STEPS TO PLAN YOUR *Best Year*

1

Reflect on the Past Year

In order to make a plan for a successful new year, you must take a moment to reflect on the last year to know where you are, have been and where you'd like to be.

2

Be able to Let Things Go

Your second step is to no longer dwell on the past and to let physical AND emotional things go. Work on decluttering your mind and your life. Get rid of anything that no longer serves you.

3

Determine Who You Are

Now it's time to define yourself. What is most important to you? What are your values? By getting to know who you are it will help you to set goals that will lead you towards success.

4

Create Your Dream Board

Let your creativity shine! Put down on paper what you want the new year to bring you. Create a beautiful board and visualise all your dreams coming true. Put it in plain sight.

5

Find Your WHY

Your "why" is a statement of purpose that describes why you want to achieve your goals. It will be the purpose behind each goal you set this year & will provide you with motivation.

6

Lean into Fear

You have to be willing to lean into what scares you and step out of your comfort zone. This will help you achieve those dreams, conquer your goals and lead you into massive growth.

7

Set Some Big Goals

You've got your dream board and your why statement... now gain clarity by listing out the goals you'd like to accomplish this year. Make sure they are specific, measurable & attainable.

8

Break Down Your Goals

Maybe those goals you set seem a little overwhelming and intimidating? It's ok! Now we break them into smaller actionable steps. Write down small steps that you can take towards them.

9

Prioritise Positive Habits

What positive habits would you like to form this year? What bad habits would you like to get rid of? Make a list and prioritise them in order. These will be what you should focus time on.

10

Review Your Goals

The key to success is to make sure you are regularly evaluating your progress. Schedule monthly & quarterly reviews to see if you need to adjust any goals that you've set.

11

Create a Yearly Bucket List

This is a fun list to make! Write down a list of items that you want to do this year. They can be simple, fun and for your pleasure. YOLO! If you'd like try to complete 1-2 each month.

12

Use a Day Planner

A planner is an amazing tool to help keep you organised with everything you've got going on in life. It will help you stay on track with what you need to do every day to achieve your goals.