourself what gives you energy and incorporate that into your everyday activities. It could be as simple as a cup of tea, a 15 minute chat with a loved one or a 15 minute morning meditation. Whatever they are, do not neglect them, skimp time on them or eliminate them in the pursuit of your goals. You deserve to have them **in addition** to your goals.

PASSIONS

To maintain my energy I must make time for the following EVERY DAY;

- 1.
- 2.
- 3.
- 4.
- 5.