



End-of-the-Year Ritual & Goal-Getting Plan for 2019

by

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End your year with aplomb and pizzazz with this printable PDF created to help you reflect and plan ahead.

This is our go-to end-of-the-year ritual and we truly hope it serves you!

With great love,

Am *Chloe*

YOUR YEAR IN REVIEW

Writing Exercise

Let's start by analyzing 2018. What worked? What didn't?
Let's get crystal clear so that we can "analyze the data" and move forward!

WHAT WORKED?

WHAT DIDN'T WORK?

Recognise any patterns?

Get honest with yourself. Release guilt/frustration as much as possible and try to focus on being objective:

YOUR YEAR IN REVIEW (CONT.)

Writing Exercise

LIST OF ACCOMPLISHMENTS!

Any challenges you overcame? Big wins?

ANY FAILURES?

Recognise any patterns?

NEW YEAR PLANS

“Setting goals is the first step in turning the invisible into the visible.” - Tony Robbins

Now we’re going to plan for the new year!

WRITING EXERCISE

What would you do in the coming year if money were no object, and you were fearless?

Next: *Write down a few words that you want to color this year for you. (Examples: Abundant! Vitality! Jubilant!)*

SMART GOALS

Now, instead of NY resolutions, we like to set “SMART goals”:

Specific
Measurable
Achievable
Relevant
Time bound (i.e. deadlines.)

As we know, those who write down their goals are a *bajillion* times more likely to achieve what they want.
So let's do this thang!

Write down your top 5-ish goals for the year. (Not too many.) Make sure they're "SMART."

1.

2.

3.

4.

5.

GOING FURTHER

If we want to really make it happen this year, then we need to get the ball rolling straight away. Also, almost everything we want to achieve involves other people! Plus, creating new habits is the golden path to supporting your vision on a daily basis.

On the next page, we will turn these goals into actions.

Now, for each goal, write down some action steps to take right away, plus a list of helpful people in this undertaking, as well as a few habits that would be helpful in the achievement of these goals.

Goal #1

Action steps:

Helpful people to contact:

Habits to put in place:

Goal #2

Action steps:

Helpful people to contact:

Habits to put in place:

Goal #3

Action steps:

Helpful people to contact:

Habits to put in place:

Goal #4

Action steps:

Helpful people to contact:

Habits to put in place:

Goal #5

Action steps:

Helpful people to contact:

Habits to put in place:

SCHEDULE CHECK-INS

Now, in your agenda planner, or phone, or whatever calendar you have, schedule your check-in points.

CHECK-IN POINTS

Done

A month from now

Date: _____

Three months from now

Date: _____

Six months from now

Date: _____

A FEW FINAL TIPS FOR GOAL-GETTING

**BE GENTLE WITH YOURSELF:
WE WANT PROGRESS, NOT PERFECTION.**

CREATE A POWERFUL MORNING RITUAL.

HERE'S HOW

**WRITE AND REWRITE YOUR GOALS EVERY MORNING,
AND/OR READ THEM EVERY MORNING & EVERY NIGHT.**

"Twice and thrice over, as they say, good is it to repeat and review what is good." - Plato