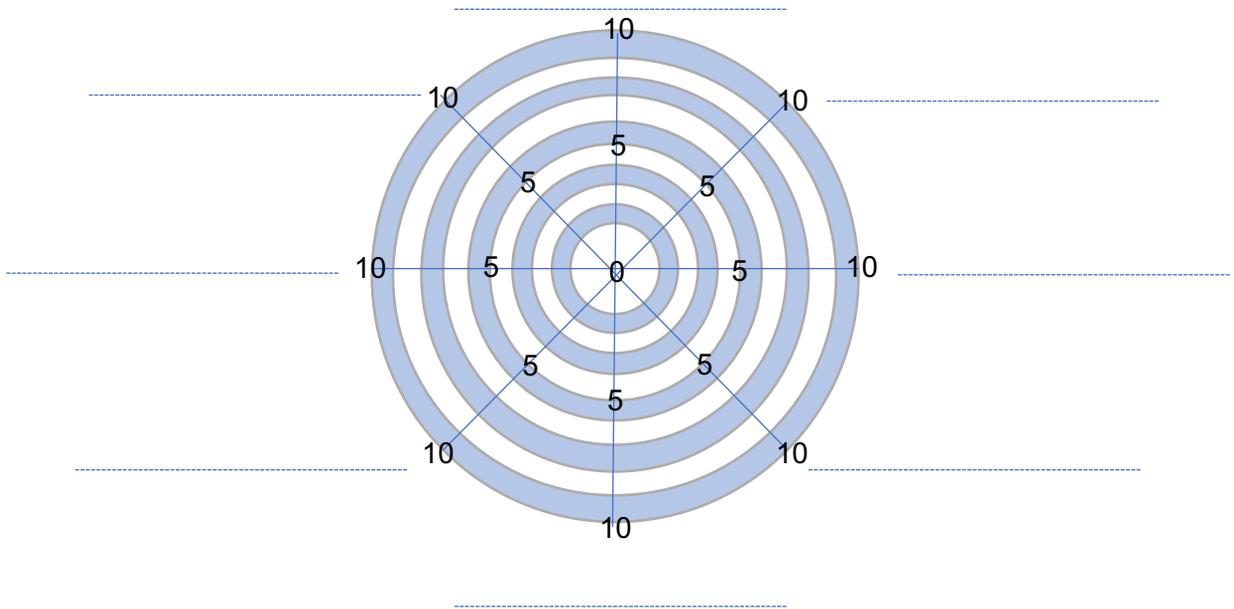


Make 2018 your best year yet

Step 1: Pick 6-8 areas on the Wheel of Life and score each area according to how satisfied you are with that part of your life (10 = extremely satisfied). For example: work/career, partner/relationship, social life, health, family, finance, personal growth, hobby



Step 2: Which areas are most important to you or require most improvement? Look at the scores and decide which one(s) you would you most like to change in 2018?

Step 3: Set a goal for each area, especially those you would most like to change. Identify what would increase your satisfaction rating in your chosen area. Make sure you set a goal that is SMARTER to increase your chances of achieving the goal.

Specific (think about what you will see, hear, feel, say to yourself on completion) and simple (be brief!)

Measurable, meaningful, motivating, maintainable (by you) and preferably more than one way to achieve it

Achievable and stated as if it has already happened

Realistic and responsible

Timed and dated, written in positive words, without any comparisons

Ecological (the impact of achieving your goal on others)

Resources (tangible things or personal attributes like skill level)

An example

It is 31 October 2018 and I have run a marathon in 3.5 hours three times this year. My partner and I have agreed how to share childcare fairly so that I can train sufficiently

Step 4: Identify limiting beliefs. Read each statement below and decide your degree of belief in the outcome in relation to each statement. Using 1 as the lowest and 5 as the highest level of belief. Be honest with yourself.

The goal is desirable and worth it	1	2	3	4	5
It is possible to achieve the goal	1	2	3	4	5
What has to be done to achieve the goal is appropriate	1	2	3	4	5
I have the capabilities needed to achieve the goal	1	2	3	4	5
I deserve/have the right to achieve the goal	1	2	3	4	5

Step 5: Challenge limiting beliefs. Any score less than 5 could indicate a limiting belief – resolve this before tackling your goal. You may be able to do this yourself, or consider a course to increase your capability, or it might even be worth talking to a supportive person who can help you better understand and challenge your limiting belief.

Step 6: Make a plan. Work out how you are going to achieve your goal and then execute your plan. Review progress regularly to keep yourself on track and to stay motivated.