



THE

GOALS

REDUX

MANUAL

2020 was a year full of lessons

This past year taught us about patience and the importance of community. It reminded us that we should all make more time to celebrate every victory, no matter how small. So maybe you didn't get to achieve all of the goals you set out for yourself last year, but you're here now — let's look to the future...together.

THE WORK AHEAD

This workbook is divided into two parts: reflection and setting intentions. You'll need to work through these two exercises in order to reach the third, less immediate part of this process: achieving your goals.

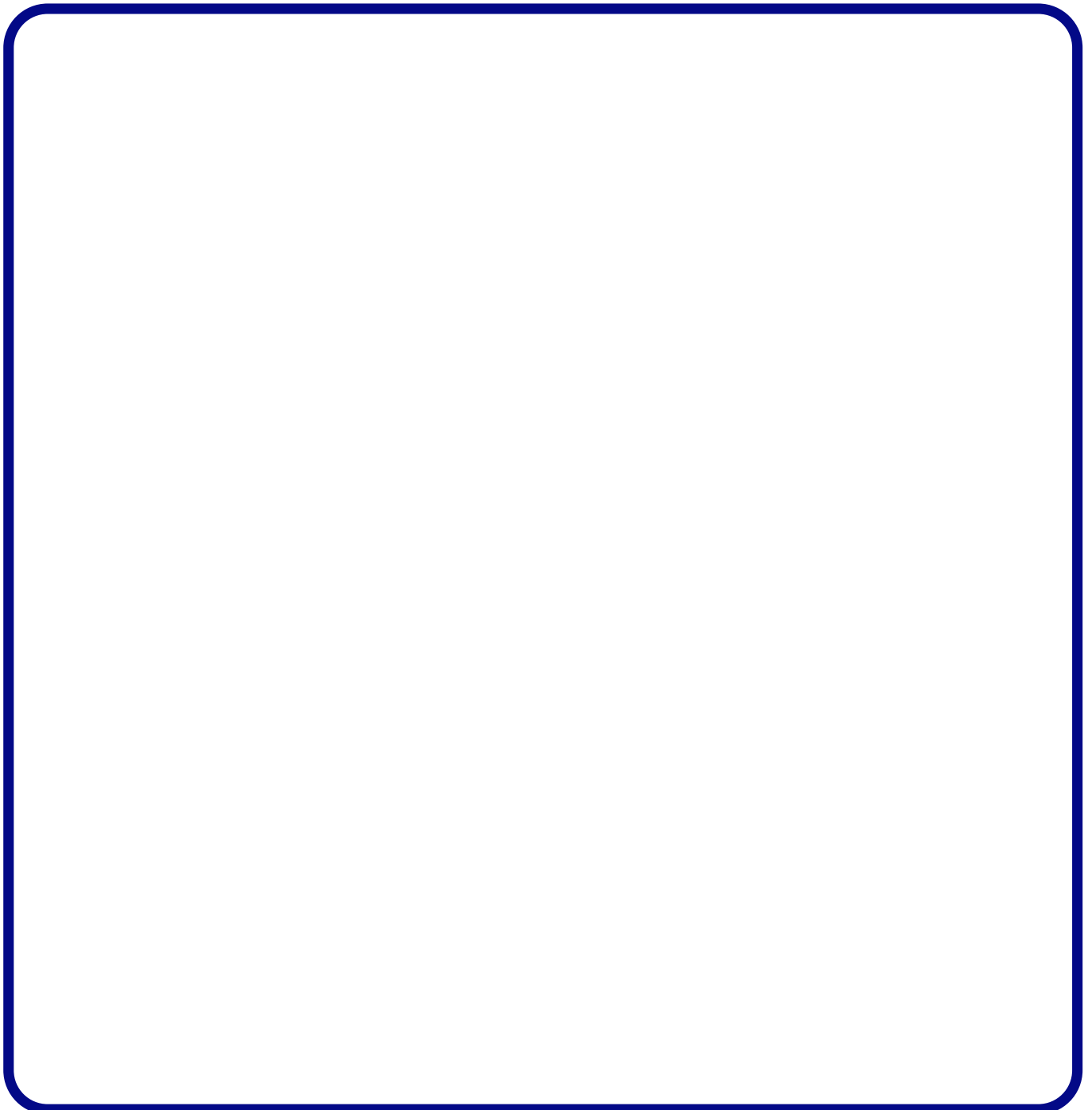
It's important that you dedicate the time to complete all sections of this workbook. Consider this some much needed self care! It's recommended that you set aside at least an hour for this exercise, but feel free to come back and make edits as you see fit.

