

Best Year + Best You

7-Day Challenge
Workbook



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie

REFLECT & CELEBRATE

One of the most influential tools you have to bring about positive change in your life is GRATITUDE. Choosing to be thankful will help you focus more on what's truly important and less on what's not. Plus, it will help keep you going when self-discipline and personal motivation fall short.

Whether you met your goals this past year or not, you have done some things worth celebrating! You have made some hard decisions, gotten stuff done, pushed through difficulty, and probably even learned a few things in the process. THAT deserves to be celebrated!

The more you let yourself be thankful for the progress you have made, the more energized you'll be to make even more progress in the days to come.

Day 1: Reflect & Celebrate

Answer the following questions to reflect on the previous year (12 month period) and recognize some wins, lessons and progress.

REFLECT

1. What is something you did this year that you're proud of?
2. What are some of the obstacles you came through this year?
3. What is something new you learned this year?
4. What is a mistake or negative situation that caused you to grow?
5. What is something you did that was hard, but you did it anyway?
6. What is the fruit (or result) of something good you did?
7. What hard choices or shifts did you make that helped bring about those results?

[Optional: Repeat the above exercise, but substitute "this past decade" for "this year."]

Day 1: Reflect & Celebrate

RELEASE

What unmet expectations (of your own or that others had for you), disappointments, or missed opportunities from this past year do you need to let go of right now in order to get a fresh start? Write them below.

1. _____

2. _____

3. _____

Now for each one, say out loud, "I release _____ and any hold it has on me and I receive grace for a fresh start." Then take a deep breath and envision yourself breathing in fresh hope & freedom and breathing out unmet expectations, guilt & shame.

CELEBRATE

Use a few of the answers from the Reflect section to fill these out. No matter how big or small they seem, say them out loud and CELEBRATE your progress!

I'm so glad I decided to _____

I'm thankful that I pushed through _____

I'm proud of myself for _____

I have really improved in _____

I have definitely learned _____

I am incredibly grateful for _____

Day 2

A photograph of a white wooden table with a potted plant and a mirror. The plant is in a gold-colored pot and sits on a small stand. A mirror is leaning against the table, reflecting the plant and the table itself. The background is a light blue wall.

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born." -Dale Turner

DREAM BIG

We all have dreams & passions. If they've gotten a little lost or hidden, now is the time to wake them up and give them a new life.

You can't achieve BIG things if you don't let yourself dream big first. J.C.R. Licklider said, "People overestimate what can be done in one year, and underestimate what can be done in ten."

