



20  
21

# 2021

“

WHAT THE NEW YEAR  
BRINGS TO YOU WILL  
DEPEND A GREAT DEAL  
ON WHAT YOU BRING  
TO THE WORLD. ”

*Vern McLellan*

Hey!

Congratulations for making an investment into your personal development this year and also for the new decade that you are about to embark on.

This workbook is designed to prepare you for a transformational 2021 and to keep you on track for the next 12 months.

The beginning section (pages 2-4) allow you to reflect and review the previous year, to enable you to move forward and plan your 2021 vision (pages 5-7). You will also be encouraged to reflect on the life areas most important to you and reflect on how balanced your life is at present (pages 8-20) and also at the middle of the year (pages 45-47). The rest of the booklet will take you month by month in planning your 2021 vision.

I hope this booklet is helpful for you in making 2021 successful in all the areas you envision for it to be.

With Love,



*Rebecca Kimberley*

PAGE 1

SECTION ONE  
2020... Looking Back

# 2020 REFLECTIONS

## LOOKING BACK...

What has 2020 revealed/taught you?



What 3 things are you most grateful/thankful for in 2020?

1



2



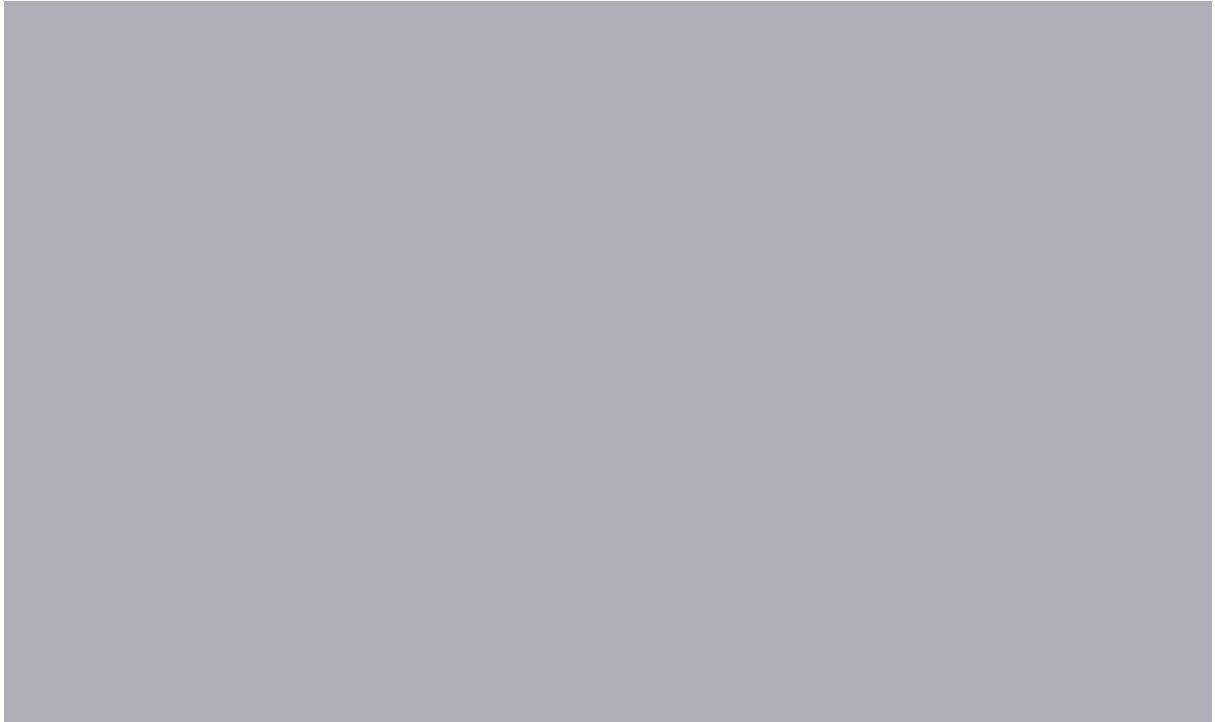
3



# 2020 REFLECTIONS

## LOOKING BACK...

What challenges did you face in 2020?



