



The Year Ahead...

The Workbook

The Year Ahead: Workbook

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The Year Ahead

“This is going to be my year!”

How often have you thought that? How often have you said it out loud?

Depending on how long you have been around, I’m guessing the number is pretty high.

How often does that work out for you?

This number is likely ...lower.

So how do you change that? With this workbook!

If you commit to working through this book, and following that up with actual action, then you might end up really having **your best year ever**.

Envision Your Year

You can't have your best year ever, unless you know what your best year looks like.

Taking some time to figure out what your best year looks like, or what you would like to accomplish, will help you plot out your plan of attack. This knowledge will also likely motivate you.

The first step...

Visualize Your Best Year Ever

Below is some blank space for you to write down what your best year ever looks like. If you run out of room, just grab some other paper, or use a note taking app.

Try to be as specific as possible. Think of multiple areas of your life. Think about what a day in your perfect year would look like.

Brainstorm Things You Want to Accomplish

The goal with this section, is to brainstorm a list of everything you want to accomplish in the upcoming year. There are no wrong answers! Jot down anything that comes to mind.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

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24.

25.

26.

27.

28.

Use the back of these pages, or another piece of paper if you run out of room.

Focus Your Year

If you did the last section properly, you should have a big list of things you want to accomplish in the upcoming year.

Now it is time to tap into the power of focus. If you set out with plans to accomplish 100 different random things, you might end up accomplishing none of them!

Focus will allow you to zero in on a couple of your most important goals, and your chances of success will blossom.

This section is easy – just choose 3 of your goals from your brainstorming list that are most important to you.

1.

2.

3.

Break It Down

After the last section you should now have 3 goals to focus on in the upcoming year.

The next step is to break these goals down into smaller, more achievable pieces.

On top of that, you should set deadlines for each goal and micro goal.

First Goal:

Deadline: DD/MM/YYYY

5 Actions That Will Propel You Towards That Goal

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Second Goal:

Deadline: DD/MM/YYYY

5 Actions That Will Propel You Towards That Goal

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Third Goal:

Deadline: DD/MM/YYYY

5 Actions That Will Propel You Towards That Goal

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Action #1:

Deadline: DD/MM/YYYY

Conclusion

If you have followed this guide and committed to following up with real action – you are well on your way to your best year ever.

These 3 goals may not seem like much right now, but learning the importance of focus, as well as learning how to breakdown and plot your goals will be invaluable.

Don't think "OK 3 goals I'm done!" use this guide as a template to keep on attacking and achieving your goals.

Thank you for reading, and please enjoy **your best year ever.**