

The background is a solid light pink color. It features several delicate line-art illustrations of flowers and stems. One branch with several flowers and leaves is in the top right corner. Another branch with flowers and leaves is in the bottom left corner. A large, white, slightly tilted rectangular area is centered on the page, containing the text.

2021

Win The

Home Stretch

With Dr. B

Recommit To Your Goal

At this time of year, there simply isn't enough time to tackle everything on your goals list. That doesn't mean you give up on it. Instead, you need to focus.

→ Write down all the goals you had at the beginning of this year that you have yet to meet or start.


<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

→ Review the list above carefully. Sort them below.

☆☆ Still very important now

📁 Less important now

→ From the still important list above. Which one - just one - will give you the most satisfaction for you to complete or gain traction on, by December 31? Be honest with yourself. You cannot do everything. This will be your focus goal for the rest of the year. Write it below big and bold.



Why?

Know your why. You'll be tempted to skip this step because it sounds so cliché these days. Don't. Give yourself a day or so and chew on the root reasons why you need to do this now. The questions below can help.

→ Why is this goal more important to you than the rest?



→ Why do you want to focus on this goal at this time? Why can't it wait till next year?

→ Who benefits from this? Who does it impact and how?



→ What happens if you don't get traction on this goal?

→ What happens if you do and accomplish results beyond your goal?

A faint purple icon of a mountain peak with a flag on top, located in the bottom right corner of the rounded rectangle.

Make A Plan To Celebrate

Celebrating your goals is an essential part. You wouldn't dream of shrugging off the accomplishments of a friend who worked hard to reach their goals would you? So don't do it to yourself. Plan how you are going to celebrate at the end of the year now. Doing this gives you something to look forward to. It also reduces chances of self-sabotage especially if your goals related to food or saving money. It is easy to celebrate by blowing both of those.

→ If you intend to spend, write how much you will budget for this celebration.

→ What is one thing you can give yourself because you reached for this goal? Remember, gifts don't have to cost money or be food.



→ Who will you celebrate with?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

→ What can you do to keep your accomplishments in view so you will see and remember what you're capable of throughout next year?

Organize Your Actions

Review your action list from the previous page. Pick 1 and break them down further into weekly action goals. If you can accomplish all actions in a short time, pick another and repeat.

Examples:

- Action - Eliminate sugar. *Week 1* - Reduce sugar in coffee by 50%. *Week 2* - Skip sugar in coffee.
- Action - Create a course. *Week 1* - Map course goals and audience. *Week 2* - Outline course.

Action

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

Week 6: _____

Week 7: _____

Week 8: _____

Week 9: _____

Week 10: _____

Week 11: _____

Week 12: _____

12-Week Action Tracker

 Action

Week 1: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 2: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 3: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 4: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 5: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 6: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 7: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 8: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 9: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 10: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 11: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 12: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Undated Month Calendar

Month:

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>

Weekly Plan

This week's action Goal:

	3 things I must accomplish today:	To Dos
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	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Tuesday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Wednesday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Weekly Plan

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	<input type="checkbox"/>	<input type="checkbox"/>

Saturday	3 things I must accomplish today:	To Dos
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	<input type="checkbox"/>	<input type="checkbox"/>
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Sunday	3 things I must accomplish today:	To Dos
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	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Notes	
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Weekly Assessment

Week:

→ How do you feel about this week?



→ What did you do towards your goal?

→ What challenged you?

→ What will you change, or keep doing for the coming week so you make more or continue making progress?

A stylized, light purple illustration of a person running towards the right, carrying a rocket on their back. The person is in a dynamic, forward-leaning pose, suggesting speed and progress.

Weekly Plan

Week:

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	☆ _____	<input type="checkbox"/>

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	☆ _____	<input type="checkbox"/>

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	☆ _____	<input type="checkbox"/>
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Notes
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Weekly Assessment

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→ What did you do towards your goal?

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→ What will you change, or keep doing for the coming week so you make more or continue making progress?