What did you achieve in 2020? How did you grow?

What do you want to congratulate yourself for?



# 2020 REFLECTIONS

## LOOKING BACK...

What still feels incomplete or undone from last year?

What do you need to let go of that's no longer serving you? What have you avoided, tolerated/settled with/allowed to take up space?

# SECTION TWO

*2021... Looking Forward*



# MY 2021 VISION

## LOOKING FORWARD...

My Compass Word for 2021 is...



My Mantra for 2021 is...



What are you calling back in for 2021?



What do you want to call in or create in 2021?



# MY 2021 VISION

## LOOKING FORWARD...

How do you want to feel this year?

What do you want to accomplish this year?

Who do you want to be this year?

What do you want to do this year?

What do you want to have this year?

# MY 2021 VISION

## A YEAR FROM NOW...

Where do you want to be one year from now? Journal this out using the present tense. You might consider coming back to this and writing a letter to yourself to open a year from now, using [www.futureme.org](http://www.futureme.org)

# SECTION *Clarity & Intention Setting* THREE

# WHEEL OF WELLNESS

The 'Wheel of Wellness/Balance/Life', is a great tool for helping you create more balance and success in your life. It is often used in coaching and is a great foundation exercise when goal-setting.

As a starting point for creating balance, happiness and success in your life, the Wheel is the perfect tool to begin your journey. It allows you to reflect and gain some insight into the balance of your life and how satisfied you are in life's different areas. Following on from this self-reflection, you can use this exercise to further delve into why your wheel of life looks the way it does, what you would like your wheel of life to look like, and further into how to make this happen.

The Wheel is a way of representing your life by dividing the different areas or categories that are most important to you. The wheel on the next page is a common example, split into major categories of life. These categories are just a suggestion - you might want to think about any other categories or areas that you would like to delve into a bit more, such as: Spirituality, or having friends and family as separate categories.

Within the wheel, there is a scoring system that requires you to simply reflect and rate your satisfaction level within that area out of 10; where 1 is closest to the centre of the circle and 10 is at the edge of the circle.

