B2 BEN BROOKS

WELCOME
YOUR NEW YEAR

Your New Year

The start of a new year is a perfect time to assess your life, personally and professionally. Yet few of us give planning our year ahead the focus it deserves. Below I've structured a simple, yet powerful process that I have personally used for years, which enables you to complete your prior year, leaving space for a truly new year. Utilizing this process will move you from resolutions to results in Your New Year.

Name:

Year:

YOUR NEW YEAR
Celebrate

Part 1: Celebrate — Take a look back at your past year. Acknowledge, remember and relish in all of the good that happened.

➔ What about this past year do you want to acknowledge, celebrate, remember or appreciate? Which goals or plans did you fulfill? What great things happened this year?

YOUR NEW YEAR
Let Go

Part 2: Let Go — Confront what in the past year: didn't go well, was a disappointment, or otherwise didn't work for you, and ensure it is left in the past.

➔ What do you want to let go of or forget? What things happened this past year that were disappointments? What did you not accomplish or achieve that you had hoped to? What upset or surprised you in a negative way? What feelings did you have that brought you down?

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YOUR NEW YEAR

Create Your Year

Part 3: Create *Your New Year*

Think big about what you really want in *Your New Year* across all areas of your life.

What are all of the things that you want to happen in Your New Year? Think of ringing in the new year – a year from now. Looking back, what would make you feel like you had a really fabulous year? Think across many areas of your life: career, finances, adventure/fun, family, love, health/wellness, community, social life, friendships, and faith/ spirituality. How would you like to feel?

YOUR NEW YEAR

Make It Happen

Part 4: Make It Happen

Prioritize what you want to accomplish. Include only the critical few things that you are truly committed to create in *Your New Year.*

What are the critical few things that you would commit your time or money toward achieving, or be willing to ask for help with, because you really want them? Remember to phrase things in the positive. And focus on the outcome you desire (e.g. becoming a great public speaker) rather than the method/tactic you think would get you that (e.g. join Toastmasters). Having fewer items is better.

Now print out this PDF with your answers, and if possible, save a digital copy with your answers. *(Note: requires software with the ability to edit PDF documents)*

More insights available at: www.benbrooksny.com/blog/

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