



## MAKING THIS MY BEST YEAR EVER!

**This resource is for anyone who wants to create their best year ever. It may be shared FREELY without alteration. In fact, I encourage you to share this visioning tool. After all, the more of us who create our best life, the better for us all!**

### Starting out:

Pick a quiet, comfortable place away from distraction.

### Tools you'll need:

A journal, a pen and the willingness to discover some new things about yourself and your new or existing business and your personal life.

Close your eyes. Begin by sitting quietly for a minute to get yourself really present in your desire to set clear goals for this year. When you are ready, begin writing.

In the last year, in the following areas of my business, what were my specific successes and accomplishments?

Financial \_\_\_\_\_

Marketing \_\_\_\_\_

Hiring \_\_\_\_\_

Accounting/Recordkeeping \_\_\_\_\_

Taxes \_\_\_\_\_

Customer Service \_\_\_\_\_

Promotional Materials \_\_\_\_\_

Commitment to the Business \_\_\_\_\_

Work schedule that works for me \_\_\_\_\_

Stress Level \_\_\_\_\_

Office Organization \_\_\_\_\_

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In the last year, in the following areas of my *personal* life, what were my specific successes and accomplishments?

Family \_\_\_\_\_

Social \_\_\_\_\_

Romantic Relationship \_\_\_\_\_

Mental \_\_\_\_\_

Spiritual (if appropriate for you) \_\_\_\_\_

Physical \_\_\_\_\_

Home \_\_\_\_\_

Personal Possessions \_\_\_\_\_

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In the following areas of my *business*, what were my biggest disappointments? Failures? Avoidances? Can I understand how/why these happened?

Financial \_\_\_\_\_

Marketing \_\_\_\_\_

Hiring \_\_\_\_\_

Accounting/Recordkeeping \_\_\_\_\_

Taxes \_\_\_\_\_

Customer Service \_\_\_\_\_

Promotional Materials \_\_\_\_\_

Commitment to the Business \_\_\_\_\_

Work schedule that works for me \_\_\_\_\_

Stress Level \_\_\_\_\_

Office Organization \_\_\_\_\_

\_\_\_\_\_

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In the following areas of my *personal life*, what were my biggest disappointments? Failures? Avoidances? Can I understand how/why these happened?

Family \_\_\_\_\_

Social \_\_\_\_\_

Romantic Relationship \_\_\_\_\_

Mental \_\_\_\_\_

Spiritual (if appropriate for you) \_\_\_\_\_

Physical \_\_\_\_\_

Home \_\_\_\_\_

Personal Possessions \_\_\_\_\_

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What are my top five most important personal and business values and how can I live them more fully in my work and life? (honesty, dependability, love, courage, trustworthiness, etc.)

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What roles do I play in my personal/business life and what were my major accomplishments in each role in the last year? (business owner, mother, father, wife, friend, son, daughter, etc.)

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What were my major mistakes, failures or shortcomings in each role?

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What is my major desire or focus for each role in the coming year?

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What is my top goal for each area of my *business* this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Top Goal:

What I can do regularly:

Financial \_\_\_\_\_  
Marketing \_\_\_\_\_  
Hiring \_\_\_\_\_  
Accounting/Recordkeeping \_\_\_\_\_  
Taxes \_\_\_\_\_  
Customer Service \_\_\_\_\_  
Promotional Materials \_\_\_\_\_  
Commitment to the Business \_\_\_\_\_  
Work schedule that works for me \_\_\_\_\_  
Stress Level \_\_\_\_\_  
Office Organization \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are my top goals for each area of my *personal life* this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Top Goal:

What I can do regularly:

Family \_\_\_\_\_  
Social \_\_\_\_\_  
Romantic Relationship \_\_\_\_\_  
Mental \_\_\_\_\_  
Spiritual (if appropriate for you) \_\_\_\_\_  
Physical \_\_\_\_\_  
Home \_\_\_\_\_  
Personal Possessions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



What *qualities* do I need to have or can I develop that will ensure that I will achieve what I most desire above? (Imagine yourself a year from now: What qualities will it take to create what you most want? Write a paragraph or two below.) Some qualities might be: courage, playfulness, commitment, etc.

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What support do I need in order to create my *business and personal goals*? (Write a paragraph or two below. List the contacts, resources, training, information, etc. that will help you achieve your goals. Also, is there a friend you can share this with, so you can support each other as you grow your business and succeed in your goal?)

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Write a couple of paragraphs (or more) describing what your *fulfilling personal life* will look like a year from now and how you will feel accomplishing your goals:

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*Ready to create your best year yet?*

**Kristin Morrison**, founder of Best Year Coaching™ will guide you and your life to unlimited success in the ways that matter most to you.

Kristin is a certified Best Year Yet!® Coach and using the Best Year Yet!® Plan model, she will help you create a weekly/monthly/quarterly plan that will create a life beyond your wildest dreams. The work you've done on these worksheets is just the beginning, and Kristin will hold you accountable to actually achieving your goals. Email to get started NOW.

Email: [BestLife@BestYearCoaching.com](mailto:BestLife@BestYearCoaching.com)



**Kristin Morrison,**  
founder of  
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