Now that you've set aside time in your calendar, print out a copy of all these pages — don't fight it, pen and paper work best here. We're going to take a deep dive into everything that has happened in the past year, the good, the bad, and all the stuff you wish had happened but didn't for whatever reason. Then let's have a think about what you want to accomplish in the coming year, professionally and personally, and the past lessons learned that will help get you there.

Once you're done, put this workbook in a safe place and check back every few months in order to keep yourself accountable!

A SPACE TO VENT

2020 was nothing like any of us expected it to be. Surely you've experienced a rollercoaster of emotion, so here we're providing a space for you to let it all out. Set a timer for 3 minutes and use this page to write out a stream of conscious thought or draw a picture that acknowledges your feelings or frustrations about the year we're leaving behind.



Last Year in Review

Think back on the past year and ask yourself the following questions; summarize a response for each.

The wisest decision I made...

The biggest lesson I learned...

The biggest risk I took...

The biggest surprise of the year...

The most important thing I did for others...

The biggest task I completed...

What I am the most proud of is...

Who are the three people who influenced you the most?

1. _____

2. _____

3. _____

Who are the three people you influenced the most?

1. _____

2. _____

3. _____

What is the best thing you discovered about yourself?

What are you the most grateful for?

What were you not able to accomplish?

Describe the greatest, most memorable and most joyful moments from last year. How did you feel? Who was there with you? What were you doing? Describe any sights and sounds you remember.

Three of my biggest accomplishments over the past year were...

1. _____
2. _____
3. _____

Three of my biggest challenges over the past year were...

1. _____
2. _____
3. _____

What have you learned about yourself while facing those challenges?

Choose three words to define your past year.

1. _____
2. _____
3. _____

Is there anything you must let go of before you can start your next year?

The Year Ahead

What does the year ahead of you look like? What will happen in an ideal case? Why will it be great? Write. Draw. Let go of your expectations and dare to dream!

Before you step into the new year, as just described by you, you'll need to do some self reflection...

These are three things I will love about myself in the new year:

1. _____
2. _____
3. _____

I am ready to let go of these three obstacles:

1. _____
2. _____
3. _____

I'd like to achieve these three things:

1. _____
2. _____
3. _____

I will overcome my fears of:

1. _____
2. _____
3. _____

I will say no to:

1. _____
2. _____
3. _____

When stressed, I will find comfort in:

1. _____
2. _____
3. _____

I will adopt these three habits daily:

1. _____
2. _____
3. _____

Three ways I will regulary "treat" myself:

1. _____
2. _____
3. _____

My top three places I will visit:

1. _____
2. _____
3. _____

I will show my appreciation for loved ones in these three ways:

1. _____
2. _____
3. _____

I will reward my successes with these three presents:

1. _____
2. _____
3. _____

This year I will not procrastinate any more to...

This year I will draw inspiration from...

This year I will say yes to...

This year I advise myself to...

This year will be special for me because...

**List your most important goals for next year in the following areas, however you define them.
This is what my next year will be about :**

personal life and family



belongings (home, objects)



friends, community



intellectual



finances



work, studies, profession



relaxation, hobbies, creativity



health, fitness



emotional, spiritual



bucket list**



**** This is where you can list those goals you eventually want to achieve.**

My Word For The Year Ahead

Pick a word to symbolize and define the year ahead. You can look at this word whenever you need a reminder or inspiration.

Secret Wish

Don't hold back. Reach into the furthest depths of your imagination and ask yourself: what is your secret wish for the next year?

You are now done with planning your year, but more importantly, have in your hands an effective tool by which to hold yourself accountable.

Here's to your best year yet!

Date:

Signature: