

Best Year This Year

Workbook

Making this the year you resolve to, and actually do, live your best life

*Companion to Best Year This Year available at Amazon*

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# Best Year This Year Workbook

## Review Your Past

1. What were the highlights from last year?

- Physical/health
- Finances
- Relationships
- Work
- Hobbies
- Spiritual/religious activities
- Family

2. What were the low points of the last year and how could they have been avoided?

- Physical/health
- Finances
- Relationships
- Work
- Hobbies
- Spiritual/religious activities
- Family

3. What were the best decisions you made over the last year? How can you apply this information in the future?

- Physical/health
- Finances
- Relationships
- Work
- Hobbies
- Spiritual/religious activities
- Family

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4. What were the worst decisions you made last year?
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family
  
5. What are five positive habits you'd like to add this year?
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family
  
6. What are five habits you'd like to eliminate this year?
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family
  
7. What are the most important relationships in your life and why?
  
8. Which relationships should you consider ending or minimizing?

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### Design Your Life Before Setting Goals

Determine the lifestyle you'd like to live:

1. How do you want to make money?
2. What working conditions do you prefer?
3. How are your finances?
4. What are you looking for in an intimate relationship?
5. Are you using your free time the way you want to?
6. How is your health?
7. Are you spiritual?
8. How is your social life?

Start with the end in mind and go from there. When you break it down, it can be much easier than you might think!

### Set Goals That Create Balance in Your Life

1. Create one goal for each area of your life.
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family
2. Determine habits that will support each goal.
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family

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3. Determine the old habits you need to drop.
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family

### Gather Your Resources

1. Determine what you need to learn.
2. Get a mentor/coach.
3. Do you have the necessary time available?
4. Other resources necessary.

### Identify Potential Obstacles

Identify the obstacles that can stand in your way:

1. People.
2. You.
3. Momentum.
4. Random crap.

### Do you Have What it Takes?

1. Make a list of attributes that support the achievement of your goals.
  - Physical/health
  - Finances
  - Relationships
  - Work
  - Hobbies
  - Spiritual/religious activities
  - Family
2. Create a plan for developing these characteristics.
3. Visualize the person you want to become.