

# Comadre Coaching's New Year Jumpstart!



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Four Simple Steps to Plan an Amazingly  
Productive, Relaxing, and Fulfilling Year  
...without overwhelm, frustration, and stress

## FREE SNEAK PEEK!

-1-

# Step 1: The Year in Review

**For each of the following categories, list 3-5 successes that you achieved this past year that you're proud of and grateful for.**

Write those down in the **Successes** box. If you have a hard time thinking of successes for any one category, then focus on what you are personally grateful for. Even if you suffered poor health this year, at least you're alive, right? That is something to be grateful for, therefore it is a success!

(If you're someone who can't think of a single success in any category, then may I suggest you *strive for the ability to see your own successes* in the "self esteem" category)

**Then list 3-5 wishes you have for yourself in each of these areas.** You can also call these wishes "goals" or "things to achieve".

## Personal Finances:

Successes	My Wish for This Year
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## Relationships

Successes	My Wish for This Year
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### Self Esteem

Successes	My Wish for This Year
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### Goal Setting

Successes	My Wish for This Year
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### Fun / Recreational Activities

Successes	My Wish for This Year
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### Organization and Time Management

Successes	My Wish for This Year
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**Spirituality** (Relationship with Higher Power or Higher Self)

Successes	My Wish for This Year
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**Physical Health**

Successes	My Wish for This Year
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**Mental Health / Keeping My Serenity and Sanity Intact**

Successes	My Wish for This Year
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**Social Life**

Successes	My Wish for This Year
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### Career / Work/ Business

Successes	My Wish for This Year
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### Education / Learning New Things

Successes	My Wish for This Year
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Isn't it amazing how many successes you've already achieved?

**That's only Step 1 of the New Year Jumpstart Program.** To learn more about doing the next 3 steps and really getting a jump on 2006, go to

<http://www.ComadreCoaching.com/coaching/bestyetaryet2006.php>

Bye for now!

