

TAKE CONTROL OF YOUR YEAR

MAKE THIS YOUR BEST YEAR YET

Top Personal Goals for This Year

1.

Why is this important to me?

What is one step I'm going to take towards making this goal a reality?

When will I take this step?

2.

Why is this important to me?

What is one step I'm going to take towards making this goal a reality?

When will I take this step?

3.

Why is this important to me?

What is one step I'm going to take towards making this goal a reality?

When will I take this step?

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Top Work Goals for This Year

1.

Why is this important to me?

What is one step I'm going to take towards making this goal a reality?

When will I take this step?

2.

Why is this important to me?

What is one step I'm going to take towards making this goal a reality?

When will I take this step?

3.

Why is this important to me?

What is one step I'm going to take towards making this goal a reality?

When will I take this step?

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Keep, Start, Stop

Keep

What's working well in my life (personal and work) that I want to make sure to keep doing?

Start

What do I want to start doing in this year, that would improve my life (personal or work)?

Stop

What I am doing that's just not working for me that I commit to stop doing this year?

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Word of the Year

Spend a little time brainstorming below. Think about your "keep, start, stop" list. Can you think of a word or phrase that you want to be your over-arching theme for this year? Go wild with the brainstorming, and then eliminate choices until you get to the one that makes sense for you and makes you feel energized for the year ahead.

Brainstorm:

My Word of the Year is:

Make it Visible:

Now take that word and make it visible. Put a sticky note on your bathroom mirror, add it as your desktop background, write it in your journal or planner, tell everyone you know about it.