

BUILD CONFIDENCE | SET GOALS | FIND YOURSELF | BE EMPOWERED | BE ACCOUNTABLE

2021-2022

2022 PLANNING & 2021 REFLECTIONS

YOUR *Dreams*

YOUR *Goals*

YOUR *Life*

HEATHER PALFREYMAN
COACHING
Be More Than Just Mom



• REFLECTIONS OF 2021

- How do you FEEL about 2021?
- What have you already achieved in 2021?
- What areas have you made progress in?
- What goals have you not achieved?
- What held you back in 2021?
- Who held you back in 2021?



BUILD CONFIDENCE | SET GOALS | FIND YOURSELF | BE EMPOWERED | BE ACCOUNTABLE



- **REFLECTIONS OF 2021**

- What lessons did you learn in 2021?
- What are you willing to let go of moving forward into 2022?





• LOOKING FORWARD TO 2022

- Empty your head of all the things you would like to achieve/accomplish in the next year. It may be easier to write everything you'd like to do in your life and then break them down into 1,3,5 and 10 year goals
 - **What** do you want to **DO** and **HAVE**?
 - **Who** do you want to **BE**?
 - **How** do you want to **FEEL**?
- **Once you have done this - break them down into categories such as:-**
 - Money and Finance
 - Love
 - Family & Friends
 - Career, Business and Study
 - Fun, Hobbies and Recreation
 - Heart and Spiritual
 - Personal Development and Growth





- **LOOKING FORWARD TO 2022**

- Writing a letter to yourself or a diary entry a year from today, is a great way to visualise **WHAT** your life will look like, **HOW** it will feel, and why you are going to push on through the tough times.

- **TOP TIP**

- **Write in the present tense (as if it was 5th December 2022)**
 - **Example.** "Today it's the 5th December 2022 and I am so proud of myself, the lessons I've learned this year, and all I have accomplished. I wrote out my goals this time last year and I am super excited to have achieved the majority of them on there! I feel incredible. I am living my best life. I get to be a great Mum, build a wildly successful business and be extremely passionate and happy. I have great relationships with my family, and this year we have already been on 5 family holidays, and made loads of new memories"
 - Add in as **MUCH** detail as possible, and include all your senses - feel, touch, taste, smell, hear





• **LOOKING FORWARD TO 2022**

- **Create yourself a vision or goal board with your annual goals..**
 - use pictures, inspiring quotes, words and anything that gives you the FEELS.
 - This board should be filled with your goals, dreams and visions for the year ahead
- I would also recommend creating a MONTHLY vision board too.

I use Canva (a free app which you can join here-

<https://www.canva.com/join/xtr-dcy-dqp>) , on my laptop or

phone, but you can also cut, stick and paste too!

EXTRA HELP AND SUPPORT

If you need any help with achieving your goals, keeping accountable, remaining on track, and having an amazing tribe of like minded and ambitious women behind you then come and join the "No Limits Membership". For a low investment you can get all of this and MORE!

JOIN HERE

