



Your Life

A look at your yesterday and your tomorrow,
to plan for your success in the year ahead.

YOUR YESTERDAY

The end of the year is when you likely start to think about your goals for the next year. While it's important to spend time thinking about your future, we've found that it's more powerful to consider your vision for your future *after* you've taken a look back at your past year.

So the question is, **"Where have you been?"**

To support you in your reflections, we're providing you with a few suggestions to get you started.

1. If you had goals from last year or have done our [Life Priorities](#) exercise, you can use either of those as your foundation and ask yourself questions like:
 - What am I pleased with? What were my successes/accomplishments?
 - What's been challenging? What obstacles were in my way?
 - What did I learn? What would I like to do differently moving forward?
 - What feels out of balance?
 - In order to live a satisfying life, what do I need to start, stop, or continue doing?
2. If you'd prefer to **think more broadly about the past year**, look over the same questions from number one, and see what comes up for you. As you're looking through them, consider both your personal and professional life.
3. If you'd like to use something more comprehensive, you might want to use our **Personal Assessment** exercise on pages 3-4.

As you're reflecting on last year, think about how you can capture your answers in a way that's personal to you. Some suggestions that have worked well for us and are clients are:

- Write yourself a letter.
- Create a word cloud.
- Draw, paint, or cut out images/words.

**Take some time to look back
and think about how you've spent this past year.**

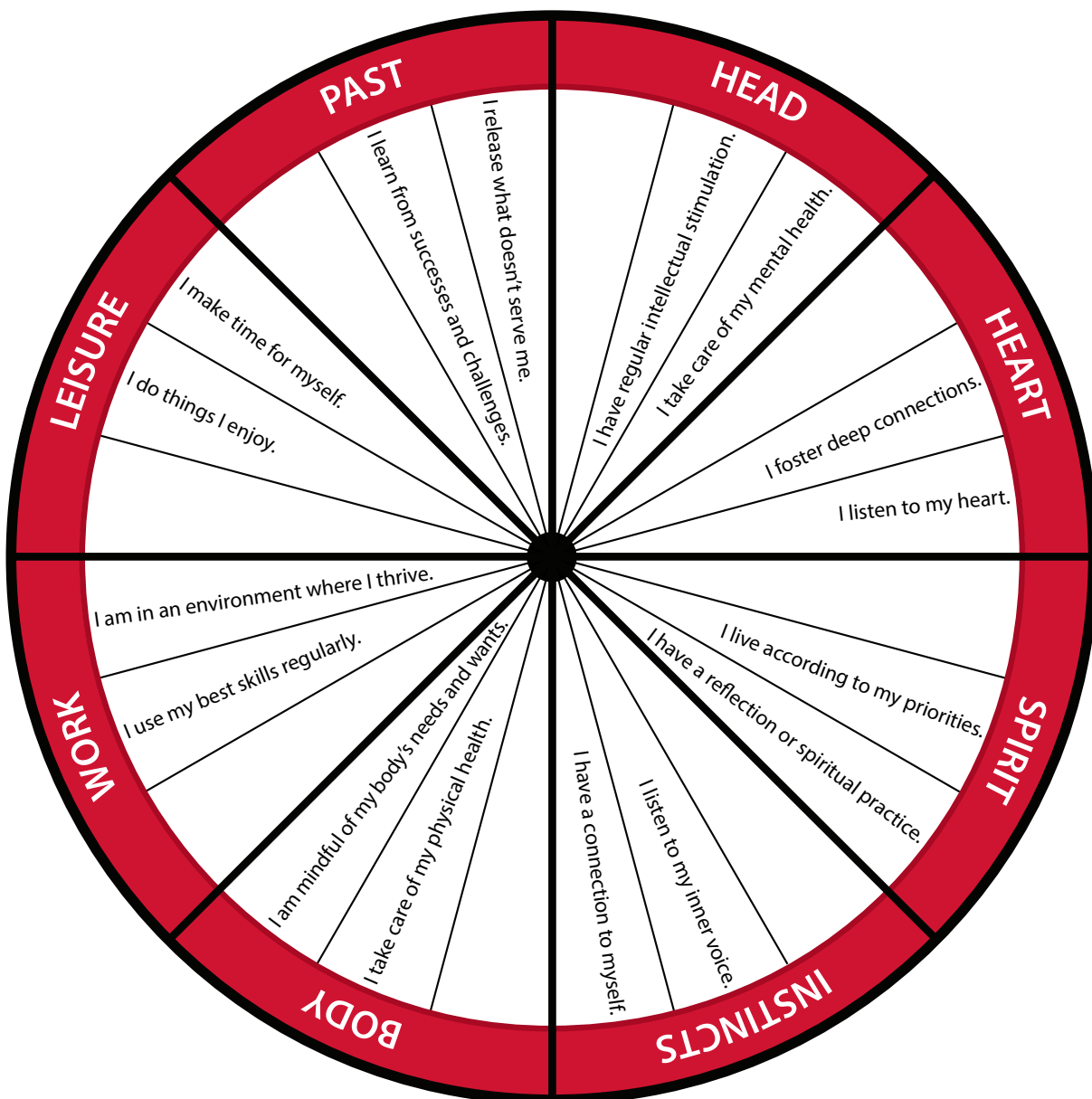
**This will help you as you envision the various ways
you want to spend your time next year.**

