

#### Planning for 2023

**With**

**COACH MICHAEL**

**“The Future Belongs to Those Who Have the Courage to Live Their Dreams.”**

**~ Eleanor Roosevelt**

**Read through this**

**workbook in its entirety to get a feel for the**

**overall content and all things to consider.**

**Take the time to complete**

**the following**

**work as thoroughly**

**and detailed as possible,**

**the information will**

**help guide you to continued growth through 2022 and beyond.**

**Have Fun & Enjoy the Road to Success!**

**Coach Michael**

**#1 - REVIEW OF LAST YEAR**

* 1. **YOURSELF – Review 2022**

Let’s start with YOU! What events or experiences during the year have ‘changed’ *your* thinking or outlook?

|  |  |
| --- | --- |
| My experience was… | It has made me… |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |



Socrates said, “An unexamined life is not worth living.”

A great tool is to ‘journal’ your year. Each day, write just one thing that’s happened, to move you towards your goals. You can also review it, during times when you are a bit ‘down’; you’ll see that *every* day you manage *something* to move you forward.



**1.2 Short Falls – Review 2022**

If the ‘short-fall’ can be blamed on someone or something else, then you’re limited in your control! So always ask yourself “How am I responsible for the outcome?”

Was there anything on your list to achieve in 2021 (personal or business), that you didn’t accomplish? Why didn’t it happen? What needs to change in order for it to happen in 2022 (if it’s still a goal?)

|  |  |
| --- | --- |
| What didn’t get accomplished? | What needs to change about YOU in order to accomplish things like this in the future? |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |

****

Remember to check last year’s bucket list for anything you need to ‘check off!

**1.3** **Accomplishments – Review 2022**

Take a look at what has changed in your business and life. What activities and accomplishments do you think demonstrate the success and progress of the business and your personal life?

|  |
| --- |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |
| 11. |
| 12. |
| 13. |
| 14. |
| 15. |

**1.4** **Gratitude’s – Review**

I’m grateful for:

* A Wonderful Understanding Wife;
* Kids that love being with me;
* My awesome backyard;
* Living in Sunny Florida;
* The Opportunity to Impact others!

Between ‘reviewing’ and ‘planning’ comes the ‘present’. It’s here that we need to reflect on what we’re grateful for. Expressing what you’re grateful for will really help you ‘connect’ with the feeling of success. Make a list of what you love that’s already in your life… big or small! *“Live in the Attitude of Gratitude!”*

|  |
| --- |
| **I’m grateful for…** |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

**1.5 Your ‘Reverse Bucket List’**

It’s nice to take a look back at your ideal life. We seem to always be looking forward to what we want, however it’s very beneficial to look back at what we’ve done. Let’s record all the adventurous and enjoyable things we have experienced in our lives up till now.

Have fun in realizing that you have lived a wonderful life!

|  |
| --- |
| **My ‘Reverse Bucket List’** |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |



* Dive the Great Barrier Reef;
* Alaska back-country trip.
* Dive with Hammerheads in Mexico;
* Vacation in Italy.

**#2 – The Future**

**2.1 Visualization – Your ‘Bucket List’**

Every year, it’s nice to take a look into your future and really imagine your ideal life. I love the quote “Live the life you imagine; move confidently in the direction of your dreams”. Let’s start with 40 things you want to accomplish in your lifetime… it’s often called your ‘Bucket List’. Don’t be skeptical, this exercise is very important, if you plan to enjoy more than you have in the past. If you’ve got a bucket list already, you’ll

be wanting to add to it!

If you’re having problems with inspiration, imagine you’ve just won the Lottery…. That helps!

|  |
| --- |
| **My ‘40 Things to Do Before I Die’ list:** |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |
| 11. |
| 12. |
| 13. |
| 14. |
| 15. |
| 16. |
| 17. |
| 18. |
| 19. |
| 20. |
| 21. |
| 22. |
| 23. |
| 24. |
| 25. |
| 26. |
| 27. |
| 28. |
| 29. |
| 30. |
| 31. |
| 32. |
| 33. |
| 34. |
| 35. |
| 36. |
| 37. |
| 38. |
| 39. |
| 40. |



**2.2 PERSONAL – Goals for 2023**

Now it’s time to get specific and list some ‘non-business’ goals for 2022. Remember to review what needs ‘carrying over’ from the 2021 ‘Fall Short’ list.

Be specific here. If you want a ‘holiday’, you should define where and when, along with a budget.

Some ideas to get you started might include:

* Fitness / weight goals
* Write a book
* Investing & Passive Income
* Family time or activities
* Holidays / Vacations / Travel

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

**2.3 BUSINESS – Goals for 2023**

Now, make a list of all you want to achieve in the business for 2022. These are not the ‘results’, or ‘routine’, but rather the big ‘actions’ and ‘strategies that have results as their outcome.

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |



**BIG WIN for 2022**

What was your biggest win for 2022? What challenges did you face, how did you overcome them and what most importantly did you learn about yourself?

Remember that challenges are always opportunities to learn and grow!

Write a couple of paragraphs below recapping your year!

