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KICK YOUR
OWN ASS
WWOMEN'S
COACH&

CRAVE MORE »LIFE

cravemorelife.com



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?



What were you thankful and grateful for last year?

What stands out as an accomplishment for you?

What will you always remember?



What worked for you?

Where did you kick ass?



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.

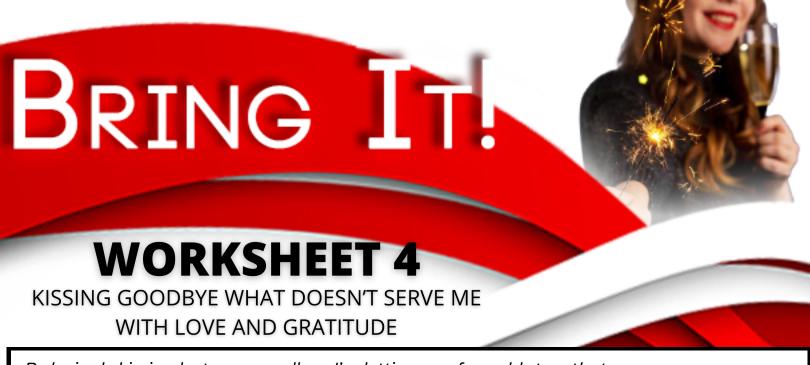


Last year taught me that I am more aligned with myself in these ways...

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...



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...



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...



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



Who do you need...

to thank?

to forgive?

to release?

to pay attention to?

to support more?



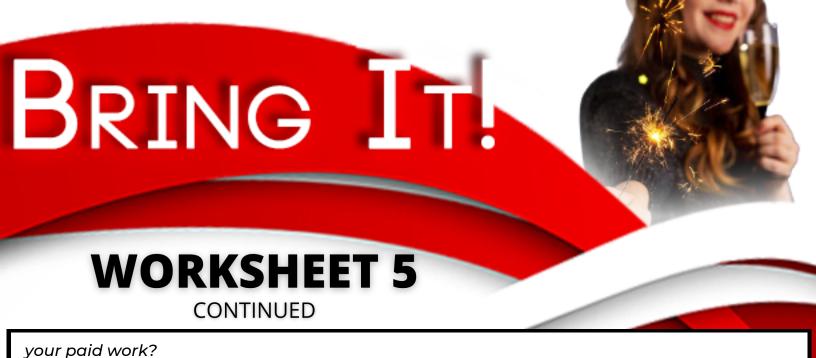
Overall, how do you want to feel?

What generally makes you feel that way?

What generally makes you feel that way?

How do you want to feel in...

your relationships?



your creativity?

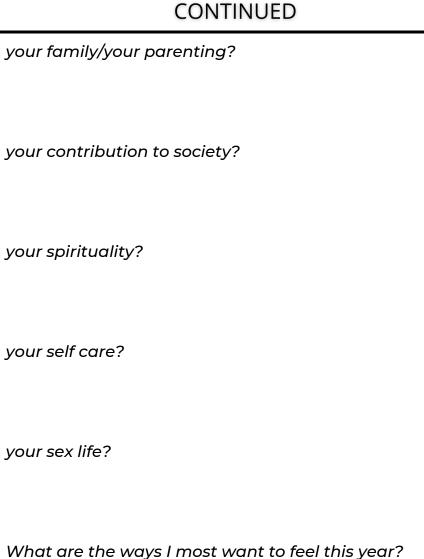
your health?

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



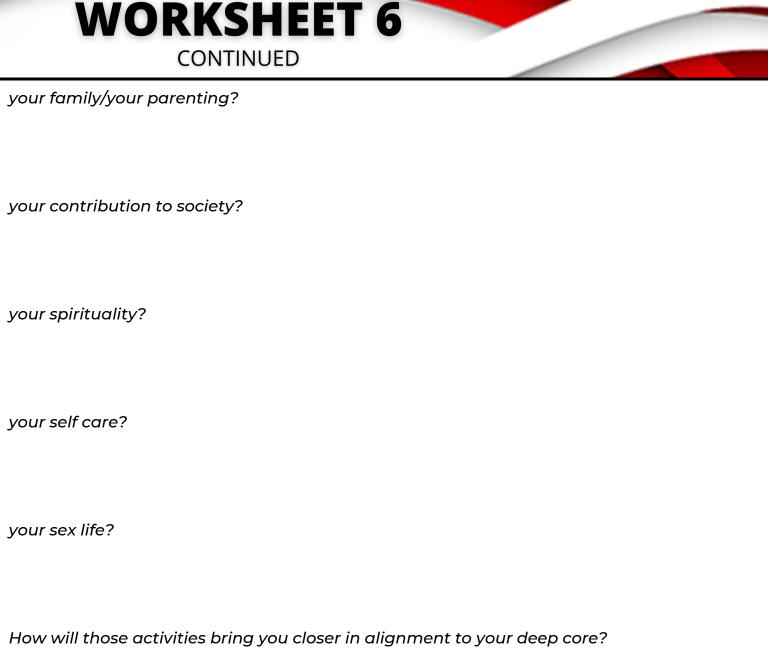


What themes do I see in how I want to feel?



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?







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



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...



I resolve to...

I resolve to...

I resolve to...



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?



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?



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 is and support us in times of strife." – Tim Gunn



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.