



WORKBOOK

GOAL SETTING:

Look Back to Look Ahead

Year End Reflections & New Intentions

PART 1 (REFLECTION):

- 1 Thinking back over the past year, what are you most proud of overcoming? What would you like to celebrate and remember from this past year?

- 2 What's the biggest thing you have learned in
- *career/business?*
 - *about relationships?*
 - *about yourself?*

- 3 **Often failure is the best teacher.** Consider a failure or disappointment from the past year and write out the lesson(s) you learned.

- 4 What are 3 **“small”** wins you’d like to give yourself credit for, despite the lesson?

[illegible]

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AHEAD:

Decide with intentionality who you want to be professionally and personally in the next 365 days. List the characteristics/values/qualities that will define and describe **YOU** in the next year.

[illegible]

Set a BIG financial goal for the next year. Examples: grow an investment account by 10%; spend 20% more/less on clothes; increase assets by X; receive 30% raise; buy/sell a home...

- What actions/steps will you take to bring this goal to life? What will you schedule into your week/month as a priority?

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Set a BOLD career goal for the next year. Examples: increase client base by X, receive promotion, start my own business, hire a business coach, increase my speaking engagements by X, hire an executive assistant.

- [illegible]



Set a BIG personal goal for the next year. Examples: block a weekly lunch date on my calendar for time with a friend, prioritize my marriage, get pregnant, commit to exercise 6 days a week for 15 minutes, hire people to clean my house and take care of my yard.

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In what ways do you have to shift or change in order to be the person who will reach your goals? What do you need to believe in order to achieve your top 3 goals? For example, do you need to shift your beliefs/thoughts to “I am capable”, “I am successful”, “Everything is working out for me”, “Money flows to me with ease because I am worthy”, or something else?

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ACTIVATION:**CHOOSE YOUR WORD FOR THE NEXT YEAR!**

Some examples: Joy, Peace, Love, Hope, Health, Abundance, Serenity, Mindfulness, Power, Generous, Integrity, Wealth, More, Less, Simplicity, Worthy.

What singular word listed above (or another word generated by you) represents how you want to show up or what you want to receive more of on a daily basis this year? Post this word on your refrigerator or bathroom mirror in your home, as a reminder on your phone, and/or in your car as a daily reminder to embody the essence and integrate it into your life.

Be mindful of this word daily in the year ahead.



ASHLEY PARÉ