YOUR YESTERDAY

Consider the various areas of your life that we're showing in this **Personal Assessment Wheel**. Using a scale of 1-10, with 1 being totally unsatisfied (at the center) and 10 being completely satisfied/your highest aspiration (at the outside edge of the circle) mark a line at your level of satisfaction with this past year.

After you've rated yourself, make some notes on the next page about specific situations and experiences (or write yourself a letter, create a word cloud, draw, paint, etc) for any or all of these areas. We've left a blank spot in each category in case there are additional areas you want to address.

If you're having trouble remembering your experiences from this past year, you may find it helpful to use your calendar or planner to get a better overview of how you spent your time.



YOUR YESTERDAY

You can use this page to make some notes about this past year (or write yourself a letter, create a word cloud, draw, paint, etc), for any or all of the areas in the **Personal Assessment Wheel**.

1. HEAD

2. HEART

3. SPIRIT

4. INSTINCT

5. BODY

6. WORK

7. LEISURE

8. PAST

YOUR TOMORROW

Now that we've looked back, we'd like you to think about looking forward. This is your opportunity to imagine, *without limitations*, the future that you plan to create—a future where you matter in your own life and have the fuel to care for the people and organizations that matter to you.

Think about what it means for you to live a life that you're proud of, that supports your priorities, and that fulfills your sense of overall well-being.

So, the question is, **"Where are you going?"**

To support you in setting your intentions, we're providing you with a few suggestions to get you started. You may decide to use any combination of these or come up with something on your own.

