



DARE TO DREAM BIG

# WORKSHEET

2022

PLANNING FOR A SUCCESSFUL NEW YEAR



# Planning For A Successful New Year **Your Worksheet**

[www.NickyDare.com](http://www.NickyDare.com)



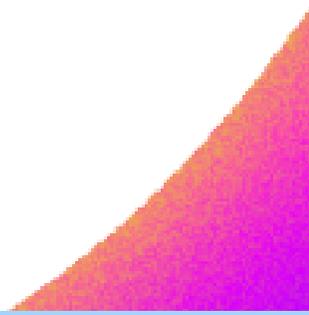
*“A goal without a plan is just a wish.”*

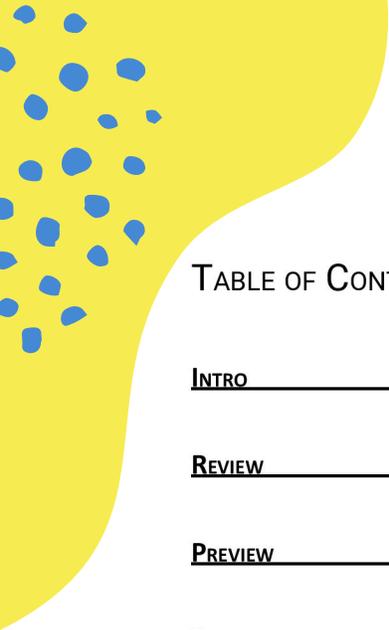
DARE To Dream Big Dreams.

These are the dreams that have the power to push your  
world forward.

Make this your best year ever.

Much Love xo





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*“Life never truly ends. It simply transforms, imbuing its legacy in other lives.”*  
The Audacity of Veracity, page 29 ‘Principles of Transformation’

## **INTRO**

This year is going to be different right?

No matter how many times we have said it, when January 1<sup>st</sup> comes around we say it again!

It is time to stop saying it and start making it a reality. This workbook will help ensure you have your greatest year ever.

Don't worry if you are reading this in the middle of the year. That doesn't matter. You can work through this book at any point of the year, and you will still ensure the next 365 days are some of your best.

Are you ready to finally have a “different year”? If so, read on...

# REVIEW

The first step to your greatest year ever is to reflect back on the past year.

What worked? What didn't? Anything you are proud of? Any regrets? This type of reflection will help you plan the next year strategically.

Fill out the tables on the following pages, but make sure you take some significant time to think and reflect on them

<b>Your Successes the Past Year</b>	<b>What You Learned</b>

Your Failures the Past Year	What You Learned

**What is the single thing you are most proud of from the past year:**

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**What is the single thing you most regret of from the past year:**

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Make sure you take this step very seriously. It will take some time to really think about the past year, but it will be worth it.

You will certainly learn some things about who you are, and what you are capable of. You might learn as much from your failures as you do your successes. You can double down on what worked and try to avoid what didn't.

## PREVIEW

If you don't have a general idea what your greatest year looks like, how can you plan for it?

This next exercise is simple, but it is as powerful as it is straight-forward. You simply take some time to write down what you would like your next year to look like.

We will leave a few blank pages, so be as specific as possible. What do you want to do, accomplish or experience this year? What things would make this year better than last? What would make it *your greatest year ever*.

*DESCRIBE YOUR IDEAL YEAR*

*DESCRIBE YOUR IDEAL YEAR*

*DESCRIBE YOUR IDEAL YEAR*

## **PREPARE**

Now that you have an idea of what your greatest year ever would look like, it is time to prepare. This section could also be titled “take stock”.

Basically, using your ideal year as inspiration, think about what you might need (or already have) to make the next year your best ever.

Do you need to upgrade your skills? Will you need cold hard cash? Is there anyone who can help you? These are the type of questions you will be answering on the following pages.

**Skills or Training That You Might Need to Update:**

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**Physical Goods (like money or tools) that you will need:**

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**People You Can Lean of For Support:**

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## SET GOALS

You can visualize and prepare all you want, but if you don't set powerful goals then you likely won't see much progress.

Simply writing your goals down will give you a leg up on the vast majority of people out there.

For the purposes of this book, and simplicity in general, focus on setting 3 goals for the next year. You will find goal setting templates below that will help guide you.

**YOUR GOAL:**

**Deadline:** dd/mm

**Why You Want This:**

**People That Could Help You:**

**Break Your Goal Into Smaller Steps:**

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

**Reward When You Reach It:**

**YOUR GOAL:**

**Deadline:** dd/mm

**Why You Want This:**

**People That Could Help You:**

**Break Your Goal Into Smaller Steps:**

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

**Reward When You Reach It:**

**YOUR GOAL:**

**Deadline:** dd/mm

**Why You Want This:**

**People That Could Help You:**

**Break Your Goal Into Smaller Steps:**

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

**Reward When You Reach It:**

## **TAKE ACTION**

This is another simple, but crucial step – you need to take action on your goals. You could have the world’s biggest book of goals, but it is entirely worthless if you don’t take action.

There is no template for taking action. Just list 3 steps you could take right away (if not today, then tomorrow) that will propel you towards your goals.

**Action #1:**

**Action #2:**

**Action #3:**

## ADJUST

There is certainly something to be said for going full speed and attacking your goals head-on. That said, you should always make time to check on your progress and adjust as needed.

Maybe you could be doing something more efficiently? Maybe your needs have changed, and you desire something else?

Regardless of the reason, checking in on your goals is an important step for having your best year ever.

You can find goal check-in templates on the following pages. These templates focus on weekly and monthly check-ins.

**Your Goal**

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**One Week Check In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**One Month Check-In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**Your Goal**

--

**One Week Check In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**One Month Check-In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**Your Goal**

--

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<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**Your Goal**

--

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<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**One Month Check-In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**Your Goal**

--

**One Week Check In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**One Month Check-In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**Your Goal**

--

**One Week Check In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

**One Month Check-In**

<b>What Is Working</b>	<b>What Isn't Working</b>

**Any Adjustments Needed:**

## CONCLUSION

The next 365 days could literally change your life. It is really up to you.

If you took your time, really thought about things and worked through this book – then you have an action plan that will make this next year your best.

You just have to follow the six steps for your greatest year ever:

- Preview
- Review
- Prepare
- Set Goals
- Take Action
- Adjust

If you commit to these steps, you will be surprised just how much a life can change in a single year.

Here's To Your Continued Success!  
Live In Your Purpose & Passion,

*Nicky Dare*



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