

Make it Happen Yearly

1 :: What worked last year?

2 :: What did you learn from last year's successes?

3 :: What *didn't* work last year?

4 :: What did you learn from these things that didn't work?

5 :: Make a list of things you're thankful for last year.

6 :: What are you saying *yes* to this year?

7 :: What are you saying *no* to this year?

8 :: What is your vision for this year? Begin by listing 3 adjectives that best describe how you want to feel this year.

9 :: Now that you know how you want to feel in the coming year, write out specific goals that will help you generate those feelings. (Areas to think about: health + fitness, career, financial wealth, spirituality, relationships)

10 :: Let's choose one area from above and break it down into bite-sized, achievable steps. You can continue with the other areas on a separate sheet of paper.

Health and Fitness:

1 step I can take today to better health:

3 steps I can take this week to better health:

3 steps I can take this quarter to better health:

3 steps I can take this year to better health:

11 :: Why do you want to make these goals happen? How will it make you feel?

12 :: Create a vision or inspiration board on Pinterest or with magazine clippings that supports your goal!

13 :: Fill out the Vision Planner for this year on the next page and post it in a place you'll see it every day!

My Vision for this Year