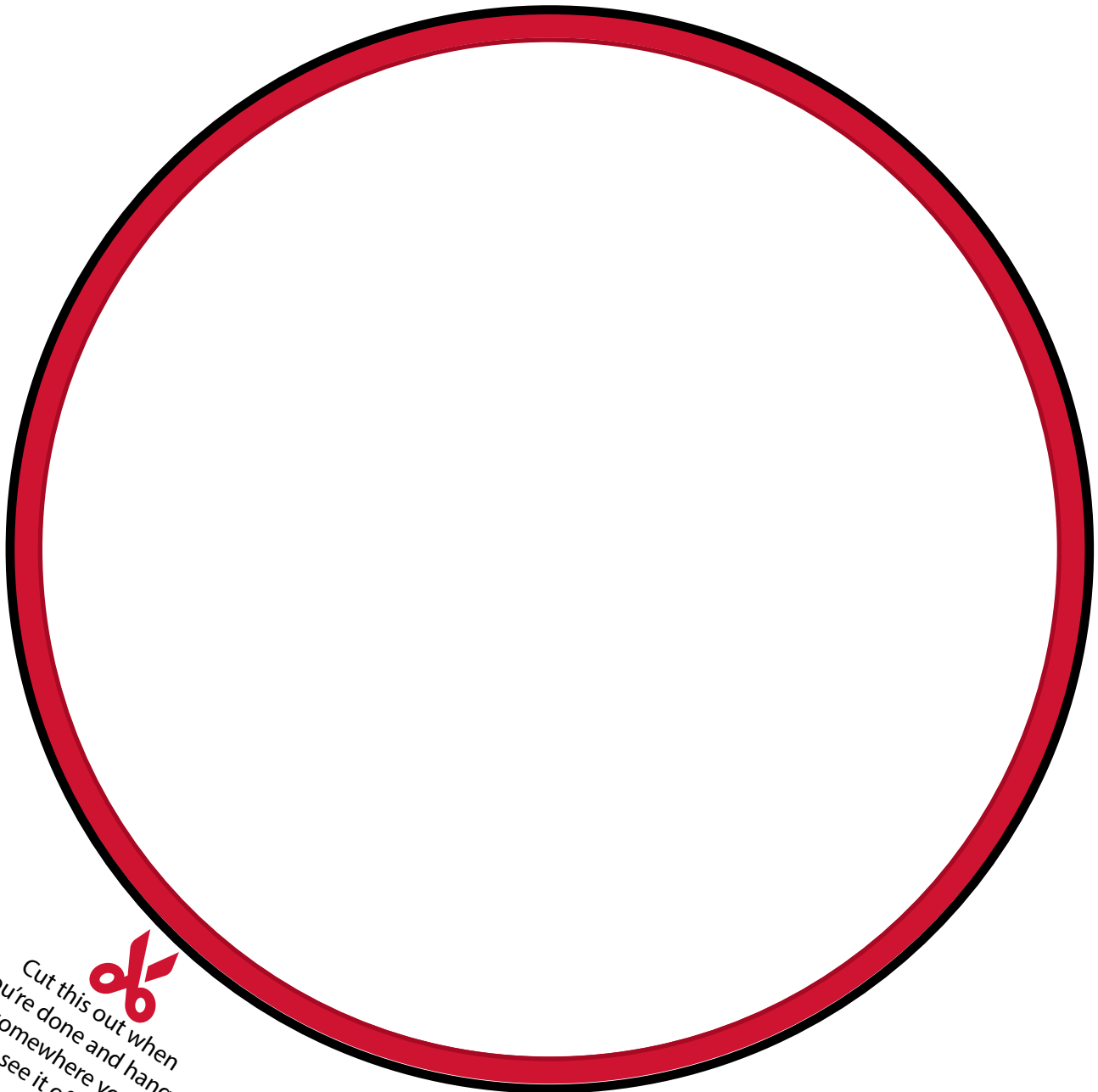
1. Even if you've done it previously, you could go through our **Life Priorities** exercise again.
 - The question you'll be answering in this exercise is, **"What matters most to me in this life?"**
 - Once you've completed this exercise, identify 1-3 goals you'd like to focus on that can support you in living in alignment with those priorities.
2. If you'd prefer to think more creatively about next year, consider using the **Success Circle** on page 6.
 - The question you'll be answering in this exercise is, **"What does success look like, live like, and feel like, for me?"**
 - Once you've completed this exercise, identify 1-3 goals that you believe will be in alignment with the success you've described in your circle.
3. If you'd like to use something more comprehensive, consider the **Personal Assessment** exercise on pages 7-8. It's the same exercise as in the one found in the Your Yesterday section but with a forward-thinking lens.
 - The question you'll be answering in this exercise is, **"What are my highest aspirations for various areas in my life?"**
 - Once you've completed this exercise, look through the various areas of your life and identify 1-3 goals that you would like to work toward this year, that will bring you a sense of satisfaction, fulfillment, and success.

YOUR TOMORROW

Use this **Success Circle** to create a personal word (or image) cloud that shows what success looks like to YOU. Grab some colored pens, pencils, markers, crayons, etc., and write down all of the words you'd use to describe what you want your world to look like this next year.

You can use these prompts to get you started. If I'm feeling successful and fulfilled this next year:

- What will my life look like, live like, and feel like?
- What smells, sounds, tastes, sights will be in my world?
- Who will the people be and what will they be doing?
- What will my mood be and how will I feel?
- What will I be doing with my time?

