

**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?
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| 1. What makes me the most proud - what deserves celebrating?
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| 1. What am I newly owning of my power and impact?
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| 1. What has me dissatisfied – what needs more cultivating and more muscle?
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| 1. What lights the biggest fire inside me or under me?
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| 1. What scares me out of my boots?
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| 1. What is one old pattern I’m ready to break?
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| 1. What is the new pattern I’m ready to forge?
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| 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
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| * 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)**