

**The
FutureVisioning™ Worksheets
for
Making 2023 Your Best Year Ever**

by

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MAKING 2023 YOUR BEST YEAR EVER

1- In the last year, in each area of my life, what were my Successes? Accomplishments? Miracles? Joys?

Physical _____

Financial _____

Career _____

Emotional _____

Mental _____

Social _____

Family _____

Relationship _____

Spiritual _____

2- What were my biggest Disappointments? Failures? Avoidances? Can I understand why I created these, and can I forgive myself?

Physical _____

Financial _____

Career _____

Emotional _____

Mental _____

Social _____

Family _____

Relationship _____

Spiritual _____

3- What did I learn about myself and about creating success?

Physical _____

Financial _____

Career _____

Emotional _____

Mental _____

Social _____

Family _____

Relationship _____

Spiritual _____

4- Write a paragraph on how I limit myself, how I will stop this behavior, what I will replace the limiting behavior with, how I will forgive myself, and how great I will feel.

5- What are my most important personal values, and how can I live them more fully? (honesty, compassion, love, trustworthiness, caring, giving, forgiving, courage, etc.)

6- What roles do I play, and what were my major accomplishments in each role? (mother, father, woman, friend, wife, executive assistant, daughter, etc.)

7- What were my major mistakes, failures or shortcomings in each role?

8- What is my major desire or focus for each role in the coming year?

9- What are my top goals for each area of my life this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Physical _____

Financial _____

Career _____

Emotional _____

Mental _____

Social _____

Family _____

Relationship _____

Spiritual _____

10- What qualities do I have or can I develop that will ensure that I achieve what I desire? (Hint- Describe your future self, living your ideal life, and notice the qualities and behaviors that are natural to them, that create and sustain their success and happiness.)

11- What support do I need to develop for my own growth and to achieve my major goals? (Contacts, resources, training, information, etc.) Also, is there a friend I can share this process with so we can support each other as we grow and succeed?

12- Write a paragraph (or more) describing what my healthy, happy, successful and fulfilling life will look like and how I will feel going into the year 2023 being more loving, more powerful and having accomplished all of my goals! Then, to clarify your action plan, from the perspective of your successful future self, write about the fun you had creating your success.

For more information about how FutureVisioning™ Life Coaching, Healing, and Hypnotherapy Programs can help you create the wonderful life you really deserve please contact:

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