

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Call #26 Workbook

Special New Year's Call!

2018

Reflections

+

2019

Visions

Call Overview:

- **Introductions (15-20 mins)**
- **Open Q & A / Sharing / Discussion of anything that has come up as a result of recent calls and/or Modules (10-15 mins)**
- **Fawn introduce: The importance of reflection, assessment, recognition, celebration, acknowledgement, recalibration, redefinition, and future vision when transitioning into a new year. (5-10 minutes)**
- **Group share / Q&A Round 1: “Highlights” (20-30 mins)**
 - **1 year ago: quick share re: who/where you were in your life 1 year ago**
 - **What went well: 2018 highlights / positive changes / recognition / celebration**
 - **2018 challenges, obstacles, dropped projects, goals, or commitments**
- **Group share / Q&A Round 2: “Reflections” (15-20 mins)**
 - **What did you learn in 2018? Shifts, realizations, takeaways**
- **Group share / Q&A Round 3: “2019 Vision and Action” (25-30 mins)**
 - **What do you want to create in 2019?**
 - **Strategy, support, accountability, and celebration**
 - **2019 Values and Theme!**

Round 1 Group Share Questions: "Highlights"

1. "Where" were you a year ago (or when I started this program), literally as well as in any of the areas on the "[Wheel of Life](#)" that stand out in your memory. What was your overall quality of life?
2. What were your dreams, hopes, desires, goals, and commitments for/in 2018?
3. What are 2 highlights from 2018?
4. What were 2 moments when you felt genuine joy, serenity, alignment, or empowerment in 2018?
 - a. What values were being met in those moments?
5. What did you aim for in 2018 that you accomplished or made significant progress toward?
6. Who were the positive players in your life in 2018?
7. What are you super grateful for about 2018 (specifically or generally)?

Round 2 Group Share Questions: "Reflections"

1. Looking back, what lessons (1-3) did you learn in 2018?
2. What went well in 2018 and WHY did it go well?
3. What mindset / belief system shifts took place in 2018?
4. Knowing what you know now, what would you do differently?
5. Where did you drop the ball, revert to old patterns, give up, or continue bad habits in 2018? Why might this have been?

2019 Visions & Action Plan

Visions

- 1. What projects/goals/visions from 2018 do you want to continue manifesting/creating making progress on in 2019?**
 - a. What is the *biggest* thing you can do to support this?

- 2. What NEW projects/goals/visions from 2018 do you want to continue manifesting/creating making progress on in 2019?**
 - a. What is the *biggest* thing you can do to support this?

- 3. Please describe 1 project/goal/vision that you are focused on for 2019 and *why it is important to you.***
 - a. **What is your WHY?** (Motivation = connecting your goal with something bigger than yourself)

- 4. What is your BFG (Big Freaking Goal) for 2019?** (Out of your Comfort Zone / “Zone of Competence” and in the realm of ‘*holy cow I really want this but it’s scary!*’)

- 5. What is 1 “Comfort Zone Stretch” that you *know* would be reallyyyy good for you to do in 2019?**
 - a. Why would it be so positive?
 - b. When will you do it by?

- 6. What is 1 way that you want to *contribute to the greater good* in 2019?** Please describe in detail, and why this is important to you.

Action Plan!

(Refer to the [“6.3.1 month goals” worksheet](#))

- 1. What challenges might you encounter and how can you prepare for, and overcome them?**
 - a. What fears might arise? How can you “Feel the Fear and Do it Anyway”?

- 2. Social Support: Who can help you stay accountable / who can support you / who can you invite to be on your “YES! Team”?**
 - a. Who can you reach out to for support and encouragement when the “oomph” feels more like “ummph”?

- 3. Share 3 ways that you can acknowledge / celebrate / and reward yourself along the way!**
 - a. Affirmations and acknowledgements

- 4. What are the first 2 steps that you will take? By when? How can you infuse fun, joy, and passion into them?**

- 5. How can you infuse your day with positive, supportive habits and practices?**

- 6. (Everyone) 2019 Values, Theme, and Theme Song!**

RESOURCES & ACTION ITEMS

- **Please read through and DO Module 9 (link up soon!)**

- **Please utilize the [6, 3, 1 Month Goals Worksheet](#) from [Module 2: “Designing Your Hell YES! Life, Part 1”](#)**
 - Map out your 1, 3, and 6 month goals out onto a calendar
 - Hang it somewhere visible, with your...

- **Create and invest 10+ minutes a day to your:**
 - **Vision Board**
 - Physical
 - Pinterest

 - **Affirmations**

 - **Visualizations**

- **Source your support network:**
 - Contact 1-3 people on your “2019 Team”
 - Share your goals/visions with them
 - Build in check-ins and fun accountability!

Notes