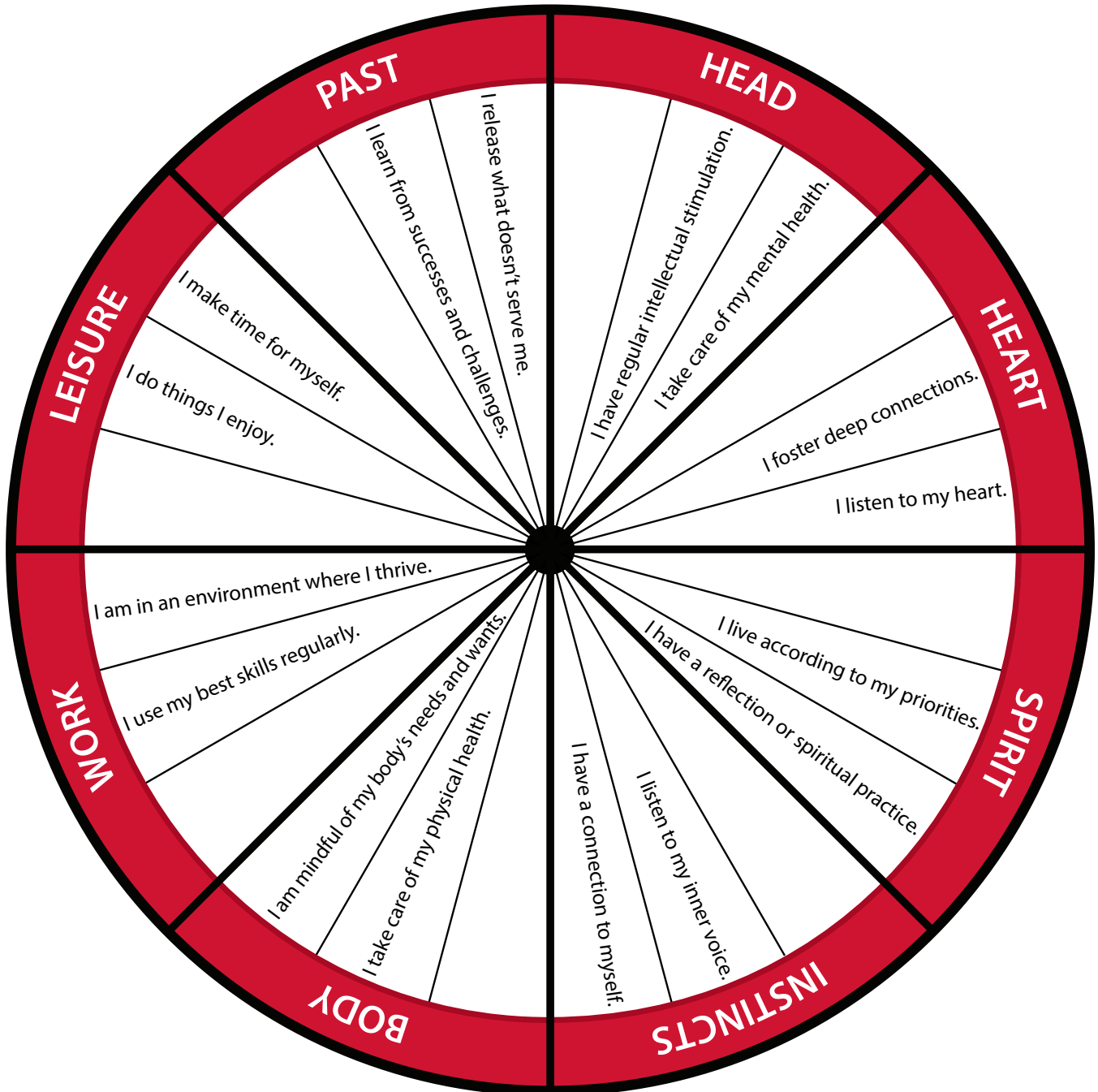


 Cut this out when
you're done and hang it
somewhere you'll
see it often!

YOUR TOMORROW

Consider the various areas of your life that we're showing in this **Personal Assessment Wheel** and spend a few minutes thinking about each of them.

Write some notes on the next page, about what a 10 (your highest aspiration) would look like, live like, and feel like. We've left a blank spot in each category, in case there are additional areas you want to address.



