

My Best Year Ever Workshop

Welcome to a simple formula you can use to help debrief the current year and set yourself up for your best year ever next year. It's made up of two parts that you need to fill out the answers to the questions for.

Take your time and think carefully before you answer as the more clarity you have when you write down your answers, the more the Universe can support where you are headed.

Wrapping up the Current Year

1. What are you most proud of in 2023

2. What have you overcome in 2023

3. What have you let go of?

4. How did you show up in 2023?

5. What was your biggest lesson and learning?

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My Twelve Month Vision For 2023

This is where you get to set your POWERFUL intentions for the year ahead. These are not just goals, these are commitments you are making to yourself to step up in all areas of your life. Take your time when answering the questions below as it's not a race. Really tune-in with your higher self and see what's being asked of you.

1. How do you want to feel in your body next year?

2. How do I want people to experience me?

3. What would you do if you only had 6 months to live?

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4. What are you promising to yourself in 2023?

5. My new embodied identity (one new power emotion to carry you through 2023)

My Life Goals

Write down *at least* ONE thing you'd like to have in the area's of your life listed below and be as SPECIFIC and MEASURABLE as you can - i.e. "I have more money in 2023" is NOT specific... instead, "I have \$100,000 in my bank account" is specific. You can of course have multiple just make sure that they are goals that light you up and not just things 'to-do'.

*** Please READ the GOAL SETTING TIPS on PAGE 5 before completing this section.*

It is now 31 Dec 2022 and I have:

- Health & Fitness
- Lifestyle
- Habits
- Wealth / Finances (*see goal setting guide for this section on page 6*):

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- Relationships
- Work / Business
- Personal Growth / Learning
- Impact

Goal Setting Tips

SETTING ALIGNED GOALS & GETTING INTO RAPID MANIFESTATION ✨✨✨

It's not about just writing things down or throwing things up on a vision board! There is an art to setting the right soul aligned goals & getting us into the state where we can rapidly manifest.

1. Be very specific on what you want. Vague goals will get you vague or no results. For example - you could say you want more money, but you could get one extra dollar & that's MORE money. Have a clear figure in mind, & make sure it's one that FEELS good! It should be an amount that is maybe a little scary, but not so high that you can't connect to it.
2. Ask yourself why do I want this? Your why is key. If you're just making up goals because they sound good you're highly unlikely to achieve them. Ask yourself, do I truly feel connected to this goal & why? What would it mean to me to achieve this?
3. Ask yourself - is there any fear wanting this goal brings up? What & why? Can I face off with this fear & clear it?
4. Don't get caught up in how they will happen, as soon as we do this we move into fear & overwhelm which blocks our manifestATion. It takes single minded vision, & TRUST that it can and will happen
5. Get into the energy of it ALREADY BEING DONE. Visualise how that would look, how it would feel, who you would be. It's already done. So how do I show up from that place.

Finances & Wealth Goal Setting Tips

Here's a guide to those of you who have a mission/purpose in mind for 2023 and want to call in more wealth to support it/you. This is from the book "Think & Grow Rich" and following this process has made more people wealthy than anything else I know. Read the text below and then create your Financial Statement Plan underneath.

First. Fix in your mind the exact amount of money you desire. It is not sufficient merely to say "I want plenty of money." Be definite as to the amount. (There is a psychological reason for definite- ness which will be described in a subsequent chapter).

Second. Determine exactly what you intend to give in return for the money you desire. (There is no such reality as "something for nothing.")

Third. Establish a definite date when you intend to possess the money you desire.

Fourth. Create a definite plan for carrying out your desire, and begin at once, whether you are ready or not, to put this plan into action.

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Fifth. Write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.

Sixth. Read your written statement aloud, twice daily, once just before retiring at night, and once after arising in the morning. AS YOU READ, SEE AND FEEL AND BELIEVE YOURSELF ALREADY IN POSSESSION OF THE MONEY.

Here's an example of a completed financial statement plan...