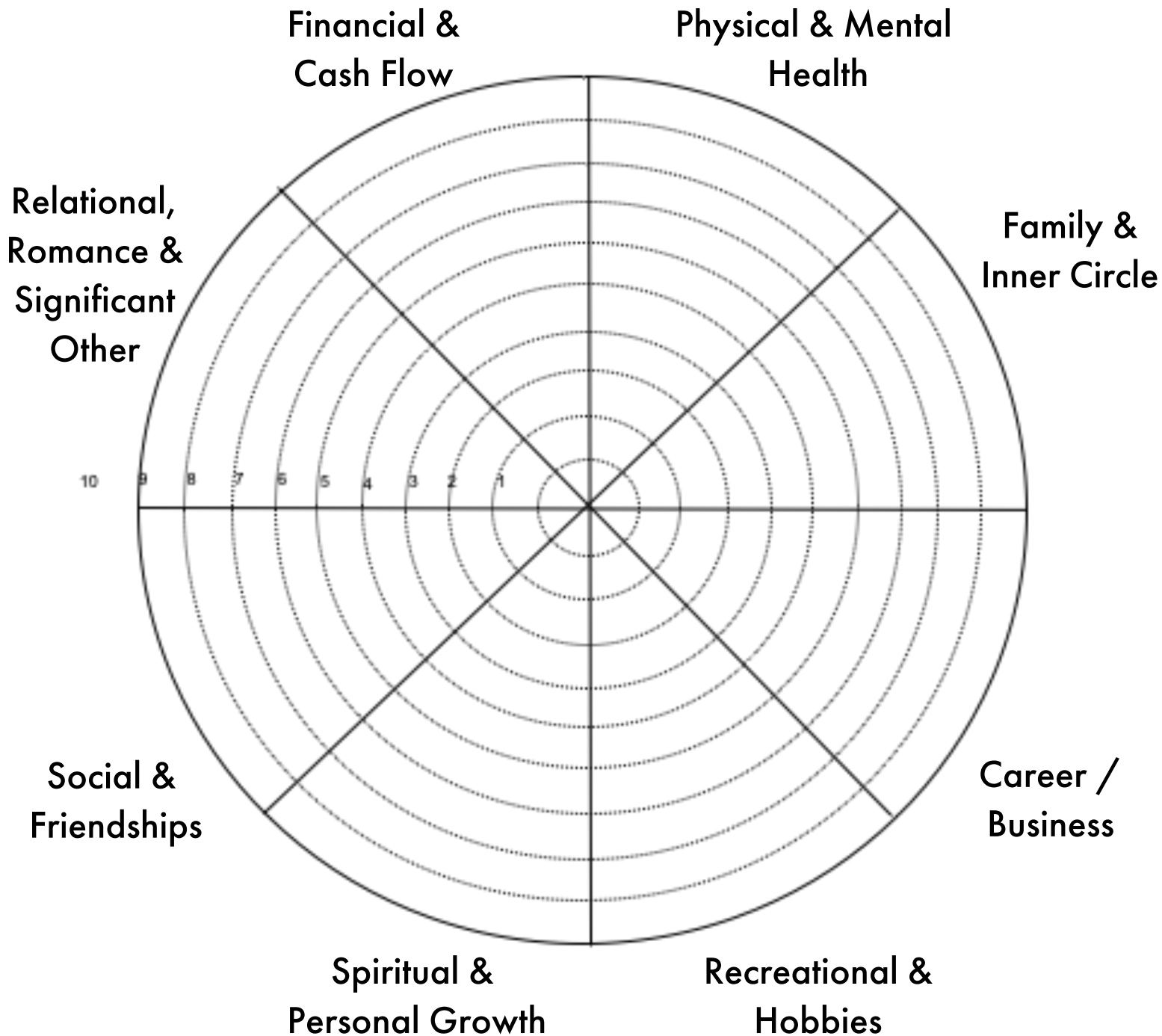
One of the biggest benefits of the Wheel is the visual representation it gives you of your life satisfaction. When your Wheel is completed, the spider-like diagram (i.e. 'inner circle') illustrates your satisfaction levels and represents your balance wheel. This allows you to quickly and easily identify any gaps between where you are now and where you want to be.

## **Example:**



# MY WELLNESS WHEEL

Today's Date: \_\_\_\_\_



# GOALS FOR BALANCE

Take a moment to appreciate your Balance Wheel. What does it look like?

Scores of 8-10: Congratulations! You are very satisfied in this area. It's important to maintain what you're doing already. Although it may not be as urgent, don't forget that there may still be areas for improvement.

Scores of 5-7: You are quite satisfied in this area. Perhaps there's some opportunity to explore what you might do to move this up the scale?

Scores of 0-4: You are not very satisfied in this area and you need to explore ways of improving your satisfaction here. That means - there's a lot of opportunity here! It's an exciting place to start for growth and I believe this is the area where you can grow the most and get the most value!

Have a think about why you scored yourself in each category the way you did. Focus on the shape of your wheel. What happens when you try to move forward and you have a crooked wheel? How efficient and effective are you going to be in life if you can't move forward in a balance way?

Now it's time to reflect and set meaningful goals. How can you create a more evenly shaped wheel? Where are the biggest gaps in your satisfaction levels? Which area of your life do you primarily want to focus on to enhance your satisfaction levels? Perhaps you might want to work on the areas with lower satisfaction first. Or you might want to start from the areas of highest satisfaction and work your way towards the lowest points. This way, it might be less overwhelming and give you a chance to reflect on your strong points and the growth that you've already made.

I'd suggest focusing on at least 3 areas in a bit more detail on the next page. Halfway through the year, you'll be reminded to review your progress on these areas and re-rate them for the following 6 months.

