

# REFLECT & REFOCUS

"The definition of insanity is doing the same thing over and over again and expecting a different result." - Albert Einstein

# REFLECT

What achievements are you really proud of over the past year?

- Overall
- Relationships (partner/family/friends)
- Health & Fitness
- Career/Business
- Fun & Adventure
- Spirituality
- Finances

What did those accomplishments tell you about your key focus areas and what you value?

How do you plan to recognise or reward yourself to celebrate your achievements this year?

What were your biggest disappointments or matters you neglected over the past year?

- Overall
- Relationships (partner/family/friends)
- Health & Fitness
- Career/Business
- Fun & Adventure
- Spirituality
- Finances

What did you learn from your

- Accomplishments?
- Disappointments?

Is there anything that you need to consider at this stage that might be different or you need to take into account in your planning for this/next year?

# REFOCUS

What do you want to achieve in one, some or each of the categories below over the next year?

- Relationships (partner/family/friends)
- Health & Fitness
- Career/Business
- Fun & Adventure
- Spirituality
- Finances

Are there any personal traits that you need to change/work on in order to help you achieve your goals?

Do you have any limiting factors that will act as roadblocks or speed bumps to achieving any of the above goals you set for yourself?

To be truly effective you must have an action plan. What is the best action plan to make sure you achieve your goals?

How will you stay accountable to this plan? Is there anyone you can be accountable to that can help you achieve your goals?

Create a vision board that reflects all that you want to accomplish over the year. The more you look at your vision board, the more subconsciously do things that are in alignment to achieving your goals. Vision boards are a very powerful manifestation tool!

Write a letter to yourself and date it one year from now, telling yourself about all the incredible things you have achieved over the past year. This is essentially what your life will look like one year from now. Then on that date one year into the future, read the letter back to yourself and see how much of it you accomplished.

You have the power to design the life you want so start designing!