

Michelle Verdugo's
2016 It's A Wrap
Worksheet

GOALS & INTENTIONS

WHAT WERE MY GOALS AND INTENTIONS FOR 2016?

WHAT WAS MY VISION FOR MYSELF IN 2016 (WHERE DID I SEE MYSELF BY December 31, 2016?)

WHAT DID I ACCOMPLISH THIS YEAR?

GO MONTH BY MONTH AND MAKE A LIST OF WHAT YOU'VE ACCOMPLISHED IN THE AREAS OF HEALTH, HOME LIFESTYLE & BUSINESS LIFE.

WHAT WERE MY GREATEST "AHA'S" THIS YEAR?

WHAT HAVE BEEN MY GREATEST CHALLENGES THIS YEAR? (LIST IN EACH AREAS OF HEALTH, HOME LIFESTYLE, BUSINESS LIFE.)

WHAT HAS GIVEN ME {MY HEART} GREAT JOY THIS YEAR? WHEN HAVE I FELT MOST ALIVE AND IN SYNC IN LIFE? (LIST IN EACH AREAS OF HEALTH, HOME LIFESTYLE, BUSINESS LIFE.)

HOW HAVE I RECEIVED SUPPORT THIS YEAR (SUPPORT IN HOME & BUSINESS)? I.E. Support from family, friends, colleagues, coaches, assistants, staff, programs, etc.

HAVE I BEEN COMMITTED AND PERSISTENT TO FOLLOW THROUGH WITH MY PLAN/S?

HAVE I KEPT MY VISION IN THE FOREFRONT OF MY MIND AT ALL TIMES THIS YEAR?

WHAT HAS MY SCHEDULE LOOKED LIKE THIS YEAR? DID THIS SCHEDULE SUPPORT ME? ARE ANY ADJUSTMENTS NEEDED?

WHAT HAVE I LEARNED ABOUT MYSELF IN 2016?

WELCOME 2017 * SUCCESS SET *

WHAT AM I GOING TO DO DIFFERENTLY IN 2017?

WHAT WOULD YOU LIKE TO CREATE IN 2017? WHAT WOULD LIGHT YOU UP LIKE A FIRECRACKER IN JULY 2017?

WHAT KIND OF SUPPORT WOULD YOU LIKE TO RECEIVE IN ALL AREAS OF YOUR LIFE (PERSONAL & BUSINESS)?

WHAT BOUNDARIES WILL YOU PUT IN PLACE FOR 2017? WHAT BOUNDARIES MUST YOU PUT IN PLACE TO KEEP YOUR VISION, MOMENTUM, ENERGY, FOCUS AND SELF LOVE??

WHAT ARE YOUR HEALTH GOALS IN 2017?

WHAT IS YOUR MONEY {FINANCIAL GOAL} IN 2017?

WHAT IS YOUR VISION FOR 2017?

WHERE DO YOU WANT TO BE BY December 31, 2017?

WHAT WILL YOUR SCHEDULE LOOK LIKE IN 2017? DRAFT UP YOUR SCHEDULE FOR EACH DAY TO INCLUDE YOUR HIGH HEALTH ESSENTIAL STEPS.

CREATE YOUR GOAL/S AND INTENTION/S FOR 2017.

CREATE A VISION BY WRITING OUT WHAT YOUR LIFE LOOKS LIKE, FEELS LIKE MONTH BY MONTH THROUGH THE END OF THE YEAR – 12 MONTHS FROM TODAY! WRITE AND SPEAK YOUR LIFE INTO EXISTENCE!

EVERYTHING YOU DO NEEDS TO BE DONE WITH FOCUS! LASER FOCUS! GO FOR IT! FAILURE IS NOT AN OPTION! WE ARE ON!!!

I INVITE YOU TO JOIN ME IN OUR NEW COLLECTIVE PROGRAM CALLED

RISE EMPOWERMENT CIRCLE

RESERVE YOUR SEAT WITH ME TODAY!