# GOALS FOR BALANCE

**Consider reflecting on/journaling on the following questions before you translate your visions into actionable goals on pg. 23**

1. Why have I given this area this rating - what is already working well in this area?
2. What could do with some improvement in this area?
3. What is your desired intention? If this area were a 10, what would I notice? What would I be doing? What would I have? How would I be feeling? What would I be seeing/ hearing/ feeling/ tasting?
4. What is your desired intention, if this area was just one point above it's current rating. What does it look like now?
5. Why do I desire this intention? What does it give me and why do I want that?
6. How would I like this area to be in the next...year?
7. How would I like this area to be in the next...6 months?
8. How would I like this area to be in the next...90 days?
9. How would I like this area to be in the next...week?
10. What can I do this week to enhance this area of the wheel?





















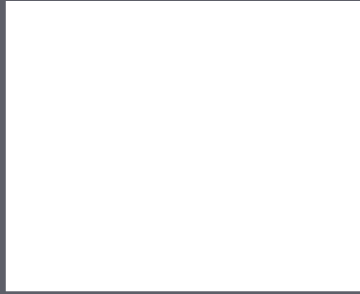


# SECTION FOUR

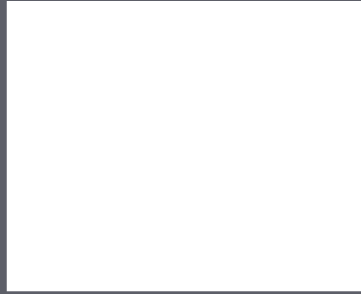
*2021... Planning & Review*

# 2021: AN OVERVIEW

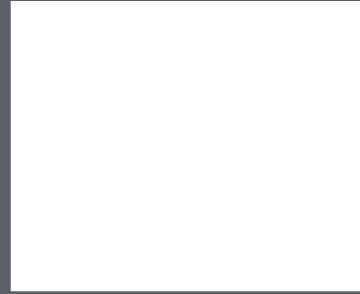
JANUARY



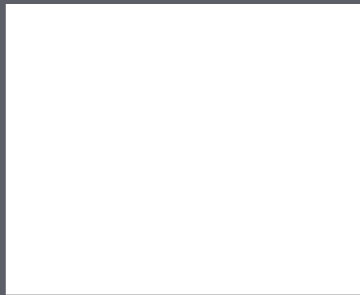
FEBRUARY



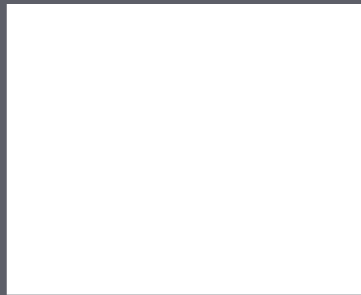
MARCH



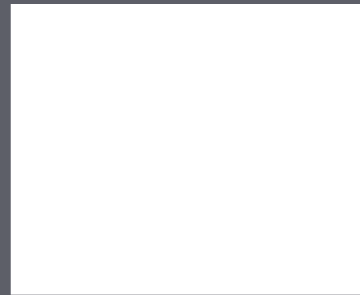
APRIL



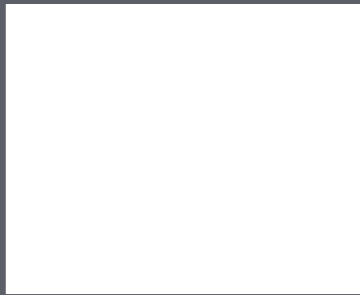
MAY



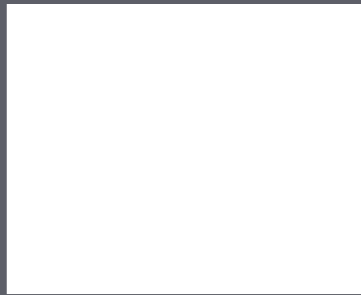
JUNE



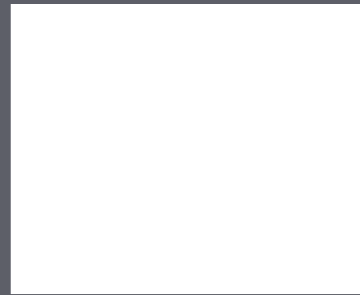
JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



# JANUARY

“JANUARY IS THE  
MONTH FOR  
DREAMING.”

