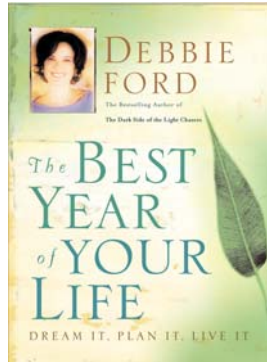


THE BEST YEAR OF YOUR LIFE WORKSHEET

Creating a Structure for Success



You wouldn't try to construct the home of your dreams without plans. So why would you try to construct the life of your dreams without them? Goals and action plans provide one of the most amazing things available in our lives – a reliable method for getting where we want to go. Print the following worksheet and use it to ensure that your vision for the best year of your life is brought to fruition.

1. What would you need to create over the next twelve months to honestly consider this *the best year of your life*?

2. What specific goal can you set for yourself that will move you toward the fulfillment of your *best year* vision?

3. By when do you want to achieve this goal?

4. What skills do you already have that will support you in reaching this goal?

5. What skills will you need to develop to reach this goal?

6. What kind of assistance, supports or structures will you need to put into place to ensure that you stay on track?

7. What kind of time commitment will be required to achieve this goal? How will you schedule this into your calendar?

8. Is there anything that you need to let go of or manage in a new way in order to have the time available to reach this goal?

9. Whom can you ask to hold you accountable for doing what you say you will do?

10. What are the consequences of not following your plan?

11. What *reward* can you give to yourself for following your plan and achieving your goal? (Make it fun!)
