[](https://www.bing.com/images/search?q=omaha+organization+development+network&view=detailv2&&id=11AC1E0D58506062F35A921BE9931B960BA61A2F&selectedIndex=0&ccid=cNlGUfQV&simid=608008838451629182&thid=OIP.M70d94651f415187155d890ee9baca2cbo0)

**Creating Your Effectiveness Plan & Intentions**

**2016**

My Successes/Wins/Achievements in 2016:

Disappointments and lingering upsets:

From a solid place of ownership, ask these questions:

|  |  |
| --- | --- |
| 1. What’s the progress I’ve made this past year – internally as well as externally? |  |
| 1. What makes me the most proud - what deserves celebrating? |  |
| 1. What am I newly owning of my power and impact? |  |
| 1. What has me dissatisfied – what needs more cultivating and more muscle? |  |
| 1. What lights the biggest fire inside me or under me? |  |
| 1. What scares me out of my boots? |  |
| 1. What is one old pattern I’m ready to break? |  |
| 1. What is the new pattern I’m ready to forge? |  |
| 1. What am I ready and willing to embrace, accept and forgive in myself or others so that I may continue to heal, change and expand? |  |

**My intentions for 2016**

(Stated as a desire that you already see happening. Let go of trying to make these happen; they will begin to take root without any help from you.)

|  |  |
| --- | --- |
| Category | Intention |
| Personal Growth |  |
| Family |  |
| Physical Health |  |
| Emotional Health |  |
| Friends |  |
| Time |  |
| Career |  |
| Fun/Pleasure/  Enjoyment |  |
| Physical Environment |  |
| Finances/money |  |

**Goals - List at least three for each:**

|  |  |
| --- | --- |
| Category | Goals |
| * Key Goals |  |
| * New skills to Learn/Develop/   Stretch |  |
| * Fabulous Adventures |  |
| * People to Get Closer To |  |
| * Issues to Resolve |  |
| * Boundaries to Set |  |
| * Things to Let Go Of |  |
| * Things to Claim |  |
| * New Forms of Personal Expression |  |
| * Radical Urges |  |

**What are the elements needed for my perfect 2016?**

**2016 is my year of (Name Your Year)**