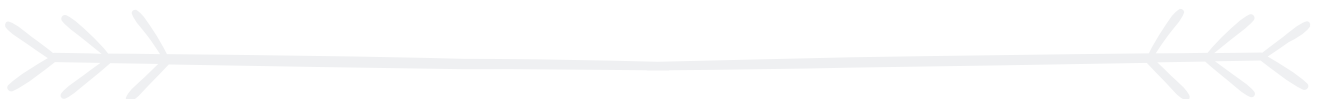
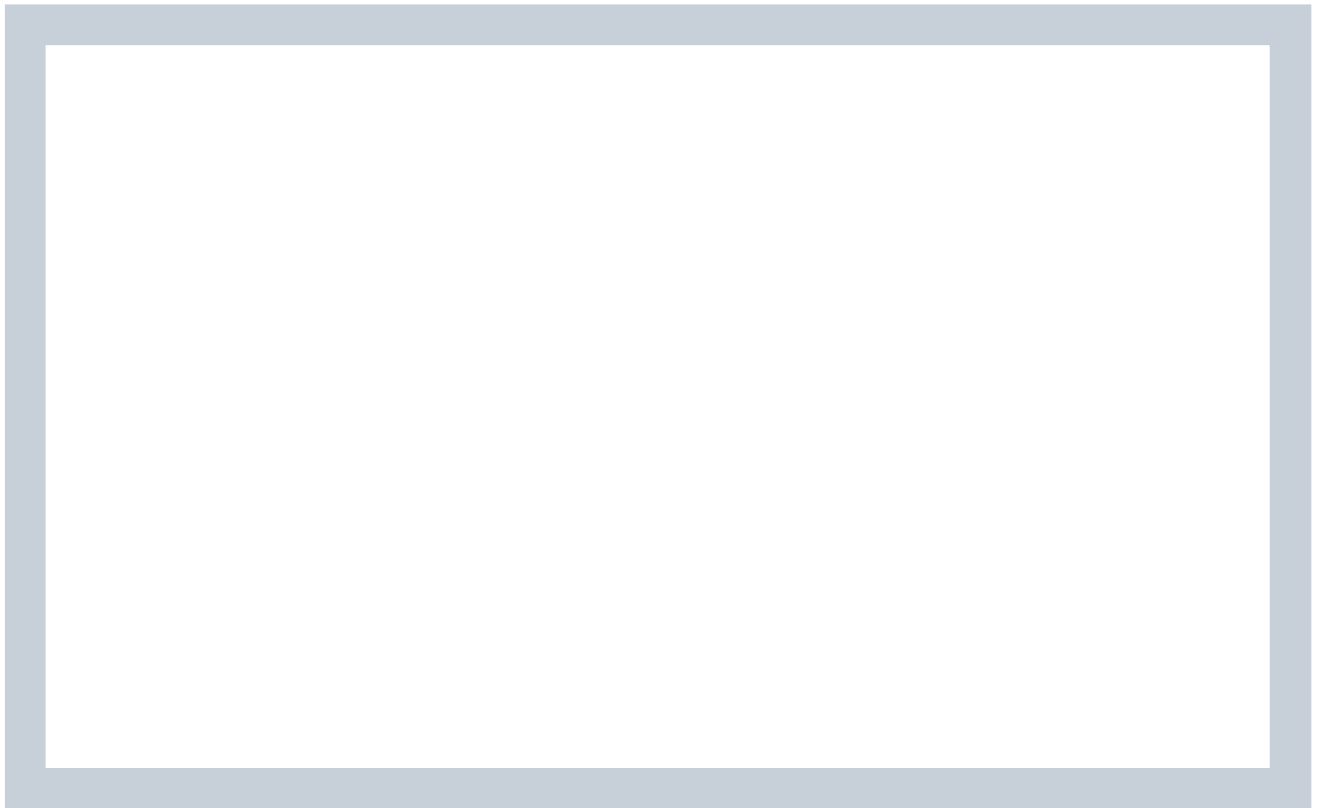
It's easy to set HUGE goals and set ourselves up for disappointment when we reach the end of a month or a year and haven't achieved them. But what could you do in 10 years? If your dream can easily be accomplished in one year, you might not be dreaming big enough. Now is the time to dream big, and start shaping who you are...your life, your values and your personal culture to help you become the person you need to be to walk out the dream.

Day 2: Dream Big

Take a few minutes to dream of who you want to become over the next 10 years. This doesn't have to be overwhelming. It just helps you paint a picture of what you want to move towards.

BEING

Imagine yourself 10 years in the future and describe that person below. What are you like? How would others describe you? What marks you? How do you handle challenges? How do you handle successes? How do you view yourself? Are you content? [Focus on character, personality & mindset, not occupation or accomplishments.]



Day 2: Dream Big

Answer the following questions to dream of what you want to do over the next 10 years.

DOING

Imagine yourself 10 years in the future, in terms of what you spend your time on and what you have accomplished.

1. What is the same about your life as it is now? What is different?
2. If fear or money didn't hold you back, what would you accomplish in the next 10 years?
3. What dream do you have that you feel afraid or embarrassed to share with others?
4. How are you spending your time 10 years from now?
5. Why do you want to achieve these dreams? How will this impact your life, your family, your community, or the world?



"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

-Colin Powell

MAKE A PLAN

Abraham Lincoln said, "The best way to predict your future is to create it." So many people fail to make consistent progress in life because they view themselves as a victim of their circumstances.

But those who recognize that THEY are empowered to push through difficulty, rise from the ashes, and shape the world around them are the ones who make lasting change.

Research shows that people who set actual, tangible goals are 10 TIMES more likely to achieve what they want, than those who don't. In order to make your dream a reality, you have to make a plan.

Day 3: Make a Plan

Identify two primary goals for this year: One thing to do and one thing to become. But first, it's important to know why goals sometimes don't work.

3 Reasons Goals Fail

1. They are not specific

If your goal is "to be more healthy this year," how do you track progress? How do you know if you have succeeded? How do you plan? Instead, if your overall vision is to be more healthy, make your goals to drink 8 glasses of water each day and exercise for 30 minutes 5 days per week. That will give you a plan to follow and a way to track your progress to measure success.

2. They are not realistic (or healthy/wise)

If your goal is to get your 4-year degree in 2 years, but you are also working full-time and have young kids, that's probably not realistic. Don't set yourself up for failure by making your goal so lofty that it would come at the expense of the things that are most important, like your family, your health, etc.

3. They rely fully on self-discipline

When we think of goals, we usually think of self-discipline. But more and more research is suggesting that the best way to achieve your goals is to build them into your daily habits so they become automatic and even easy to make progress on each day. If your goal is to learn the guitar, don't store your guitar in the back of a closet. Set it out on a stand in your living room so you have quick access to it daily.

