



Year in Review

Review of 2023 and Plan for 2024

2023 in the rear-view



High Points:

Low Points:

2023 in the rear-view

5 things I accomplished:



5 disappointments or regrets:

2023 in the rear-view



My greatest learning from 2023:



Plan for 2024

What are the 5 most important things you want to accomplish this year?



Plan for 2024

What are the action steps required to achieve each of your 5 goals?

(Make these steps specific tasks with deadlines e.g. “Call my mum and brother each once a week” instead of “Feel closer to my family”... and make them realistic!)



Plan for 2024



What is the one most important goal to achieve this year?

What is standing in your way?

What are the solutions to this restrainer?

Supporting images & affirmations for 2024 Goals



Follow-up dates to review your action steps



List here the dates to follow-up with yourself. Make them firm dates and times and then add them to your agenda. Every 30 days is ideal but once a quarter is good too.

Well done!



You are one of a small percentage of people who
have written down their goals!

This statistically means you are 80% more likely
to succeed in achieving them.

Wishing you a very happy and
fulfilling 2024!

