Your Best Year Yet

WORKSHEET

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To move forward into 2014, you need to spend some time reflecting on the year that was.

What made it for you 2013 what were the highlights for you?

Write down on a separate piece of paper your 2013 Highlights (would be even better to get a journal title 2014)

- Experiences you had in 2013 that made it a very unique special year;
- Looking back at the year what made this year unique in itself
- Holidays took;
- Clients impacts;
- Lives impacted;
- Special experience had with love ones;
- Small precious moments unique loved ones;
- time capsule moments; put in pocket; capsule;
- Take time and reflect this year for me extraordinary;
- Even if challenges what were they how made you stronger;
- Who is new in your life; new colleagues;
- New mentors;
- Peaks this year

Reflect back on 2013 for many of you things have learnt; things not completed; started and some not kept going; so we can learn from it with new ideas and strategies for 2014.
We are constantly in a state of growth and development.

Use this model for planning and reflection - As you reflect on what you did in 2013 – what were the things did you maintain; kept going; finances maintained; business relationships; etc

- As you write this down just trust the things that are coming to you; even the little things. As you are writing this; write finished; Proposals finished; Relationships ended.

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**The Life Balance Wheel 2013**

Success is impacted by your capacity to persevere in the face of demands from every other area of your life. Therefore, we’ll take stock of other life areas to see how you can build on your strong areas while managing the weaker ones. Out of this assessment we’ll create a life plan that will support your business plan.

The sections in the wheel divide your life into eight areas. Each area is represented by one piece of pie. When you’re done the size of each pie piece will give visual feedback, and a less satisfying life will look like a smaller pie.

Treating the center of the wheel as “0” and the outer rim as “10,” indicate your level of satisfaction with each life area by drawing a new outer rim for that piece of the pie. Consider “10” as totally fulfilled and “0” as totally unfulfilled, and “5” as halfway between. In other words, if there’s an area that’s only half as good as you could imagine, its pie piece would only fill the inner half between the center of the pie and the rim. (If working online, you may use a number for each section instead) When you’re done, step back and reflect on the patterns you see.
Strategies to get 2014 Strong

Now going forward to 2014 – what do you want to add change or move out of your life and why do you want it?

What will you miss out if you don’t make the changes in this area?

What will it cost you if things stay the same?

What will hinder you spiritually, emotionally, financially, physically if things don’t change?

Now going deeper down the rabbit hole

1. Aligning Your Neurology

In order to see ourselves do well in business and live to prosper, we need to start with the end in mind; we do this by planting imprints into the subconscious daily and by maintaining a generous state of mind. We will begin by calibrating your best year out through the following levels.
After you can answer the above, close eyes go out to the end of December 31 2014; you had the best year of your life; not an okay year; not an ordinary year; an extraordinary year!

Use active imagination to create your best year yet. Notice who is there; how you feel and the attitude and behaviors of you and others. *(please record what your active imagination exercise)*

2. I want you now to look over your year and hear, see, feel, taste smell what happened in the area you want to change e.g.

- focus on your health if you have your health; what made 2013 for your health; realistic is whatever is real for you; what is the best health for you; best ever been
- personal relationship; partner; one on one relationship; what is that relationship like; best year yet with them; do together; learn from each other;
- Family what made your family; children; brother sister family, what made best year yet; experiences; feeling with my family; what did I do with my family; what was happening
- What made best year yet new friends; relationships ended not supported in my new identify old friends came back into my life renewed old friendship; maintained those friendship always

3. **Demonstrate your Commitment**

What will happen if you do make this change?

What kind of experiences and momentum in your life will happen if your 2014 vision is achieved?

How will you feel if you were consistently moving forward towards living a life you really want?
4. Break down amazing years into milestones – Seasons – Quarters

Look at your Best Year Yet - Review areas that you want to put into action..

Taking Action in Baby Steps is done by breaking it into 90 day cycle. The reason we look at 90 day cycles, it is the way we think; the seasons and the universe also works this way. Nature works in 90 day cycles.

We can get a lot done in a less overwhelmed way by breaking it down into 90 day cycles. If something is not working in 90 days, we can get out of its way and put it into the following quarter.

What is going to make the first 90 day of 2014 the best quarter going forward; the first quarter is the most important whether it is giving birth new idea, creating a product, doing launches it is all about preparing the soil for a magnificent year

Do this for every quarter on what you want to achieve in that area. Remember the 4th quarter is the home stretch

- Health Goals
- Relationship goals outcome
- Financial Goals end of March
- How will you reward yourself
- Personal and Spiritual Growth
- Fun & Recreation
- Self-Renewal
- Business and Career

First quarter what do you want to achieve

- What health goals
- Relationship goals outcome
- Financial Goals end of March
- How will you reward yourself

You may not hit the goals; but reward yourself even for the efforts.

Second quarter

Best year yet; Look what holidays financial goals; relationship goals for the 2nd quarter in 2014 end of the financial year; perfect goals to have look at the season weather; birthdays; activity; Spring we begin to sow the seeds; summer we are in maintaining; growing new things a lot happens in the quarter

Third quarter

This is a great time of year spring where everything begins to flourish; financial rewards should be strong; relationship goals flying; business goals strong; rewards for this quarter;

Fourth quarter
Getting to the Finish Line - this is a perfect time reflecting on what was happening in the year; what needs to be completed.

What goals did you hit; how do you feel; what is your relationships like; what financial bonuses did you have; how many projects were launched; what rewards are you going to have for yourself.

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