YOUR TOMORROW

Make some notes below, about your highest aspirations for next year. You can write about any or all of the areas in the **Personal Assessment Wheel** and/or include any ideas of your own.

1. HEAD

2. HEART

3. SPIRIT

4. INSTINCT

5. BODY

6. WORK

7. LEISURE

8. PAST

YOUR SUCCESS

Now that you've envisioned what next year will look like, we'd like to support you in your success.

So, the question is, "**How can you set yourself up for success?**"

Research has shown that the people who envision the **outcome** they want, the **obstacles** they'll face along the way, and **plan for both**, are more likely to see success. This is known as "realistic ideation".

We're encouraging you to do some **realistic ideation** of your own by identifying the obstacles that are most likely to get in your way, and to then make a plan to get around them.

1. What are the **1-3 obstacles/challenges** that are most likely to get in your way of achieving your vision of success? Some answers we've heard include:
 - I don't have the skills I need.
 - I struggle with meeting new people.
 - I can get lost in my work and am then depleted.
 - My negative self-talk gets in my way.
 - I have too many responsibilities to others.
 - I don't have the resources to support my efforts.
2. What are the **small steps** you'll take to get around or through your obstacles/challenges, to get you closer to your vision of success? Create a plan for how you'll keep yourself motivated and on track. The more detailed you can get, the better for your success. Some answers we've heard include:
 - **If** I find myself getting lost in my work more than 2 days in a row, **then**, I will start setting a timer on my phone to leave at 5pm, and will ask my partner to support and encourage me to set work boundaries (i.e. not check email!)
 - **If** my negative self-talk gets in my way, **then**, I will pause and take 10 minutes to write down all of my skills and gifts I'm grateful for.
 - **If** I'm finding myself overwhelmed with the amount of support I'm giving to others, **then**, I will look for the possibilities to delegate, delay, or delete some of those responsibilities.

Take some time to write down your **top 1-3 obstacles/challenges** and then detail out the **small steps** you'll take, to get around those obstacles.

**Remember, small steps taken consistently over time,
can lead to big success!**

YOUR SUCCESS (all year!)

Unfortunately, despite the best of planning, and envisioning our success, we know that sh!t happens that can pull us off track!

So, the question is, “**How can you stay on track?**”

Putting a foundational practice in place can further support you to live in alignment with your vision. Look through these suggestions and consider what you could put in place to help you stay on track:

- **PAUSE** in the morning, mid-day, or in the evening to check-in with yourself.
- **Identify a word or phrase** that sums up your vision for the year. Put this somewhere you’ll see it often, as a way to quickly remind you of your intentions.
- **Speak to yourself with grace and kindness** on those days when you find that you haven’t focused on your priorities.
- **Leave inspirational notes** around your house, office, or car, to let yourself know, “I’ve got this!”
- **Schedule a check-in** with yourself every 1-3 months to celebrate successes and to try new small steps if needed.
- **Create a tracking board or document** (a wall calendar works great too) where you can regularly record how you’re doing.
- **Make a new note to yourself** each day, week, or month with your 1-3 top priorities that you want to focus on.
- **Find an accountability colleague**, friend, or coach you could meet with weekly or monthly, to help keep you on track.
- **Schedule alerts** on your phone or calendar that remind you of your vision of success.

Don’t leave this step to chance! If you can regularly remind yourself of your priorities, vision of success, and why they’re important to you, you’ll be more apt to keep moving forward—even when life gets off track.

**What does your vision of success
look like, live like, and feel like?**

**What will you put in place to help keep you on track,
and who can support you in your success?**

Thanks for joining us in this practice. We wish you a happy and healthy year ahead!

MY SUCCESS PATH SUMMARY

Take a moment to summarize and reflect on your Goals or Vision, the Obstacles that are in your way, the Small Steps you'll take to get around them, and the ways you'll set yourself up for success. This will be a guide for you over the next year.

Print it out and put it somewhere accessible so that you can review it, tweak it, and remind yourself that your happiness and satisfaction matter.



What are my goals or vision of success for next year?



What are the obstacles or challenges that are most likely to get in my way?



What small steps will I take to get closer to my vision of success?



How will I set myself up for success and who can support me?
