

CHÉRINE KURDI

ENVISION WORKBOOK

CREATING A YEAR THAT FEELS GOOD

Getting clear on what you want.

Recommitting to what truly matters.

Giving time to what lights YOU up.

WHAT WORKED THIS YEAR ?

What have you accomplished?

What have you celebrated?

What did you overcome?

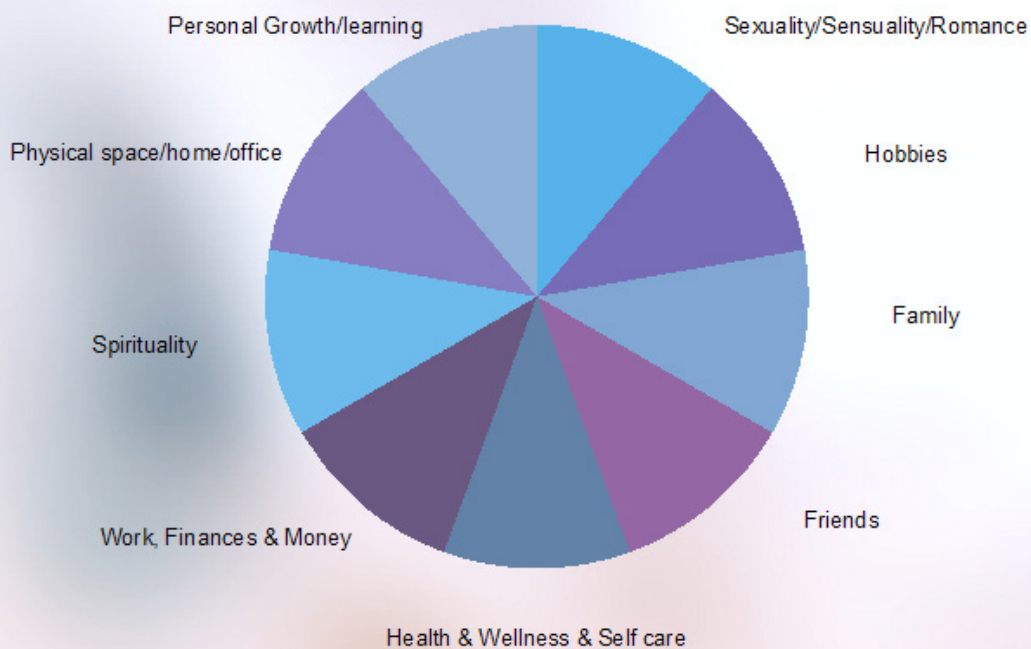
What were your big and small wins?

List the three best things you're satisfied with this passed year:

In terms of progress, growth and joy and everything that made you light up in the passed year.

WHEEL OF LIFE

HOW SATISFIED ARE YOU IN EVERY AREA OF YOUR LIFE?



List three things about this year that you're dissatisfied with or could have been better:

1.

2.

3.

HOW DO YOU WANT TO FEEL THIS COMING YEAR?

I want to feel...

What will make you feel the way you want to feel in..

Business

Finances/ Money/ Investments

Family

Friendship

Personal Growth

Health/Body/ Wellbeing

Romance

Fun/Hobbies

Physical Space

Determine 5 things you want to FOCUS on in this coming year or phase of your life

FOCUS 1

FOCUS 2

FOCUS 3

FOCUS 4

FOCUS 5

Pick 3 TOP focus.

What does SUCCESS MEAN TO YOU

Measure the success of each GOAL you want to FOCUS on

Measurement of FOCUS 1

Measurement of FOCUS 2

Measurement of FOCUS 3

MY STOP DOING LIST

MY SELF CARE PLAN