

A NEW YEAR - A
NEW JOURNEY

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Welcome! So another year is upon us, with new energy within and around us to step forward in our journeys in life.

Personally, I take the time every January to reflect, clear out the cobwebs and get a fresh look on where I'm going, and with the tools I have below should help you also get this year off to an amazing start too! All of us have dreams of our ideal life, so why not make this the best year for you yet!

This workbook will help you get clarity on where you are at, and what YOU want out of YOUR life this year.

I would suggest you plan to take some quite time just for you. This could be at home, outdoors in the park, by the sea – a place you cannot be disturbed for perhaps 2-3 hours to complete this workbook. It's only 2-3 hours, which is very little considering we have 8,760 hours in each year!! Lets make the most of it – you deserve it!

Ok, So grab your favourite pen and lets Get Started!!

Brenda.

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5. You may recall a time where you overcame a challenge – how did you do that, how did you focus, how did you get support, did you ask for help? What were the steps that worked for you?

6. From your previous experience in setting goals or working on projects for yourself - are you better reaching goals in a shorter time i.e. 3 months, 6 months or longer term i.e. 2 years, 5 years etc.? What works best for you?

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7. When you are delivering goals or projects - Do you have you lots of fire to get started followed by a loss of momentum and enthusiasm mid way through? Or do you find it difficult to get started and keep delaying it so nothing gets started? What is your normal pattern for you?

8. What are your limiting beliefs? What you tell yourself can also stop you from achieving your goals and dreams. For example you could be saying to yourself "I'm not good enough" or "I don't deserve it" then how motivated and enthusiastic will you be? Listen to what you tell yourself about what you believe limits you.

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10. Ok, So lets focus on the top 3 goals in your list above. Lets write them out here:

1. _____

2. _____

3. _____

11. What/How will my life be if I do not achieve these goals in my lifetime?

Goal 1: _____

Goal 2: _____

Goal 3: _____

12. Why should I do and have these goals in my life? What is my driving force (or true meaning) behind this? Is this something that I truly need or am I doing it for someone else in my life?

Goal 1: _____

Goal 2: _____

Goal 3: _____

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13. What do I need to make non-negotiable in my life to achieve these goals?

Goal 1:

Goal 2:

Goal 3:

14. What do I need to achieve these goals? Coaching, Training, Research, Support Team, Discipline, Accountability?

Goal 1:

Goal 2:

Goal 3:

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15. What do I want to achieve this year (or in 6 months if shorter goals work better for you)?

Goal 1:

Goal 2:

Goal 3:

16. Lets break these goals down – what steps are needed to achieve and accomplish your dreams? E.g. If your goal is to write a book the steps may be to 1. Research Topic, 2. Training on how to write a best-seller book, 3. Get Mentoring and/or Coaching, 4. Join Forums, 5. Asking for support from Family, Friends & Partners.

Goal 1:

a)

b)

c)

d)

e)

Goal 2:

a)

b)

c)

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d) _____

e) _____

Goal 3: _____

a) _____

b) _____

c) _____

d) _____

e) _____

17. Great. NOW it's time to START taking ACTION – **what is one small thing you can do TODAY to start achieving your dream?** This could be simply to make a phone call, book a meeting, research, and learning, asking for help and/or support, getting a coach?

Goal 1: _____

Goal 2: _____

Goal 3: _____

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Great! Well done on taking Action and the first steps towards YOUR dreams!

Remember to **Celebrate!** This can be as simple as sharing your good news with a friend, doing a dance in your living room or many other fun ways.

Also remember to give **Gratitidue** for your blessings every day. As each step of your goals are being reached say to the universe '*YES, Thank you, More Please*' – this helps give clarity back to the universe to bring in more for your ongoing success.

Thank you for taking the time to complete this workbook. If you have found it useful, please send the link of this website (www.brendamccole.com) to your friends and family so that they may start achieving their goals too!

To your amazing journey in life!