



A Personal & Professional Development Company

This exercise is designed to show you just how much we can accomplish in a years' time. Really take the time to think these questions through as your answers will have a profound impact on your life and career. Linking a strong why to your objective will help you anchor in the emotion behind the its accomplishment.

*The year begins on the day you fill out this sheet.

Set 2 big goals. These goals should take between 8 and 12 months to complete. Why are they important to you?

What are 2 significant projects you will take on this year. It's a good idea to link one of these projects to one of your big goals.

Who are 5 people you would like to expand your relationship with? Why is it important to you?

What are 3 brand new skills you will learn? Why is it important that you learn these skills?

What are 3 problems you would like to resolve? Why is it important that you resolve these problems?

What are 2 big adventures you will go on? How will you feel after going on these adventures?

What are 3 things you will let go of in the next 12 months? Why is it important to let go of these things?
