

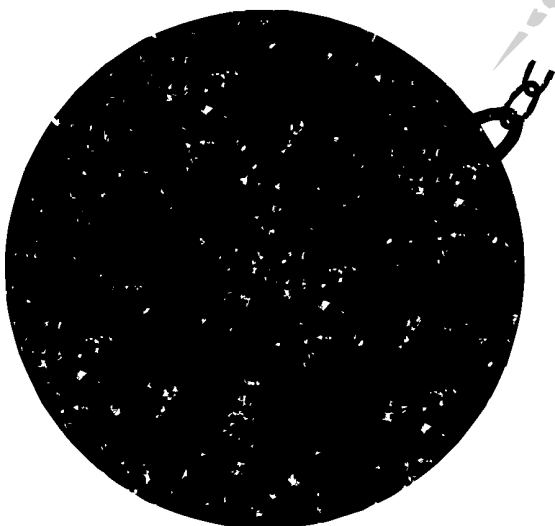
**5 Steps to Fun & Fearless  
Goal Success**

**WORKBOOK 1**



**PAST YEAR  
REVIEW**

Get Inspired  
Get Clear  
Get Focused  
Get Going  
Keep Going



**CARYL WESTMORE**

# INTRODUCTION

The biggest mistake most people make with goal setting at the start of a New Year is to grit their teeth and plunge in with a long list of NEW YEAR RESOLUTIONS & GOALS - as if their willpower and mind power alone will carry them through the next 12 months.

But that is like planting your seeds on fallow ground, ignoring the valuable celebrations and insights of your journey through the previous 12 months inclusive of the perspective of your **heart and soul**.

Instead I recommend a unique goal setting approach in this WORKBOOK:

- **A PAST YEAR REVIEW** leading you to create...
- **A CELEBRATE MY PAST YEAR VISION BOARD** of your year's positive highlights.

The exercises encourage you to dig into the rich compost created by your life experiences – good and not so good – of the past year.

As you answer the following questions you will be preparing your soil for rich results with your chosen goal/s for the coming year. By the end – you will be pleasantly surprised with the bountiful harvest of visual evidence that you are a winner, worthy of celebration, and poised to rock your goals in the coming year.

You will also have clarity about what you DO NOT WANT and what to release and let go – by burning or burying in the earth. And by definition you will know why it feels good to recognize what you DO WANT more of in 2015.

**Time Required: (3-5+ hours).**

Make sure you set aside sufficient time when you will not be disturbed (say 3-5+ hours) to complete this exercise. Leave time to research and print out the photos and pictures for your Past Year Collage Vision Board.

Let's begin.



## EXERCISES

Write down your answer to the following question:

Q:

Visualize your last 12 months as a MAP or LANDSCAPE stretched out below you. Imagine sitting on the side of a mountain looking down on it...what might it look and feel like? Close your eyes and if it feels safe, move down into the landscape to explore the colours, images, animals or people in it...Notice, coming towards you, a Wisdom Keeper/Guide/Angel/animal. They emanate a kindly, loving wisdom and indicate they have something to say and/or give to you.

It may be a message, a single word or object they hand you. This is meaningful in terms of the past year and its learning...Open your eyes and write down what happens here.

A: \_\_\_\_\_

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# Goal Success

As you continue to reflect more about the year...ask yourself:

Q:

What two or three major **THEMES** kept recurring in my life last year?

Have there been similar challenges/patterns/ themes previously in my life?

Do they remind me of any past memories (or people)...going back to my childhood and my family of origin? Note it down here:

A: \_\_\_\_\_

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# Goal Success

Now it's time to reflect on the past 12 months in terms of events and important milestones which you could categorize as:

- **CELEBRATIONS / ACCOMPLISHMENTS** or
- **DISAPPOINTMENTS/FAILURES**. If you keep a desk calendar, page through the months to jog your memory.

Q: What SINGLE THINGS STAND OUT?

A: *I was transformed this year by...*

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Goal  Success

POSITIVE

*A: I am proud of myself for...*

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*A: I am happy because ...*

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NEGATIVE

A: *I let go of or released...*

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Q: What was MOST MISSING from my life last year as I look back? Why?  
Focus on different roles...as a writer or creative; wife/mother; self-coach; and with regard to managing time, money, energy and health.

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# Goal Success

*A: I fell short of energy or contribution here...*

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*A: If I could change ONE THING...*

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Q: LESSONS LEARNED. *What have I learned to take forward into the coming year?*

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*I know myself better because...*

A: \_\_\_\_\_

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*The incredible thing I discovered about myself was...*

A: \_\_\_\_\_

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Something more I realize or want to add in...

A: \_\_\_\_\_

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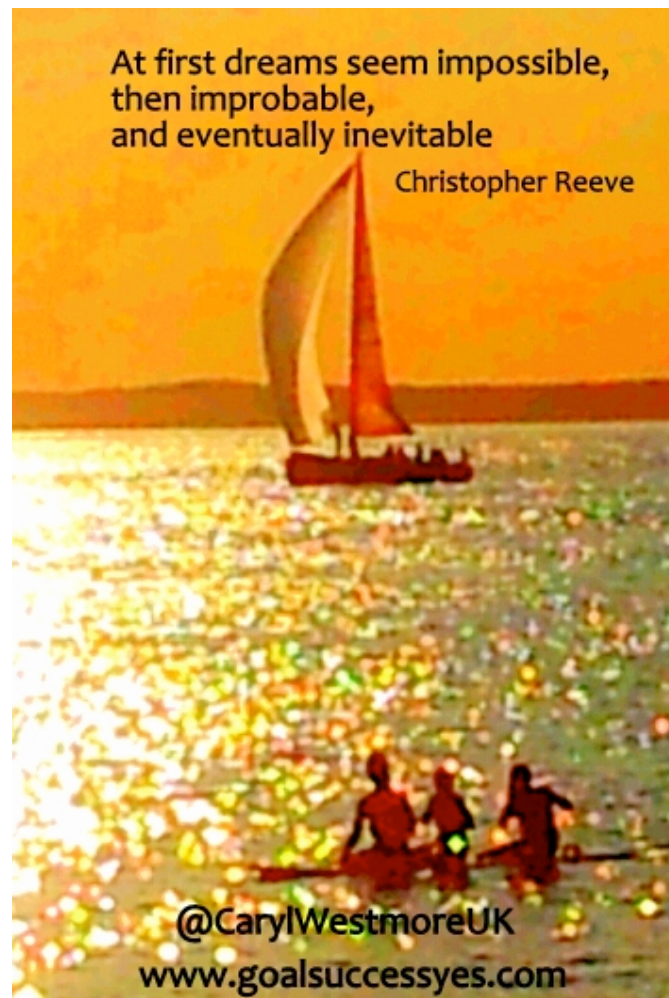
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## VISION BOARD AND CLOSURE

Once you have clarity about your PAST YEAR REVIEW, I urge you to burn or bury your list of regrets and negatives and end on a high note by creating your **Celebrate My Past Year Vision Board**.

Complete all this between now and your first lesson on January 3, 2015.

Please share on Facebook in the [Fun & Fearless Goal Success Group](#) your AHAs and experiences doing this exercise. If you haven't joined – please do so now by going to this [link](#) and asking to Join Group.



In service to your goal success,

*Caryl Westmore*