

Goals and Reflections for 2015

YOUR 2014

1. What one event, big or small, are you going to tell your grandchildren about?
2. If you had to describe your 2014 in 3 words, what would they be?
3. What new things did you discover about yourself?
4. What single achievement are you most proud of?
5. What was the best news you received?
6. What was your favorite place that you visited in 2014?
7. Which of your personal qualities turned out to be the most helpful this year?
8. Who was your number one go-to person that you could always rely on?
9. Which new skills did you learn?
10. What, or who, are you most thankful for?
11. If someone wrote a book about your life in 2014, what kind of genre would it be? A comedy, love story, drama, film noir or something else?

12. What was the most important lesson you learnt in 2014?
13. Which mental block(s) did you overcome?
14. What 5 people did you most enjoy spending time with?
15. What was your biggest break-through moment career-wise?
16. How did your relationship to your family evolve?
17. What book or movie affected your life in a profound way?
18. What was your favorite compliment that you received this year?
19. What little things did you most enjoy during your day-to-day life?
20. What cool things did you create this year?
21. What was your most common mental state this year (e.g. excited, curious, stressed)?
22. Was there anything you did for the very first time in your life this year?
23. What was your favorite moment spent with your friends?
24. What major goal did you lay the foundations for?
25. Which worries turned out to be completely unnecessary?

26. What experience would you love to do all over again?
27. What was the best gift you received?
28. How did your overall outlook on life evolve?
29. What was the biggest problem you solved?
30. What was the funniest moment of your year, one that still makes it hard not to burst out laughing when you think about it?
31. What purchase turned out to be the best decision ever?
32. What one thing would you do differently and why?
33. What do you deserve a pat on the back for?
34. What activities made you lose track of time?
35. What did you think about more than anything else?
36. What topics did you most enjoy learning about?
37. What new habits did you cultivate?
38. What advice would you give your early-2014 self if you could?
39. Did any parts of yourself or your life do a complete 180 this year?