Now let's set some goals that will succeed!

Day 3: Make a Plan

Why only one? To be realistic and stay focused. Feel free to come back to this workbook any time and go through the process again with a new goal!

Who You Want to Become: Choose 1 Goal

What is one thing about your character, personal culture or mindset that you want to change or make progress on this year?

Examples:

- Become someone who walks in peace and isn't quick to get angry
- Become someone who enjoys the moment and isn't always in a hurry
- Become someone who is extravagantly generous
- Become a more supportive wife/mom/friend
- Become someone who does hard things, even if you're afraid

1. What is the big picture vision of who you want to become this year?

2. What will this look like specifically?

3. How will you know you are making progress?

4. How will others recognize you're making progress?

Day 3: Make a Plan

Why only one? To be realistic and stay focused. Feel free to come back to this workbook any time and go through the process again with a new goal!

What You Want to Do: Choose 1 Goal

What is one thing you want to accomplish or make progress on this year?

Examples:

- Start or Grow a Business
- Go back to school, get a certification or learn a language
- Declutter your house, pay off debt or buy a house
- Read 30 books, write a book, or launch a podcast

1. What is the big picture vision of what you want to do this year?

2. What will this look like specifically?

3. How will you know you are making progress?

4. How will others recognize you're making progress?

Day 4



"He who is best prepared can best serve his moment of inspiration."

-Samuel Taylor Coleridge

PREPARE YOURSELF

Two of the biggest obstacles that stand in the way of our dreams are FEAR and BUSYNESS.

So many people have dreams and goals and glorious things they want to accomplish in life, and yet over and over again, the excuses I hear from people boil down to fear or simply that they are too busy or distracted to get it done.

We all face challenges on the journey of growth, but how you choose to respond to those challenges makes all the difference. Every time an obstacle arises...a rock in your path...you can let it stop you, or you can use it to build.

One of the best ways to stay motivated is to anticipate challenges and decide ahead of time how you will respond. Don't let a little rock get in your way.

Day 4: Prepare Yourself

Who You Are Becoming: Preparing for Obstacles

1. What do you think will be the biggest obstacles for you becoming?

How could you prevent or respond to these obstacles?

2. What excuses are going to rise up, preventing you from making progress?

If you give in to the excuse, what will be the cost? What will you miss out on or who will suffer?

What can you say to yourself to overcome these excuses?

3. What things might others say to deter or discourage you?

How will you respond?

4. What will be the biggest fear you'll need to push through?

What tools, words, relationships or resources will you use to push through that fear?

Day 4: Prepare Yourself

What You Want to Do: Preparing for Obstacles

1. What do you think will be the biggest obstacles for you in what you want to do?

How could you prevent or respond to these obstacles?

2. What excuses are going to rise up, preventing you from making progress?

If you give in to the excuse, what will be the cost? What will you miss out on or who will suffer?

What can you say to yourself to overcome these excuses?

3. What things might others say to deter or discourage you?

How will you respond?

4. What will be the biggest fear you'll need to push through?

What tools, words, relationships or resources will you use to push through that fear?



"Most of us spend too much time on what is urgent and not enough time on what is important."

-Stephen R. Covey

CLARIFY YOUR PRIORITIES

If you don't clearly define what is most important to you and what you want to spend your time on, everyone else will decide for you.

One of the reasons many people fail to make progress on their goals of doing and becoming is that they try to add it on to their already full lives, instead of getting rid of things to make room for what is most important.

If you really want to become the person you want to be and move forward in your dreams, it's time to make some hard decisions about who you're NOT going to be and what you're NOT going to do as well. This is just as important.

Don't ask yourself if you're getting it all done; ask yourself if you're spending your time doing the things that matter most to you. If not? It's time to say no.

Day 5: Clarify Your Priorities

What are the non-negotiables in your life and schedule? Clarify those below. (Things like God, family, health, self-care.)

What can you simplify, automate, delegate or get help with to make more time for what's most important to you?

What do you need to say NO to this year to make space (time, energy, financial, mental, or emotional space) for your goals & non-negotiables?



Day 6

"If you believe you can change - if you make it a habit - the change becomes real."

-Charles Duhigg

SHAPE YOUR ENVIRONMENT

People are shaped by their environments. But what many people fail to recognize is that they also hold the power to shape their own environment...which in turn continues to shape them.

Therefore, if you truly want to make changes in your life, you have to alter your environment to support those changes. If you want to eat healthy food, you must change the environment of your kitchen so that it only holds healthy food.

Big changes don't happen overnight. They happen over years, each year made up of individual days where a tiny bit of progress is made at a time.

