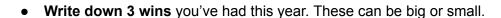
Step 1: Reflect on Your Year So Far

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:



• 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: