

Ready to get Real Results in 2019?

Release. Retrain. Repeat.

This is a worksheet made **for you**. So grab your favorite pen and let's evaluate last year. Let's start by answering a few questions. This is **not a test**, you are not being judged. This is where you have a chance to be honest and objective, but **give yourself some grace**. Be an observer, an investigator, probe, and discover the facts so we can get a true picture. When going through this process I want you to remember **before you can release, you have to recognize**.

As a whole, look at last year and ask yourself, what was the best outcome I got?

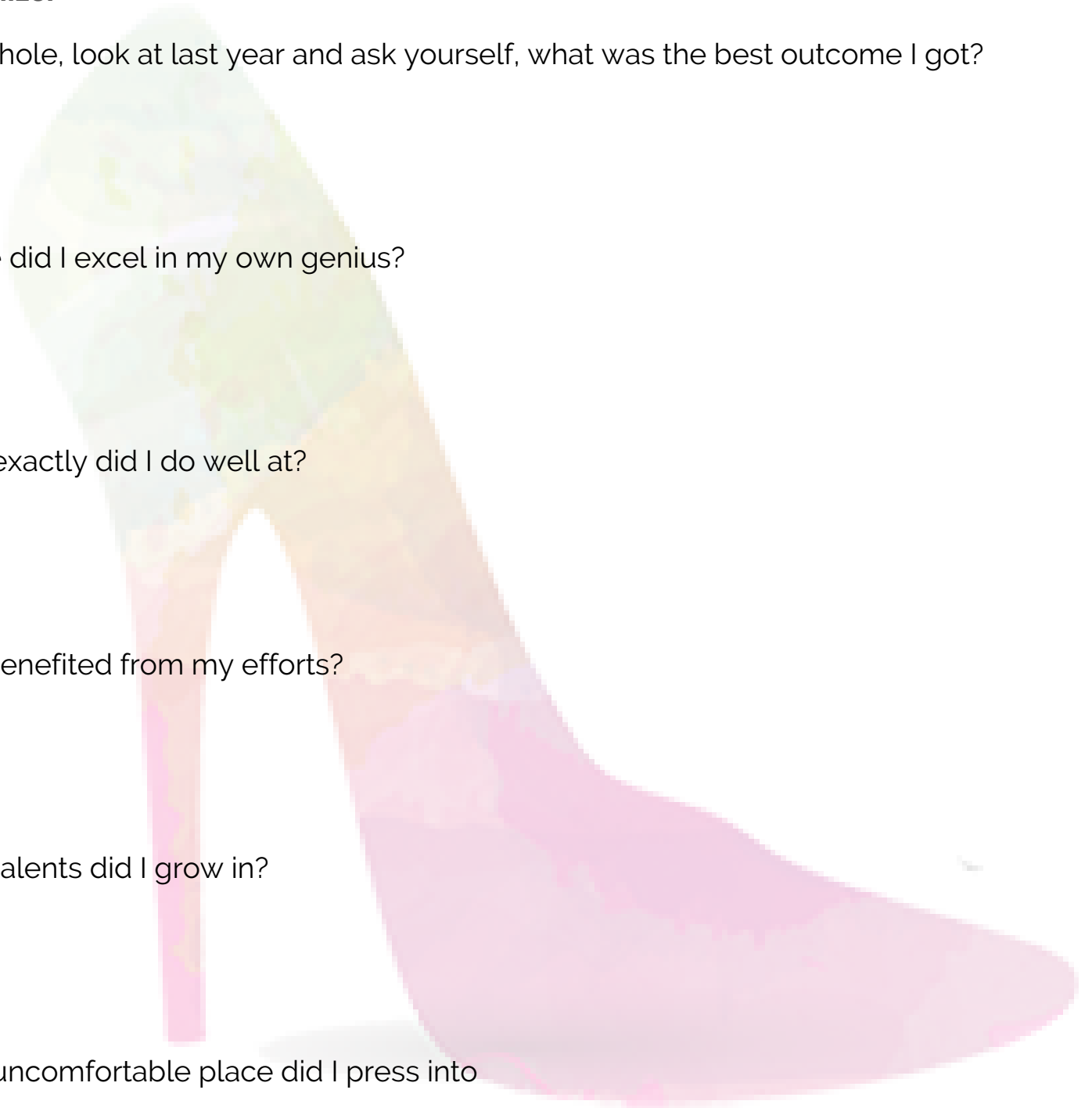
Where did I excel in my own genius?

What exactly did I do well at?

Who benefited from my efforts?

What talents did I grow in?

What uncomfortable place did I press into



Where did I feel resistance and push through anyway?

What the most difficult thing I faced and how well did I do at it?

Where could I have done better?

What project or activity did I sabotage and make sure I didn't accomplish?

What relationship did I avoid so I wouldn't have to confront it or them.

What's the biggest resistance I feel?

What really holds me back?

Where do I feel the most vulnerable?



Take your time when preparing your answers. Set some time aside with no interruptions. Answering these questions is also a form of reflection.

When you are finished, spread it all out. Don't confine yourself to the space I allotted. Pull out a legal pad and finish your answers there if you need to.

Spread out on the floor or dining room table and think it all through. Remember, you are observing and processing. Spend some time on it and if it's too difficult, do what you can and come back to it later.

There're no real rules except that you **be honest while being kind**. And by all means, give yourself the kudo's you deserve!!

Stay tuned after you finish – I'm going to show you what to do next with all this juicy information you've uncovered! It's going to be so easy you'll wonder, why haven't I started my New Year like this before?? And you'll see how exhilarating and possible ALL your New Year's Goals are!

This will be the year to remember