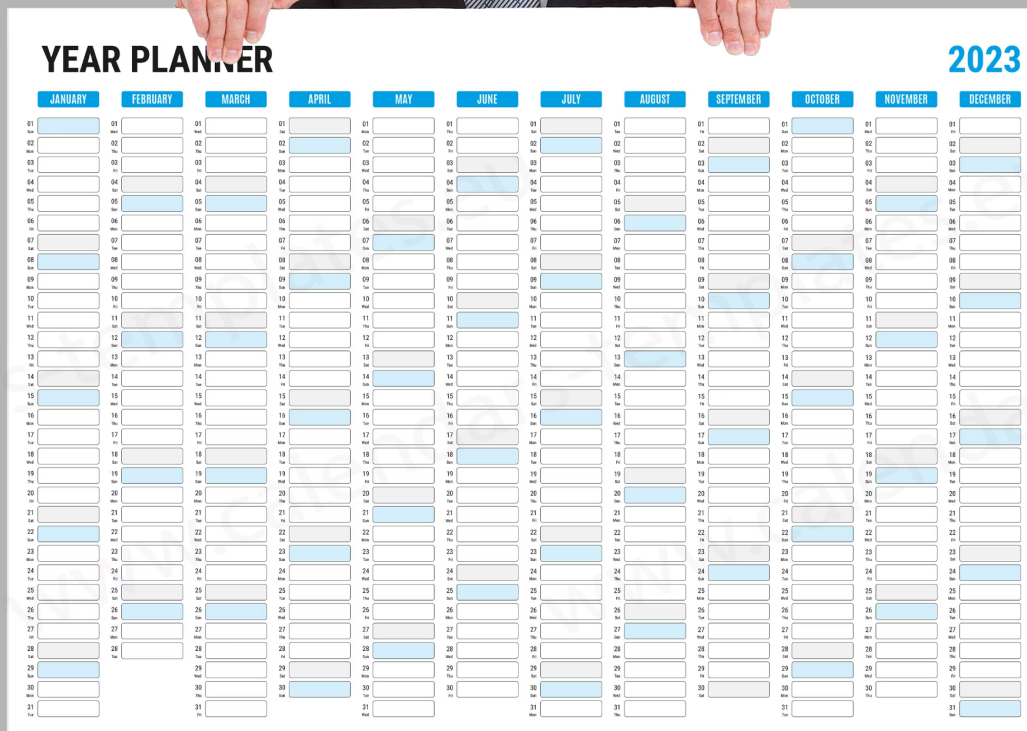
I am making _____ (example: \$500,000) dollars this year 2023 to help elevate the quality of life of hundreds/thousands of people this year through {i.e. group coaching, courses and retreats}. I am _____ {insert what you are doing to make this happen... example: "I am filling up my Integrate Program with 1000 people and have 100 people booked in for my retreats and serve and satisfy them so they enrol in everything we do}.

Use a Wall Planner

This is a great way to map out your quarterly, monthly and weekly actions. It also allows you to see any key dates that you need to prioritise, product launches, course dates, holidays, projects, or any other work or life priorities. It's a really great visual to have to see where you're at and what's coming up.

You can also use Google Calendar for this but I like to have a visual on my wall that I can add things to as needed. Always add your MOST important stuff first and then everything else after that.

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www.calendars-templates.eu

That's it! You're all set for your **BEST YEAR EVER!**

Now, go and get started marking out your calendar and pin it up on a wall (or use a Google Calendar) where you can check-in daily to see where you're at and where you're heading. This will help you to keep track of events, milestones and when you need to start focusing on what.

The only failure in life is the failure to plan so make sure to complete your plan and then take non-stop aligned action towards making everything you have written down happen by Dec 31st, 2023.

You are the master of your destiny and the Universe has your back as long as it knows **EXACTLY** what you want. We now get to stop playing small and believe in who we are and that we are limitless. These are the steps that we get to prove to ourselves that we are enough! Most of all **HAVE FUN GROWING & STRETCHING YOUR BOUNDARIES** :)

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Notes