Instead of relying on your own self-discipline, begin to build habits and craft your environment so that the changes you want to see become inevitable.

Day 6: Shape Your Environment

Create some practical action steps for yourself in order to shape your environment to make your goals as easy, natural, and enjoyable as possible using the prompts below.

How can you shape your home/living space to make progress as easy as possible?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

How can you tweak your daily routines to make progress automatic & simple?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

How will you stay accountable? (Reminders, relationships, celebrating wins, etc.)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



"If you change the way you look at things, the things you look at change."

-Wayne Dyer

FOCUS YOUR MINDSET

Every culture has a language. In the same way, your personal culture has a language and your words are powerful. The words you speak to yourself in your own mind are shaping your view of yourself, others and the world on a daily basis.

Oftentimes our own self-doubt or limiting barriers are the biggest barrier between us and becoming the person we were created to be or achieving those dreams that feel like a longing in our soul.

Courage is not the absence of fear, but the perseverance through it. The best way to shape your personal culture is to adjust your mindset and the words you are speaking to yourself and about yourself on a daily basis.

What do you really need to hear? Focus on speaking words of truth and hope and let the power of your words help your mind see that anything is possible.

Day 7: Focus Your Mindset

In order to push past fears and doubts, it's important to identify the thoughts that are holding you back and start to REPLACE them with a new truth. Identify 3 primary fears, doubts or obstacles here (you can refer to Day 4 for ideas) and create a phrase to tell yourself when you're struggling (see next page for ideas).

Example 1: I'm afraid to finish this because it's not going to be perfect.

Example 1: Done is better than perfect! (Go for 95%, not 100%)

Example 2: People might think I'm stupid or reject me.

Example 2: What others think of me is their problem, not mine.

Negative Thought

Positive Replacement

Day 7: Focus Your Mindset

As a follower of Jesus, the most powerful "positive truths" I have found come from God's Word. Here are some amazing truths you can use to shape your mindset.

- I am a Child of God. 1 John 3:1
- I was created in the image of God. Genesis 1:27
- I am far more precious than jewels. Proverbs 31:10
- I have been set free to experience true freedom. Galatians 5:1
- I am COMPLETE in Christ! Colossians 2:10
- My hope is in the Lord. Psalm 62:5
- I was created by God for His glory. Isaiah 43:7
- God's love for me is great. It reaches to the heavens. Psalm 58:10
- I am clothed with strength and dignity. Proverbs 31:25a.
- God's divine power gives me everything I need for life. 2 Peter 1:3
- I am fearfully and wonderfully made. Psalm 139:14
- My beauty is not from outward adornment, but my inner self. 1 Peter 3:3-4
- I can laugh without fear of the future. Proverbs 31:25b.
- I am deeply rooted in the love of Jesus. Ephesians 3:17-19
- I am CHOSEN by God. 1 Peter 2:9
- God is able to do immeasurably more in my life than I can imagine. Eph. 3:20
- God's power is made perfect in my weakness. 2 Corinthians 12:9
- I am God's masterpiece. Ephesians 2:10
- I am kept in God's perfect peace. Isaiah 26:3
- Before God formed me in the womb, He knew me. Jeremiah 1:5
- I have been made HOLY by the blood of Jesus Christ. Hebrews 13:12
- God has a GOOD plan for my life. Jeremiah 29:11
- God speaks to me and I can hear God's voice. John 10:27
- I have been saved by GRACE, not by works. Ephesians 2:9
- I have a safe refuge in God. Psalm 46:1
- NOTHING can separate me from God's love! Romans 8:38-39

Best Year + Best You

What is your ONE BIG GOAL for Who You Are Becoming this year?

Why is this important? (How will it affect your life, family, the world)

What small daily things will you do?

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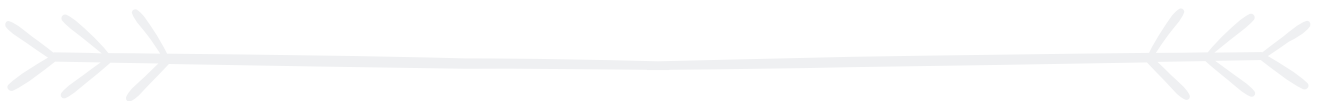
What does progress look like for this?

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What will you say NO to or choose to set aside to make this a priority?

What fears or obstacles do you anticipate?

What "language" will you use to encourage yourself and overcome?



Best Year + Best You

What is your ONE BIG GOAL for What You Want to Accomplish this year?

Why is this important? (How will it affect your life, family, the world)

What small daily things will you do?

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What does progress look like for this?

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