*Jean Hersey*

# JANUARY 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# JANUARY 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of getting in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# JANUARY 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# FEBRUARY

“

IN FEBRUARY THERE IS  
EVERYTHING TO HOPE  
FOR AND NOTHING TO  
REGRET. ”

*Patience Strong*



# FEBRUARY 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

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What can I do to prevent this?

**GOAL #2:**

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This goal is important because:

To reach my goal, I will do these 3 steps:

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- 2.
- 3.

What might get in the way of getting in the way of achieving this?

What can I do to prevent this?

# FEBRUARY 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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What can I do to prevent this?

# FEBRUARY 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# MARCH

“MARCH ON. DO NOT  
TARRY. TO GO  
FORWARD IS TO MOVE  
TOWARD PERFECTION.  
MARCH ON, AND FEAR  
NOT THE THORNS, OR  
THE SHARP STONES ON  
LIFE'S PATH.”

*Khalil Gibran*

# MARCH 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 2.
- 3.

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What can I do to prevent this?

# MARCH 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 2.
- 3.

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**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# MARCH 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# APRIL

“APRIL SHOWERS BRING  
FORTH MAY FLOWERS.”

*Proverb*



# APRIL 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# APRIL 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# APRIL 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

MAY

“COME WHAT MAY AND  
LOVE IT.”

*Joseph Wirthlin*

# MAY 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# MAY 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# MAY 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# JUNE

“

HELLO JUNE,  
*SURPRISE ME.*

”



# JUNE 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 3.

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What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# JUNE 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 3.

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# JUNE 2021

## REFLECTIONS

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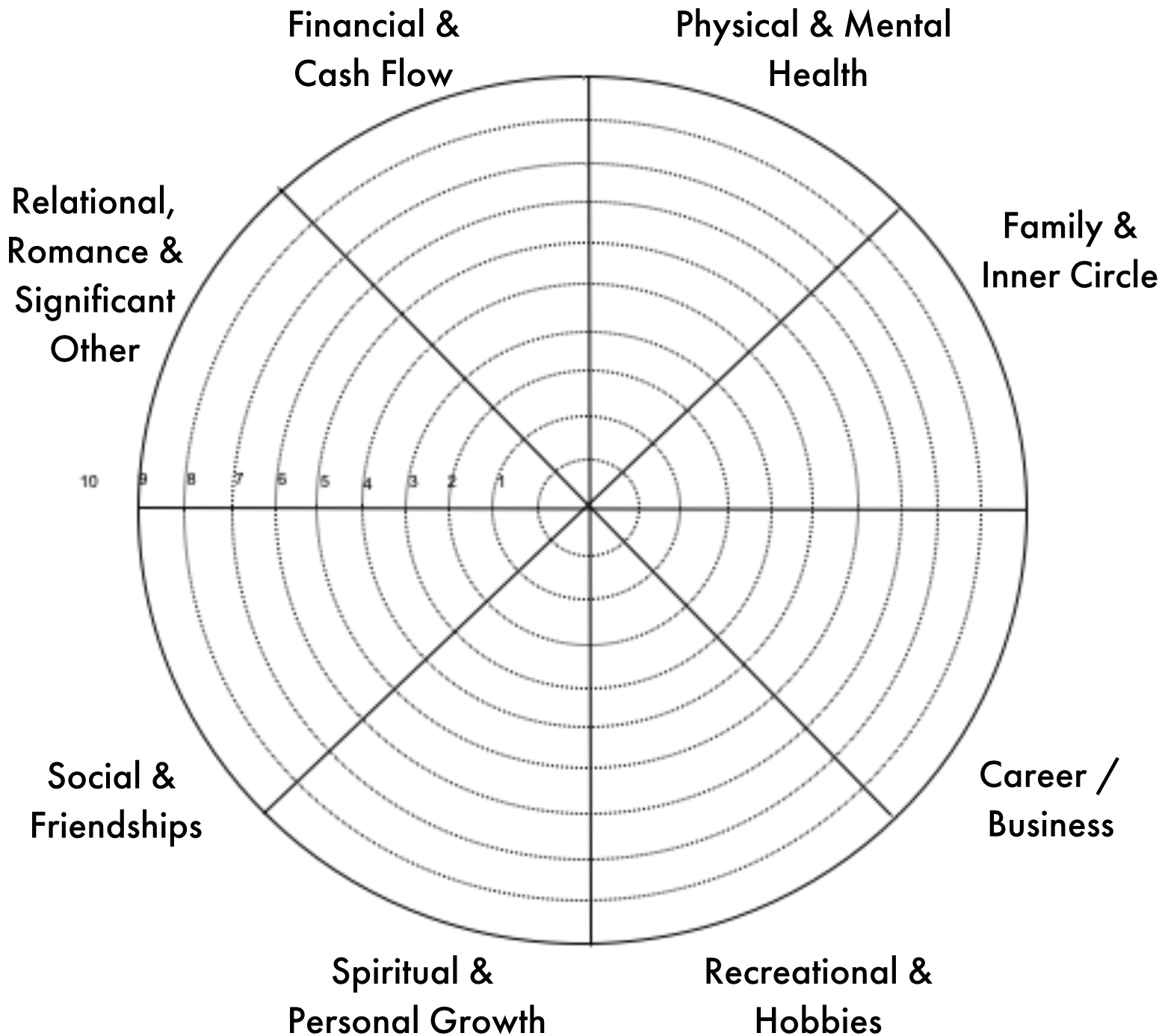
What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# MY WELLNESS WHEEL

