

BUSINESS & LIFESTYLE

BUILD A SUCCESSFUL BUSINESS WITHOUT THE OVERWHELM

2022 Reflection

2022 HIGHLIGHTS AND ACCOMPLISHMENTS

WHAT WORKED WELL

WHAT DID NOT WORK

2022 Reflection

WHAT DID YOU LEARN IN 2022?

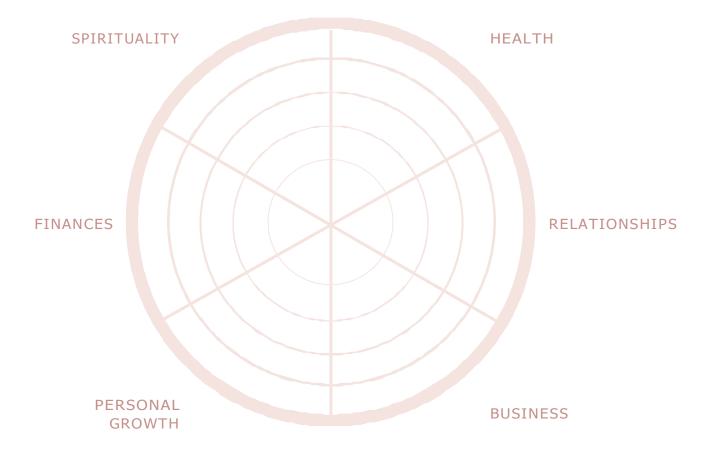
LIST ALL YOUR MOMENTS OF JOY IN 2022

2022 Reflection

WHERE ARE YOU NOW?

MARK HOW YOU FEEL ABOUT EACH OF THESE ASPECTS OF YOUR LIFE

DRAW IN YOUR LIFE SCORE FROM 0-5



2023 Chapter

IMAGINE 2023 AS A CHAPTER OF YOUR LIFE BOOK WHAT IS THE NAME OF THE CHAPTER?

WHAT DO YOU HAVE TO DO TO EMBRACE THIS CHAPTER?

2023 Chapter

HOW DO YOU WANT TO FEEL THIS YEAR?

WHAT DO YOU WANT TO INVITE TO YOUR LIFE?

WHAT DO YOU WANT TO LET GO?

Health Goals

WHAT ARE YOUR HEALTH GOALS?

WHAT IS YOUR PLAN TO ACHIEVE THEM?

Business Goals

WHAT ARE YOUR CAREER GOALS?

WHAT IS YOUR PLAN TO ACHIEVE THEM?

Relationship Goals

WHAT ARE YOUR RELATIONSHIP GOALS?

WHAT IS YOUR PLAN TO ACHIEVE THEM?

Personal Growth Goals

WHAT ARE YOUR PERSONAL GROWTH GOALS?

WHAT IS YOUR PLAN TO ACHIEVE THEM?

Financial Goals

WHAT ARE YOUR FINANCIAL GOALS?

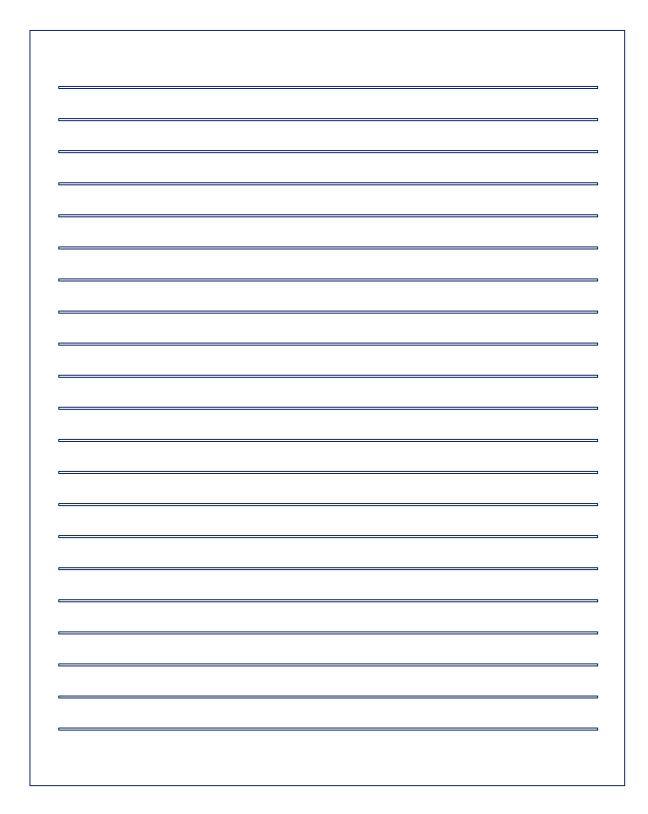
WHAT IS YOUR PLAN TO ACHIEVE THEM?

