

Your Best Year Yet



Like mapping out a course to a new destination, creating a roadmap for an extraordinary new year requires a clear starting point. Reflecting on your past year allows you to acknowledge growth, wisdom gained, and intuition honed. By understanding where you've evolved, you can chart a course toward your envisioned future with purpose and clarity.

What were your most memorable moments or achievements from the past year?

What accomplishments from the past year are you particularly proud of?

What were the most challenging obstacles you faced in the past year?

What personal insights or discoveries did you gain about yourself in the past year?

What habits, actions, or behaviors will you discontinue in the upcoming year to enhance your life?

What positive habits, actions, or behaviors will you continue in the upcoming year?

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What new habits, activities, or endeavors will you introduce to your life to foster growth in the upcoming year?

What about these changes sparks excitement or enthusiasm within you?

Allow these insights to shape the specific goals you are about to outline. A goal can be defined as an intended result that requires action to come to fruition.

What is the primary goal you are committed to pursuing and working on throughout this year?

Write a few sentences explaining why this goal is significant for you at this stage in your life.

Whose opinion or support do you value and wish to share your goal with?

When do you plan to share your goal with this person?

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Compile a list of actionable steps to advance you toward achieving your goal.

What initial small step are you prepared to take right away to move closer to accomplishing your goal?

After completing the small action, please respond to the following questions.

What specific action did you carry out?

How did it feel when you began taking action?

What strategies could you implement to ensure consistent daily action toward your goal?
