

Planning a Magnificent Year, by Brendon Burchard

Remembering the last 12 months: Start Where You Are

Complete the following statements:

- My most memorable moment of the last 12 months was when...

- The thing that I am most grateful for in the last 12 months was...

- The person that I am most grateful for in the last 12 months was...

- The greatest lesson I learned in the last 12 months was...

- The thing I'm most proud of accomplishing in the last 12 months was...

- The most significant contribution I gave in the last 12 months was...

- The skill I developed in the last 12 months that I'll need most in the next 12 months is...

- The main areas of my life where I seemed to be spinning my wheels in the last 12 months were...

- The one thing that held me back from moving forward faster in the last 12 months was...

- The way I'm going to remedy this in the next 12 months is to...

- The person who drained me of energy the most in the last 12 months was...

- The way I'll deal with this person in the next 12 months is to...

- The way I feel about the amount of free time I had in the last 12 months is...

- The way I treated my body in the last 12 months has led me to feel...

- I could have shown even more love to my loved ones in the last 12 months by...

- I could have had even more fun in the last 12 months by...

- I could have made an even greater difference in the world in the last 12 months if I...

- A moment in the last 12 months when I totally fired myself up, had fun and turned my energy on was...

- If I continue the path I was on in the last 12 months, five years from now I'm going to be the type of person who...

- The best thing I did in my family life in the last 12 months was to...

- All in all, the word that defined me in the last 12 months was...

- All in all, the word that defined the year of the last 12 months for me was...
- The one thing I didn't achieve in the last 12 months that I had wanted to was...

Envisioning the next 12 months: Move Forward

Now it's time to strategize your path forward. Remember, "Baby steps may be okay for a few weeks, but taking baby steps without bold steps and big risks ensures a life stuck in its infancy." I encourage you to think big and be bold when writing your responses below. Nothing great was ever accomplished without vision and strength.

Complete the following statements:

- By the end of the next 12 months, I will have made my work life more focused on...
- By the end of the next 12 months, I will have made my relationship with my lover more...
- By the end of the next 12 months, I will have enough financial abundance to...
- By the end of the next 12 months, my favorite memory of the year will have been when I...
- By the end of the next 12 months, I'll look back and admire that most of my free time was spent...
- By the end of the next 12 months, I'll be thankful that I helped other people in my community by...
- By the end of the next 12 months, the five people I will have as mentors and motivators will be...

- By the end of the next 12 months, I'll feel incredibly strong because I finally...

- By the end of the next 12 months, I'll look in the mirror and see that my body is...

- By the end of the next 12 months, the one word people will use to describe me will be...

- By the end of the next 12 months, the one word that will be a perfect description of my entire the next 12 months will be...

- If I had more confidence in myself, the first thing I'd go out and do in the next 12 months is...

- If I cared about myself more, the first thing I'd stop doing in the next 12 months is...

- If I made a real choice to be even more physically fit, healthy and vibrant in the next 12 months, the first thing I'd do is...

- If I made a real choice to create an even more spectacular family life in the next 12 months, my first priority would be to...

- If I was honest about my performance at work, one area of work where I could add more value is...

- The dream that I absolutely must start moving toward once again in the next 12 months is...

- The first step I'm committed to taking right now to achieve that is...

- The best way I can show even more appreciation to my lover in the next 12 months is to start...

- The three feelings I'm going to focus on feeling consistently each day in the next 12 months are...

- The three skills I'm going to have to develop to accomplish my dreams in the next 12 months are...

- My strategies for developing each of these skills is to start...

- The one person I'm going to have to stand up to in the next 12 months to achieve my dream life is...

- The top 3 things I want to achieve in the next 12 months and the dates I will accomplish them by are...

- The two biggest obstacles I'll face in the next 12 months are...

- The way I'll handle each of these obstacles is to...

- Whenever I get stressed in the next 12 months, the phrase I'll repeat to myself is...

□ Whenever I get lonely in the next 12 months, the phrase I'll repeat to myself is...

□ When I stumble chasing my big dreams in the next 12 months, the phrase I'll repeat to myself is...

□ When I get scared or indecisive in the next 12 months, the phrase I'll repeat to myself is...

□ When I achieve each of my goals in the next 12 months, the way I'll celebrate is to...

□ I see the next 12 months as a stepping stone to my destiny, which I think is to...

□ the next 12 months will be the best year of my life so far because...