

Step 1: Get Clear

What were some of the Magic Moments in 2021?

y Year In Review

What did I accomplish in 2021?

What important decisions did I make in 2021?

Inspired by Teny Robbins - Power Of Momentum

Step 1: Get Clear

What empowering beliefs were serving me?

y Year In Review

What was challenging this past year?

Why were these experiences incredibly valuable?

Step 1: Get Clear

What decisions will I make as a result?

What empowering beliefs do I choose to carry to 2022?

y Year In Review

What obsolete beliefs do I choose to let go of in 2022?

Inspired by Teny Robbins - Power Or Momentum

Step 2: Get Certain

List of things in my life that was once merely just a goal, dream, or desire that seemed impossible to achieve.

My life In Review

Circle the two that seemed the most difficult or impossible to achieve

What steps did I take to make these happen?

Step 3: Get Excited

Visualise all your successes, big and small. When you feel great about yourself, dream without limits about everything you want to become, have, do, achieve in the next 20 years.

My life Plan

Go through your list above and write the number of years in which you want to achieve them next to each item.

Step 4: Get Focused

Out of your list of goals from step 3, circle your top four one year goals. From your entire list, what do you want the most? What are the top four goals that, if you could achieve them this year, would get you up early and keep you up late with excitement?

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Step 5: Get Committed

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For each of your top four one-year goals, what are the reasons you absolutely will achieve this no matter what?

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What are some of the things you may need to do that you don't want to do in order to achieve these goals?

Step 6: Get Momentum

Decide now: what is the one small thing that you will do immediately toward achieving one of your top goals?

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What is one big thing that you resolve to do immediately to achieve this goal?

Step 7: Get Smart

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Set a measurement system. How do you measure your specific progress daily or at least weekly?

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Step 8: Get Support



Misa's 1:1 Coaching

My Resources

Book a session on tidycal.com/misakozinova

Misa's Emotional Intelligence Mastermind

Get more information on michalakozinova@gmail.com

Who Else Can Support Me?

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What Other Support do I Already Have?

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Inspired by Tony Pobbins - Pr