

# BRING IT!



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## WORKSHEET 1

YOUR 2020

*Choose one word that most expresses you this last year.*

*How does that word represent you?*

*How were you feeling when you chose that word?*

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## WORKSHEET 2

LOOK BACK WITH LOVE

*What were you thankful and grateful for last year?*

*What stands out as an accomplishment for you?*

*What will you always remember?*

*“The best way to show my gratitude is to accept everything, even my problems, with joy” -Mother Teresa*

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## WORKSHEET 2

LOOK BACK WITH LOVE

*What worked for you?*

*Where did you kick ass?*

*“The best way to show my gratitude is to accept everything, even my problems, with joy” -Mother Teresa*

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## WORKSHEET 3

KEEP LOOKING ' CAUSE IT'S NEVER ALL ROSY

*What was tough about last year?*

*Where did I not do as well as you expected?*

*What didn't work for you?*

*Last year taught me that \_\_\_\_\_ is so very important to me.*

*“We don't see things as they are, we see them as we are.” -Anais Nin*

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## WORKSHEET 3

KEEP LOOKING ' CAUSE IT'S NEVER ALL ROSY

*Last year taught me that I am more aligned with myself in these ways...*

*The most important personal understanding that I learned from last year was ...*

*Last year taught me to call myself forth to be more...*

*Last year taught me to call myself forth to be less...*

*“We don’t see things as they are, we see them as we are.” -Anais Nin*



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## WORKSHEET 4

KISSING GOODBYE WHAT DOESN'T SERVE ME  
WITH LOVE AND GRATITUDE

*By lovingly kissing last year goodbye, I'm letting go of my old story that...*

*By lovingly kissing last year goodbye, I'm letting go of these habits that don't serve me well...*

*By lovingly kissing last year goodbye, I will remember that...*

*"The more one does and sees and feels, the more one is able to do, and the more genuine may be one's appreciation of fundamental things like home, and love, and understanding companionship" -Amelia Earhart*

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## **WORKSHEET 4**

KISSING GOODBYE WHAT DOESN'T SERVE ME  
WITH LOVE AND GRATITUDE

*By lovingly kissing last year goodbye, I will stop believing...*

*By lovingly kissing last year goodbye, I will keep these strengths as part of me...*



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## WORKSHEET 5

GREETING AND HUGGING THIS YEAR!

*Where and when do you feel...*

*at your best?*

*most confident?*

*most at home?*

*most aligned with yourself?*

*most energized and alive?*

*I have come to realize making yourself happy is most important. Never be ashamed of how you feel. You have the right to feel any emotion you want, and do what makes you happy. That's my life motto. -Demi Lovato*

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## WORKSHEET 5

CONTINUED

*Who do you need...*

*to thank?*

*to forgive?*

*to release?*

*to pay attention to?*

*to support more?*

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## WORKSHEET 5

CONTINUED

*Overall, how do you want to feel?*

*What generally makes you feel that way?*

*What generally makes you feel that way?*

*How do you want to feel in...  
your relationships?*

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## WORKSHEET 5

CONTINUED

*your paid work?*

*your creativity?*

*your health?*

*your personal development?*

*your finances?*

*“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou*

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## WORKSHEET 5

CONTINUED

*your family/your parenting?*

*your contribution to society?*

*your spirituality?*

*your self care?*

*your sex life?*

*What are the ways I most want to feel this year?*

*What themes do I see in how I want to feel?*

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## WORKSHEET 6

### MAKING IT ALL HAPPEN

*What are some of activities that will bring you those feelings in each of those areas?*

*your relationships?*

*your paid work?*

*your creativity?*

*your health?*

*your personal development?*

*your finances?*

*“The secret of getting ahead is getting started” - Sally Berger*



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## WORKSHEET 6

CONTINUED

*your family/your parenting?*

*your contribution to society?*

*your spirituality?*

*your self care?*

*your sex life?*

*How will those activities bring you closer in alignment to your deep core?*

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## **WORKSHEET 6**

CONTINUED

*What are your highest priorities this year that will align you with your deep core and give you the feelings you want to have?*

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## WORKSHEET 7

### NON-RESOLUTIONS

*What resolutions will align you with what you really want and deliver the feelings you are looking for? State them...*

*I resolve to...*

*I resolve to...*

*"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." – Helen Keller*

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## WORKSHEET 7

CONTINUED

*I resolve to...*

*I resolve to...*

*I resolve to...*

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## WORKSHEET 7

CONTINUED

*Who would you be and what would your life look like if you felt the way you want to feel?*

*Where do you need to grow to become to be the person who achieves these resolutions?*

*What beliefs, assumptions or behaviors will you need to revise or let go of to succeed?*

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## WORKSHEET 7

CONTINUED

*How emotionally engaged are you to making this change?*

*What is your first step to making your resolutions a success? What is your second step? What is your third step?*

*“Life shrinks or expands in proportion to one’s courage” -Anais*



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## **WORKSHEET 8**

DESIGN YOUR SUPPORT STRUCTURE

*What will keep you on track when things get tough?*

*“Life is not a solo act. It’s a huge collaboration, and we all need to assemble around us the people who care about us and support us in times of strife.” – Tim Gunn*

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## **WORKSHEET 8**

### DESIGN YOUR SUPPORT STRUCTURE

*What will you do when you get distracted, discouraged or your inner mean girls make you doubt yourself?*

*Who can you ask for help? Name a partner or a group who you can reach out to.*