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	☆ _____	<input type="checkbox"/> _____
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Weekly Assessment

Week:

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→ What did you do towards your goal?

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→ What will you change, or keep doing for the coming week so you make more or continue making progress?

A stylized illustration of a person running towards the right, carrying a rocket on their back. The person is wearing a backpack and has a determined expression. The rocket is simple and has a flame-like base. The entire illustration is rendered in a light purple color.

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A stylized, light purple line drawing of a person running towards the right. The person is carrying a large rocket or missile on their back. The drawing is simple and modern, with a focus on movement and progress.

Undated Month Calendar

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Weekly Plan

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A stylized, light purple line drawing of a person running towards the right. The person is carrying a large rocket or missile on their back. The drawing is simple and modern.

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→ What did you do towards your goal?

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A stylized, light purple illustration of a person running towards the right, carrying a rocket-shaped object. The person is in a dynamic, forward-leaning pose, suggesting speed and progress.

Undated Month Calendar

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Weekly Plan

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	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Wednesday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Thursday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Weekly Plan

Week:

Friday	3 things I must accomplish today:	To Dos
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Saturday	3 things I must accomplish today:	To Dos
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Sunday	3 things I must accomplish today:	To Dos
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Notes	
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Weekly Assessment

Week:

→ How do you feel about this week?



→ What did you do towards your goal?

→ What challenged you?

→ What will you change, or keep doing for the coming week so you make more or continue making progress?

A stylized, light purple illustration of a person running towards the right, carrying a rocket-shaped object. The person is in a dynamic, forward-leaning pose, suggesting speed and progress.

Weekly Plan

This week's action Goal:

	3 things I must accomplish today:	To Dos
Monday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Tuesday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Wednesday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
Thursday	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Weekly Plan

Week:

Friday	3 things I must accomplish today:	To Dos
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Saturday	3 things I must accomplish today:	To Dos
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Sunday	3 things I must accomplish today:	To Dos
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Notes	
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Weekly Assessment

Week:

→ How do you feel about this week?



→ What did you do towards your goal?

→ What challenged you?

→ What will you change, or keep doing for the coming week so you make more or continue making progress?

A stylized illustration of a person running towards the right, carrying a rocket on their back. The person is wearing a backpack and has motion lines behind their feet. The rocket is pointed upwards and has a small flame at the base. The entire illustration is rendered in a light purple color.

Undated Month Calendar

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Well Done!

List 12 things you did well this year. If you keep a journal, this is a great time to flip through the year's pages. Or, close your eyes and mentally flip through each month of the year and try to recall the highlights of each month.

1

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

7 Wish...

→ Without self-judgement, what are 5 things you set out to do but didn't?

1.
2.
3.
4.
5.

→ Why do you think that is so? Don't give excuses. Instead, try to observe in the third person.

→ What will you do to make sure that doesn't happen again?

Accept & Let Go

Everyone fails at something every year. That's life. The last thing you want to do is to carry this baggage into the new year. Before the year ends, close the chapter properly. Accept, let go and free yourself of this year's failures. There are many more things coming up you can win. You'll need your A-game there.

→ Examine it without judgement or criticism. Be curious. Why did you fail? Again, no pointing fingers. Be analytical.

→ What one change would've made it better?



→ What about this failure are you thankful for?



→ What have you learned from the situation and about yourself?

→ How will you apply this going into the new year?

Notes To Your Next Year Self

You've come to the end of the year. You've made an honest effort to attack your goals and finish strong instead of laying down and saying, "It's too late." That says something about you. You have what it takes. Your future self in the coming year is going to get discouraged and tired from time to time. Pen some words of encouragement to that future self so you can turn back to this page later and remind yourself what you can do.

Note
#1

Note
#2

Note
#3

Note
#4

Note
#5

Note
#6



**CERTIFICATE
OF ACCOMPLISHMENT**



PRESENT TO

FOR NOT GIVING UP AND FINISHING STRONG IN THE YEAR



Sketches