

Prepare to Set Goals for the New Year

How do you want your year ahead to be? What do you want to learn or achieve. Which relationships would you like to strengthen and what challenges do you anticipate?

This exercise is the second of a two-part series to help you prepare to set goals for the new year. It helps you consider what you want, what's coming up and what you will need in order to learn and grow. It is an ideal exercise to do before setting specific goals.

Annual Goals Preparation PART 2: Prepare to Set Goals for the New Year!

Start by setting aside 30 minutes or so and find somewhere you can relax and sink into these questions. Perhaps you're snug in a local coffee shop with your favorite latte, in front of the fire at home or in the bath with a herbal tea or glass of wine. Then answer these nine questions.

STEP 1) Here are the 9 Coaching Questions to Help Prepare for Annual Goal-Setting:

Important: Do your best to identify three to five items for each of the first 8 questions. Answer them intuitively from the heart. This isn't about what looks good to others, rather it is about what matters to YOU - no matter how small or unimportant it might seem to others.

1. What 3-5 Things do you Want to Achieve in the Year Ahead?

Big, small or anywhere in-between, what would YOU be proud to achieve in the coming year?

1. _____
2. _____
3. _____
4. _____
5. _____

2. Name 3-5 Challenges you Anticipate in the Year Ahead

What do you expect to be hard/difficult? What will you need to deal with, overcome or get to grips with?

1. _____
2. _____
3. _____
4. _____
5. _____

3. What do you NEED to Learn in the Coming Year?

What do you NEED in order to grow?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

4. What do you WANT to Grow or Learn About Yourself this Year?

Where WILL you stretch and grow yourself?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

5. What Relationships would you like to Grow and Develop?

Who inspires, supports & encourages you? Which relationships will you consciously work on?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

6. What would you like to Create or Bring into the World this Year?

This could be anything at all, big or small!

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

7. How Specifically will you Make a Difference in the World in the Coming Year?

Big or small, how will you help others/the world? It could be in your family, wider community, friends, colleagues - even strangers!

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

8. Where will you Enjoy Yourself & Have Fun in the Year Ahead?

How will you play at work/home/in life?

1. _____
2. _____
3. _____
4. _____
5. _____

9. If you were to write a Newspaper Headline that Summarizes YOUR Year Ahead, what would it say?

STEP 2) Review And Take A Moment To Reflect

Now it's time to review your responses, absorb how it feels and look for themes and patterns. Consider:

- How do you feel as you look over your lists? What are the highlights?
- What themes and patterns do you notice?
- If there was one thing that stood out, what are you 1) most EXCITED about and 2) MOST AFRAID of? Circle them both!

Now, it's time for the (feeling) part we usually skip over...

- You've answered and reviewed the questions, now take a deep breath and really feel all that you are aiming for - and becoming. Enjoy and absorb this. Stay here for 30 seconds, 60 seconds, two minutes.
- Relax and stay a while longer - excited about your coming year and all the learning and growth you have ahead of you. *Recognize who you are!*
- What are you saying to yourself right now that you would like to remember and hold onto?

STEP 3) Commitment and Next Steps

- To wrap up this exercise, consider what you could do to commit to yourself over the coming year. What could you do that would *anchor your feeling* of pride and excitement for the year ahead?
- **Decide what your next step/s will be.** Perhaps the next step is setting goals, deciding on some supportive new habits (eg. meditation) or [creating a vision board](#) to anchor and remind you of where you're heading this year. You could also find something symbolic - an object, inspiring quote or image and place it somewhere you will see it often.

Now, all you have to do is commit to your action: You're worth it!