

DAILY ALIGNMENT ANCHOR

1. I am grateful for:

2. I am looking forward to:

3. I am consistently working towards pulling off:

3. My target date is: _____

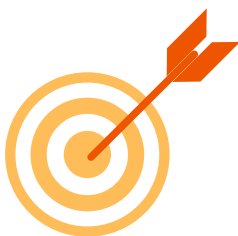
4. I am prioritizing this habit until it becomes natural:

5. What can I learn from yesterday and apply going forward?

6. Who are you?: I {am/do/feel...}

7. What do you need to believe to achieve your goals?

8. Have the last 24 hours reflected this priority in your thoughts, actions, and attitude?



10 = Yes across the board (7 is a shrug and irrelevant)

1 2 3 4 5 6 8 9 10

A horizontal orange bracket is positioned below the numbers 8, 9, and 10, grouping them together.

| YOU'VE GOT THIS. WE'VE GOT YOUR BACK



KICKSTARTOLOGY COACHING

2020 YEAR IN REVIEW

TAKING 100% RESPONSIBILITY

Assess the following life elements without any blame or judgement, but simply to identify patterns and opportunities for 2021.

1. Your 2020:

- Problematic Unsatisfied Satisfied Thrilled

What's the best thing that happened, and what can you learn from this?

What do you never want to go through again, and what can you learn from this?

How have you changed in the last year?

Are you satisfied with your current trajectory or do you want to change it, either in what you are going towards, or the speed and focus?

Do you trust yourself to make it happen? Y / N

What habits and skills do you need to develop in order to make it happen?

2020 YEAR IN REVIEW

CAREER

1. Your 2020 Career development and accomplishments:

Problematic Unsatisfied Satisfied Thrilled

2. What worked?

3. What didn't work?

4. What can you learn from 2020 and apply going forward?

6. Any broad ideas or specific goals for 2021?

What obstacles might come up and how can you address them?

2020 YEAR IN REVIEW

MONEY

1. Your 2020 Financially:

- Problematic Unsatisfied Satisfied Thrilled

2. What worked?

3. What didn't work?

4. What can you learn from 2020 and apply going forward?

6. Any broad ideas or specific goals for 2021?

What obstacles might come up and how can you address them?

2020 YEAR IN REVIEW

FAMILY / HOME

1. Your 2020 on the home front:

Problematic Unsatisfied Satisfied Thrilled

2. What worked?

3. What didn't work?

4. What can you learn from 2020 and apply going forward?

6. Any broad ideas or specific goals for 2021?

What obstacles might come up and how can you address them?

2020 YEAR IN REVIEW

SOCIAL CONNECTION

1. Your 2020 Connected:

Problematic Unsatisfied Satisfied Thrilled

2. What worked?

3. What didn't work?

4. What can you learn from 2020 and apply going forward?

6. Any broad ideas or specific goals for 2021?

What obstacles might come up and how can you address them?

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2020 YEAR IN REVIEW

PHYSICAL HEALTH HABITS

1. Your 2020 physical health and habits:

Problematic Unsatisfied Satisfied Thrilled

2. What worked?

3. What didn't work?

4. What can you learn from 2020 and apply going forward?

6. Any broad ideas or specific goals for 2021?

What obstacles might come up and how can you address them?

2019 YEAR IN REVIEW

MENTAL HEALTH HABITS

1. Your 2020 mental health and habits:

Problematic Unsatisfied Satisfied Thrilled

2. What worked?

3. What didn't work?

4. What can you learn from 2020 and apply going forward?

6. Any broad ideas or specific goals for 2021?

What obstacles might come up and how can you address them?

2021:

GOALS

Brainstorm: What could you choose to accomplish in 2021 and set as Star Goals or Support Goals?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

If a habit takes an average of 66 days to create and you can work on two at a time, what ten habits could you create in 2021 for the greatest impact?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

What goals and habits above do you want to focus on first?

