



Creating the BEST YEAR EVER

STEP 1: CELEBRATE WHAT YOU'VE ALREADY DONE!

STEP 2: THINK BIG BUT SET SMALL, ACHIEVABLE GOALS
(Bronze / Silver / Gold)

STEP 3: TAKE TIME TO REFLECT & SET INTENTIONS
(Personally & Professionally)

- Identify 1-2 thought patterns that you are ready to release in the New Year
(Example: Others are already doing it... I'm not sure I'm cut out for this...)

- What's YOUR WHY? Has it changed?
Consider your selfish why (To work from anywhere) and your self-less why (To contribute to global warming or ending violence)

- What's your Client's WHY?
HOT "GROW" TIP: Link their WHY & their Challenges/ Reality back to your OFFERING if it's a fit

- What's your ONE WORD INTENTION for the year?
(Why did you choose that word?)



STEP 6: PLANNING & STRATEGY GOALS

Consider Short Term Vs. Long Term Strategies

EX Quick Cash Strategies

Offering Discovery Sessions
Speaking & Making Videos > Disc Sessions
Networking & Referral Partners
Call old clients for referrals

EX Longer Term Strategies

Website crafting
List Building
Blogging/ Podcasts/ YouTube
Creating content in a "closet"

Consider Strategies for the Next 3-Months

Client Goal:

Ex: I need 3 new clients

Community Building Goals (Speaking / Webinars / Video Launches):

Ex: I'm going to do a 3-day Video Challenge in 3 weeks, need 100 engaged people in my group

Discovery Session Goal:

I'm shooting for 12-15 discovery sessions booked

Income Goal:

\$15,000 (3 clients at \$5000 each)



STEP 7: ONE YEAR OUT...

Where do you want to be in your business 1 Year from Now?

of clients? Hiring an assistant? Group program?

Consider your Longer-term strategy goals this year?

Examples: Launch a website or 2nd website with a free gift or grow your Facebook fan page with a like campaign, launch a podcast, find new referral partners...

What rituals will you put into place to support your goals?

Morning exercise, self-care, weekly bodywork, time in nature etc.

What support will you put in place to support your goals?

Accountability, mentorship, masterminding, buddy time

WHO do you know is totally behind you in reaching your vision?

List the names of 2-5 people who are totally behind you, include your coach & the Women Rocking Business mentors – we believe in you!