

Step one: Reflection

Print this page out & carry it around with you. Write your notes on the back.
Spill your coffee on it and tatter the corners: *it means you are doing the work* ☺

Reflection: *this is the most important place to begin. NOW!*

We are usually so conditioned to *just race off to the next thing...*

So first... stop... and allow plenty of time for reflection. YES, a whole month!

December is all about contemplating 'the year that was 2017'...

Deeply consider questions like;

How do I feel about 2017, month by month and overall...?

What did I come to realise and figure out along the way?

How did I conduct myself?

So how do I feel about that?

What challenged me?

What am I most proud of?

What are my key learnings?

What is really important to me as a result?

And what else did I learn about myself then?

(keep asking yourself anything reflective all month long,

no need to make any decisions yet... just enjoy the celebration and harvest phase of 2017)



three easy steps to
awesome
goals and success

Step two: Values

The most important part. Now, don't race past deciding on your **values**.

This will ensure you create glorious goals that have meaning and purpose.

This is the secret in goal setting and the key to your success!

In the later part of December and into January write a list of your values. These become your moral code, your personal standards of how you want to *live a fulfilling life* & conduct yourself as a person. This will give your goals depth and clarity. AND are the key to *staying on track all year long*.

What are your **key values** in the following areas: *(as an example, feel free to make up your own)*
health, work, family, friends, parenting, hobby's, finances, wellbeing, intimacy, love, relationships.

My values, *provided as an example are:* spaciousness, balance, adventure, trust,

intimacy, connection, integrity, health and wellness, financial security, flow and alignment.

(Your values become an ethical code to define what is important to you. The principals you are cultivating).

Step three: Creating Your Epic 2018 Goals

Now this is the easy part... **don't do this step until mid to late January...**

Based on your values... what do you know you are ready for? Make a list.

That's it... you just created your 2018 POTENT GOALS. *Give yourself a super hug.*



Final step... now you can use the whole list you have created as your **'how to live an epic 2018'**. AND, you can highlight say one, two or three as your priority goals. The ones you want to make happen first.

Now pop the epic goals list on your bathroom mirror so you look at it every day.

All the power you need is **in setting the intent**. The *wheels of success are now* in motion.

Stick it up, and declare **'so mote it be'**... the universe is waiting to hear from you too.

Blessings on the most fabulous year of your life yet.

...go now and **sprinkle your unique magic** everywhere... xx Wendy ☺

©2017MCW

Modern day medicine woman Wendy delivers a professional no-nonsense approach to achieve rapid positive change.

Want more epic goodness in 2018?

Read all about Wendy here: <http://www.mycoachwendy.com.au/>

WENDY WATTERS is My Coach Wendy
Generative NLP3 Practitioner / mBIT Certified Coach
Mb: 0427 719 720 / Web: www.mycoachwendy.com.au
LinkedIn / Insta / FB: My Coach Wendy
Personal Life Coaching ~ connection ~ wisdom ~ power