Spirituality Goals

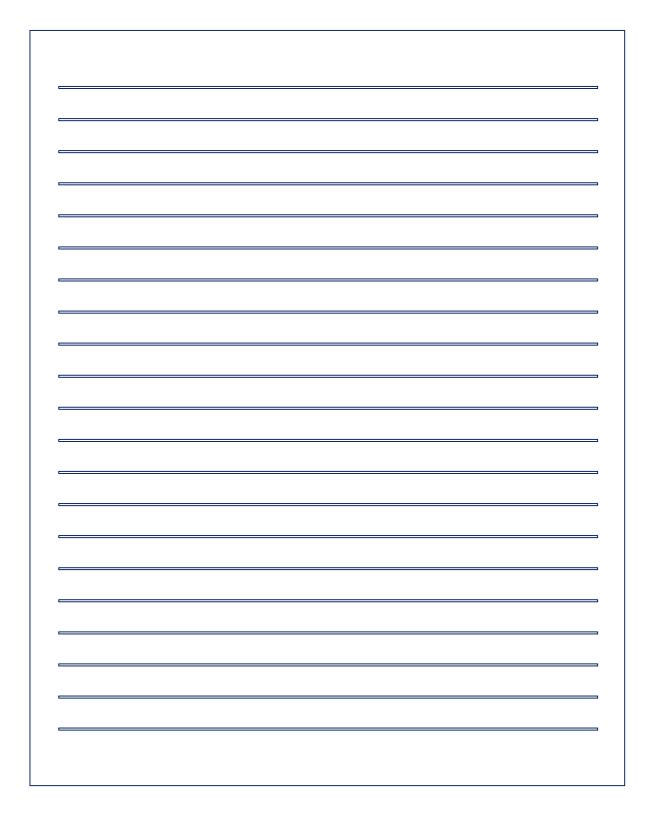
WHAT ARE YOUR SPIRITUALITY GOALS?

WHAT IS YOUR PLAN TO ACHIEVE THEM?

Bucketlist



Bucketlist



2023 Habits

WHAT ARE SOME HABITS YOU WANT TO BUILD?

HOW DO YOU PLAN TO BUILD THEM?

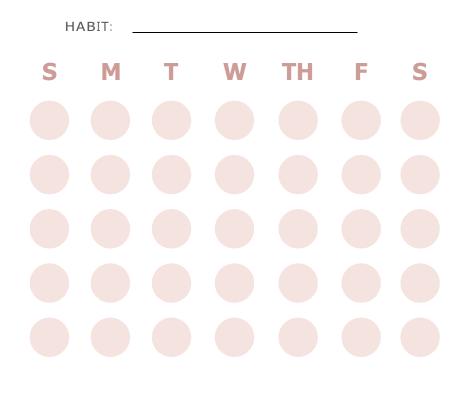
HOW WILL YOU KEEP YOURSELF ACCOUNTABLE?

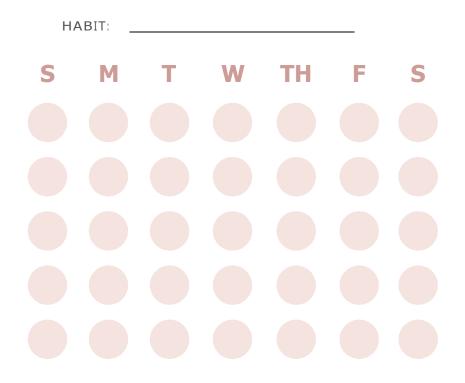
2023 Routines

MORNING ROUTINE	EVENING ROUTINE

WEEKEND ROUTINE

Habit Tracker





Important Dates

January	February	March
April	May	June
July	August	September
October	N o v e m b e r	December

Q1 Planning

Q1 Main Goals

January

February

March

Q2 Planning

Q2 Main Goals

April

May

June

Q3 Planning

Q3 Main Goals

July

August

September

Q4 Planning

Q4 Main Goals

October

November

December

Work Smarter

What are your money generating activities? Think bigger ... how can you reach more people with less effort?

Break down these goals in smaller steps What small action can you make today or this week?

Work Smarter

Where do you currently spend most of your time on? How to you plan to make these tasks "smarter"? (choose below)

(Ex. Content batching) Improve process (Ex. Lead Gen Funnel) Automate (Ex. Hire VA) Delegate