**2.4 Monthly Action Steps for 2023**

Now it’s time to set your year in advance! Record the action projects

that you commit to for that particular month. Planning ahead is essential for success! If you give your attention to one particular project each month, that will build momentum to a successful year.

***“Accomplishment equals Success!”***

|  |  |
| --- | --- |
| **Project Introduction** | **Action Steps / Who** |
| JAN: |  |
| FEB: |  |
| MARCH: |  |
| APRIL: |  |
| MAY: |  |
| JUNE: |  |
| JULY: |  |
| AUG: |  |
| SEPT: |  |
| OCT: |  |
| NOV: |  |
| DEC: |  |

**2.4 Rewards for 2023**

Now it’s time to define your ‘rewards’! Record the projects and goals

that you want to reward yourself for to the table below.

Be sure to also add a big fat juicy reward. It’s important, that if you

don’t achieve the goal… You don’t get the reward! See this Goal

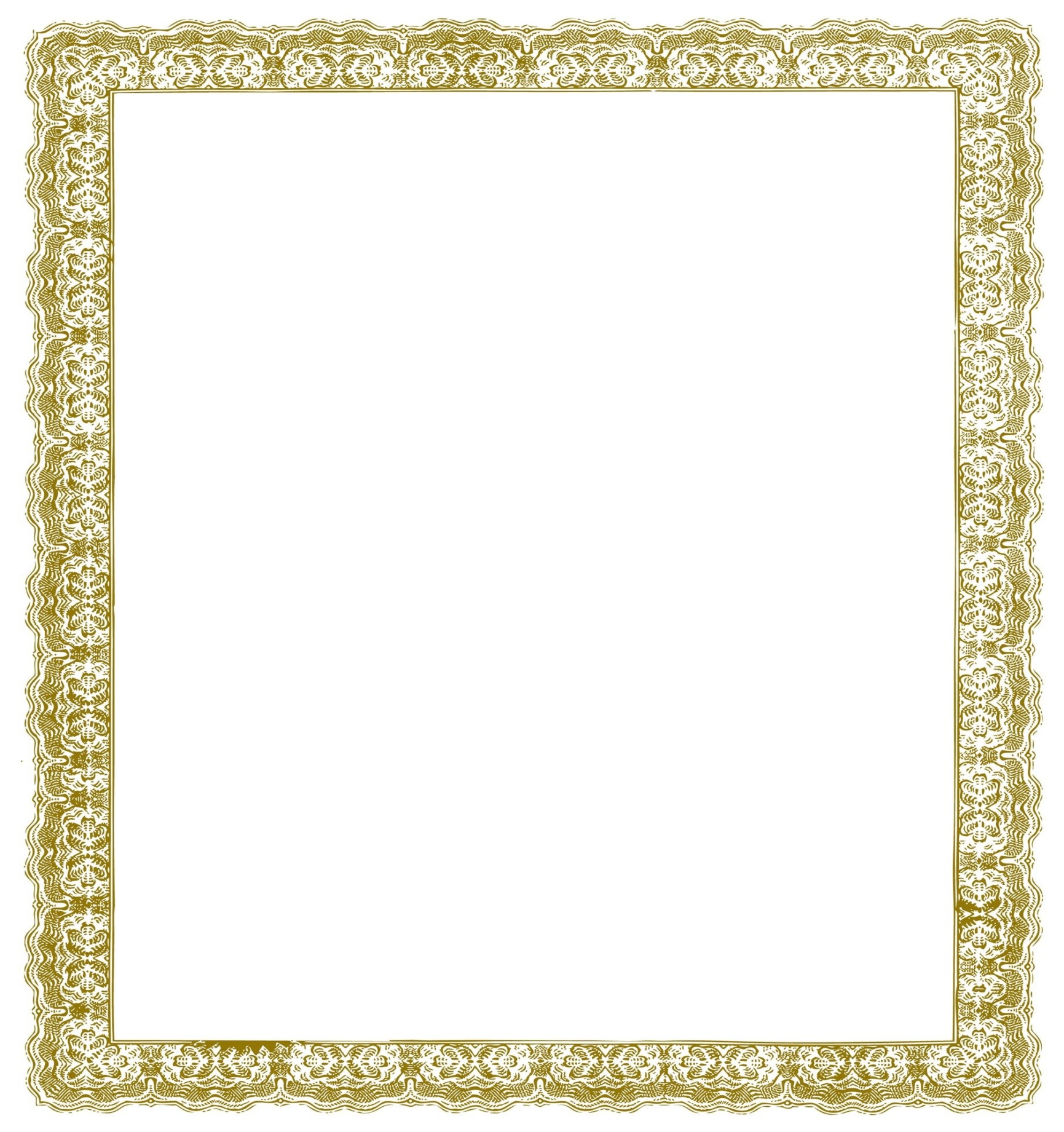
as if it is already yours… See yourself enjoying the reward!

***“Accomplishment equals Celebration!”*** Be sure to Celebrate!

|  |  |
| --- | --- |
| **Project / Goal** | **Reward on completion** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| 15. |  |

**3.0 Commitment**

Now it’s time to commit to the foundation of your plan!



**Commitment Statement**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Having defined my intentions for 2023, I commit to pursuing my goals with ‘proactive’ determination.

I will strive to become more self-aware when tempted by procrastination and distraction; and commit to ‘staying the course’ and doing what’s best for the long term.

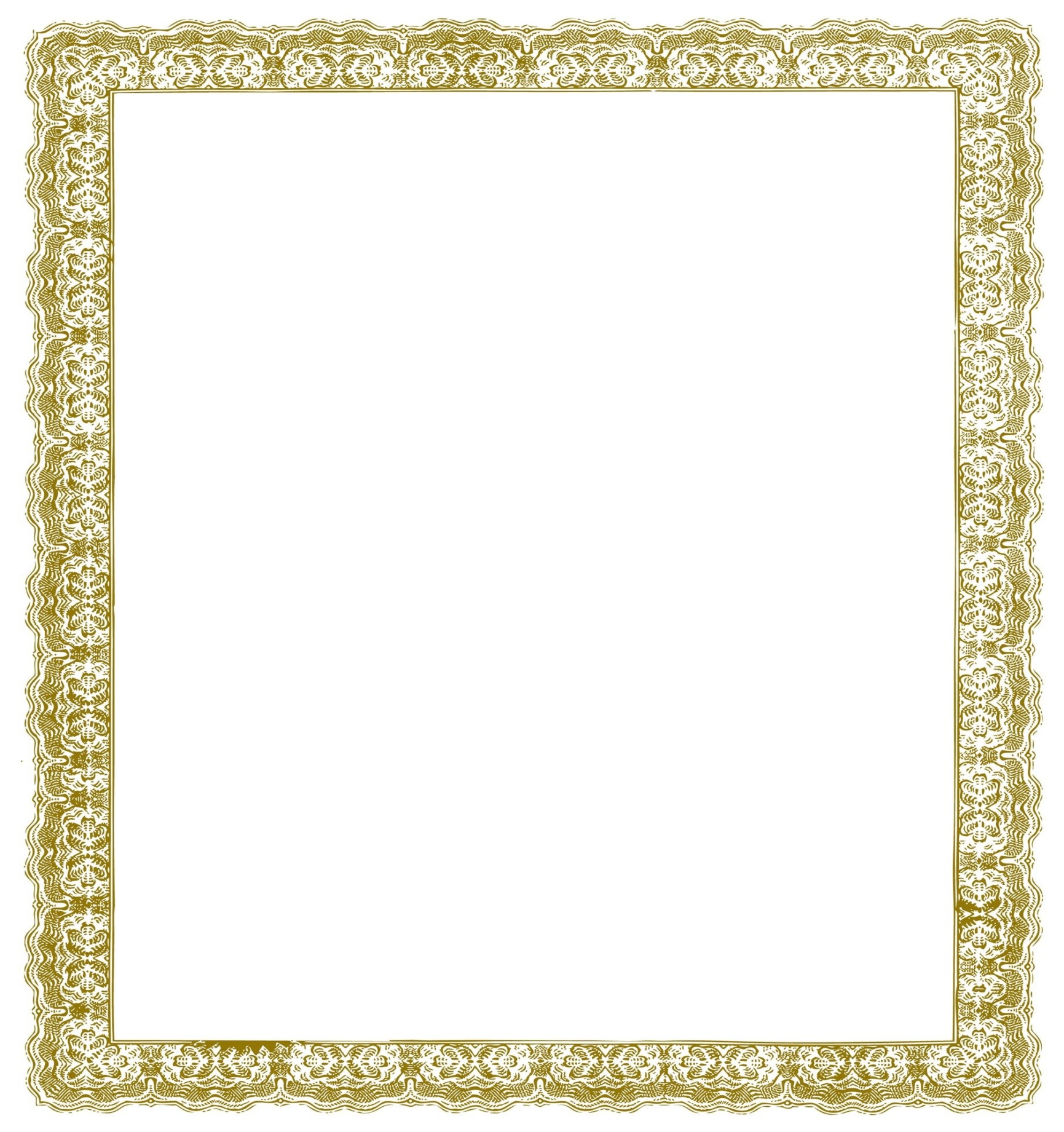
If I do not complete a planned activity, or I experience an un-favorable outcome, I will always ask myself “how am I responsible?”

I will invest my existing resources on time, relationships, money and knowledge, to achieve my goals and reward myself when I do.

I give those who care for me, permission to help me on my quest, by holding me accountable to my commitment.

**3.0 Commitment**

Now its time to commit to the foundation of your plan!



**Signed: Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Having defined my intentions for 2016, I commit to pursuing my goals with ‘proactive’ determination.

I will strive to become more self-aware, when tempted by procrastination and distraction; and commit to ‘staying the course’ and doing what’s best for the long term.

If I do not complete a planned activity, or I experience an un-favorable outcome, I will always ask myself “how am I responsible?”

I will invest my existing resources of time, relationships, money and knowledge, to achieve my goals and reward myself when I do.

I give those who care for me, permission to help me on my quest, by holding me accountable to my commitment.

**Commitment Statement**