

## **Step 1: Reflect on Your Year So Far**

Before diving into the last stretch, it's essential to look back. Reflection helps you understand what has worked, what hasn't, and how you can improve.

### **Action Steps:**

- **Write down 3 wins** you've had this year. These can be big or small.

- **Identify 3 areas** where you feel you've fallen short.

**Be honest and kind to yourself. Reflection isn't about beating yourself up for what you didn't do—it's about recognizing where you can grow and how to shift your focus.**

## Action Steps:

- **Pick 3-5 SMALL goals** you want to achieve by the end of the year. These can be personal, professional, or a combination of both.
- **Be specific:** Vague goals lead to vague results. Make sure your goals are SMART.
- **Set measurable milestones:** Break down your goals into weekly or monthly targets so you can track your progress.

## **Step 3: Create a Game Plan**

A goal without a plan is just a wish. To crush your goals, you need to know *how* you're going to achieve them. This means breaking down each goal into smaller, actionable steps. Ask yourself what do you need to do each day to move closer to your target?

**Action Steps: (do not overwhelm yourself)**

## **Step 4: Build Consistency**

Consistency is the secret to long-term success. Doing something small every day compounds over time into massive results.

**Non-negotiable habits:**

## **Step 5: Identify and Eliminate Distractions**

The more you eliminate distractions, the more time and energy you'll have for what really matters. You must break the habit today or the loop will continue tomorrow.

**Current Distractions:**

## **Step 6: Visualize Success Daily**

Visualization is a powerful tool for manifesting your desires. When you can see and feel your success as if it's already happened, you align yourself with the actions needed to make it a reality.

### **Affirmations:**

## **Step 7: Reframing your thoughts**

Identify thought patterns you currently have which are blocking you from success and becoming your best self. Flip the script and reframe those thoughts to inspire and empower you instead!

**Reframed thoughts:**