



## 'Do the work' Book

# 2018

Before you can reach any goal, you first have to start with an idea!

In this workbook you'll take a look back at what you did this past year in order to get some ideas brewing for the year ahead. Planning out your year is a great way to consciously think about what you want, where you would like to be and how you're going to get there. This is your time to focus on YOU. Reflect on both your successes and failures to help establish new patterns.

It's not as daunting as it sounds, promise!

But, you will need an hour or so to work on your future plan, and maybe a few more to reflect on where you've been - so pull out your calendar, print off a copy of this workbook (trust us, brainstorming is so much more effective when done by hand) and get ready to be honest with yourself. You can complete this workbook alone or in a group. You can even treat this as a solo activity and then share the highlights with others, totally up to you!

Ready. Set. Go!

**(P.S.: Take as much time as you need. This is not a race.)**

## **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 regularly "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:**