Today's Date: \_\_\_\_\_



## REFLECTION TIME

How does your wheel look in comparison to when you last completed it? Where have your satisfaction levels increased or decreased? What progress have you made on these areas?





# JULY

“HELLO JULY, I HAVE  
BIG PLANS FOR YOU.”

# JULY 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
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What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
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- 3.

What might get in the way of achieving this?

What can I do to prevent this?



# JULY 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# JULY 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# AUGUST

“ BREATHE THE  
SWEETNESS THAT  
HOVERS IN AUGUST. ”

*Denise Levertov*

# AUGUST 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# AUGUST 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 3.

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# AUGUST 2021

## REFLECTIONS

What have I accomplished this month?

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What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# SEPTEMBER

“  
MAKE IT A SEPTEMBER  
TO REMEMBER.”

# SEPTEMBER 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?



# SEPTEMBER 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# SEPTEMBER 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# OCTOBER

“OCTOBER IS ABOUT  
TREES REVEALING  
COLOURS THEY'VE  
HIDDEN ALL YEAR.  
PEOPLE HAVE AN  
OCTOBER AS WELL.”

*J. M. Storm*

# OCTOBER 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# OCTOBER 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

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- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# OCTOBER 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# NOVEMBER

“ NOVEMBER IS THE MONTH TO REMIND US TO BE THANKFUL FOR THE MANY POSITIVE THINGS IN OUR LIFE. ”

*Unknown*

# NOVEMBER 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #2:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?



# NOVEMBER 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# NOVEMBER 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?

# DECEMBER

“  
THE MONTH OF JOY,  
HAPPINESS AND TO  
FINISH WHAT YOU  
STARTED.”

*Unknown*

# DECEMBER 2021

## PLANNING

**GOAL #1:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

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**GOAL #2:**

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- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# DECEMBER 2021

## PLANNING

**GOAL #3:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

**GOAL #4:**

**Target Date:**

This goal is important because:

To reach my goal, I will do these 3 steps:

- 1.
- 2.
- 3.

What might get in the way of achieving this?

What can I do to prevent this?

# DECEMBER 2021

## REFLECTIONS

What have I accomplished this month?

What am I most proud of this month?

What challenges have I faced this month?

What did I write I would do and didn't? What got in the way?

What have I learnt this month?

How do I want to improve next month? What do I want to start, continue or stop doing next month?





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