

Your Best Year Yet Questions

1. What did I accomplish?
 - School / education
 - Home
 - Career / Business
 - Finances / Income / Savings / Paying down debt
 - Relationships / Spouse / Kids / Friends
 - Health / Fitness / Weight loss
 - Fun / Travel / Self-Care

2. What were my biggest disappointments?
 - School / education
 - Home
 - Career / Business
 - Finances / Income / Savings / Paying down debt
 - Relationships / Spouse / Kids / Friends
 - Health / Fitness / Weight loss
 - Fun / Travel / Self-Care

3. What did I learn?
 - What was the secret of my success?
 - What worked?
 - What didn't work and why?
 - What would have worked better?
 - What's the lesson?
 - Have I learned it yet?
 - What changes do I need to make?
 - What advice do I have for myself?
 - Where do I need more discipline?
 - Have I let others support me?
 - What lessons do I need to learn?
 - Am I taking care of me?
 - Do I face problems as quickly as I need to?
 - Am I as supportive of others as I need to be?

4. How do I limit myself, and how can I stop?
 - Procrastination
 - No planning
 - Listening too much to my inner critic
 - Distractions
 - No budget
 - Social Media rabbit holes
 - Worrying about what other people think
 - Stress eating

What has this cost me?

How do I benefit from limiting myself?

Am I willing to stop?

5. What are my personal values?

6. What roles do I play in my life?

Parent	Spouse
Child	Business Owner
Volunteer	Athlete
Coach	Author
Sibling	Friend

7. Which role is my major focus for the next year?

8. What are my goals for each role?

9. What are my Top Ten Goals for the next year?

10. How can I make sure I achieve my Top Ten Goals?

Guidelines for the Year

Choose 3 things from question 3 (What did I learn?) that you want to focus on

New Paradigm

What is the biggest THOUGHT that has been holding you back?

What is the NEW THOUGHT that you want to focus on?

ESP Principle

External Factors What do you need to DO to achieve your goals?

Support Who is supporting you on this journey?

Paradigm How do you need to THINK to achieve your goals?