40. What or who had the biggest positive impact on your life this year?

YOUR 2015

41. What do you want the overarching theme for your 2015 to be?

42. What do you want to see, discover, explore?

43. Who do you want to spend more time with in 2015?

44. What skills do you want to learn, improve or master?

45. Which personal quality do you want to develop or strengthen?

46. What do you want your everyday life to be like?

47. Which habits do you want to change, cultivate or get rid of?

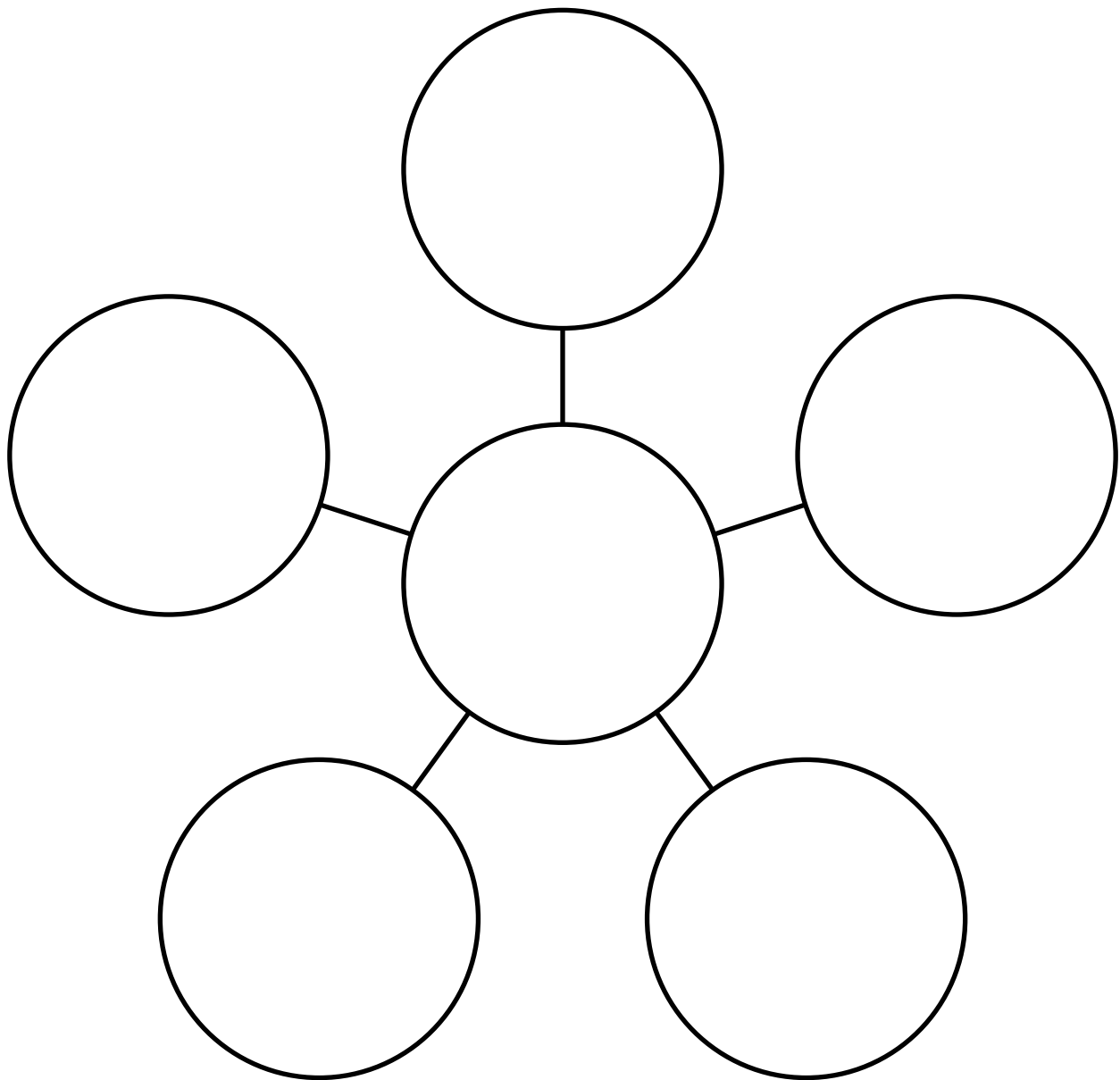
48. What do you want to achieve career-wise?

49. How do you want to remember the year 2015 when you look back on it 10/20/50 years from now?

50. What is your number one goal for 2015?

Mind Map Your Goals

1. Center will be primary vision of the year.
2. Around are the supporting goals.
3. Finally, the milestones that help you reach your goals.



Affirmation

Create a story about yourself for this year that is going to come true.

If you met yourself in three years, what would make you happy about your progress?

What dangers will you have to overcome to make this progress?

Biggest opportunities to help you along?

What strengths, skills, and resources need to be developed to see success?

Vision Board

Dream House

Location:

Rooms:

Square Feet:

Other:

Picture:

Dream Car

Make:

Model:

Color:

Year:

Picture:

Dream Vacation

Location:

Dates of Stay:

Hotel:

Activities:

Picture:

Year's Check

Amount: \$

Cost to Fulfill Dreams

Cost of Dream Home: \$

Cost of Dream Car: \$

Cost of Dream Vacation: \$

Education: \$

Business: \$

Living Expenses: \$

 Monthly Total: \$

 Weekly Total: \$

 Daily Total: \$

 Yearly Total: \$

Victory Sheet

Your Best Accomplishments

Current Age divided by 3 = _____

First Third of Life:

- 1.
- 2.
- 3.

Second Third of Life:

- 1.
- 2.
- 3.

Last Third of Life:

- 1.
- 2.
- 3.

Upcoming Year:

Jan – Mar

- 1.
- 2.
- 3.
- 4.
- 5.

Jul – Sep

- 1.
- 2.
- 3.
- 4.
- 5.

Apr – Jun

- 1.
- 2.
- 3.
- 4.
- 5.

Oct – Dec

- 1.
- 2.
- 3.
- 4.
- 5.

Optimize Your Days

What tasks do you do each week?

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

What can you outsource?

- 1.
- 2.
- 3.
- 4.
- 5.

Poor Habits to turn into Better Habits?

- a.
- b.
- c.

Stop Doing:

- a.
- b.
- c.