A top-down view of a desk with a laptop, a clipboard with a pen, and a cup of coffee. The laptop is silver and partially visible on the right side. The clipboard is on the left, with a pen resting on it. A cup of coffee is on the right side, below the laptop. The background is a light-colored, textured surface.

YOUR BEST LIFE 2022

W O R K B O O K

|

A workbook created to help you set vision & goals around the things that matter most.

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CARMEN KAMPMAN



ABOUT THIS WORKBOOK

Have you ever gotten to the end of a year and wish you had paid more attention? Had set goals for yourself?

Do you want to live in this next year with intentionality and focus but don't know where to start? If so, then this workbook is for you!

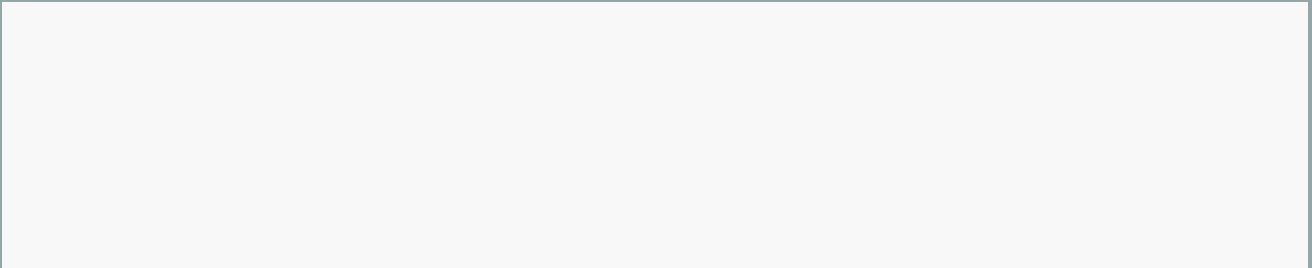
Start at the beginning and work your way through these reflection questions and planning sessions. BUT, don't rush! Give yourself ample time to process prayerfully; it may take several days to think and plan carefully.

Let's get started!

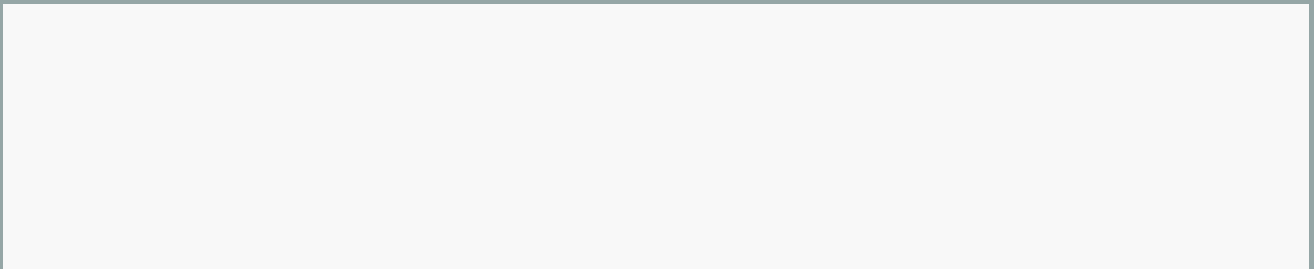
Carmen

REFLECTING ON 2021

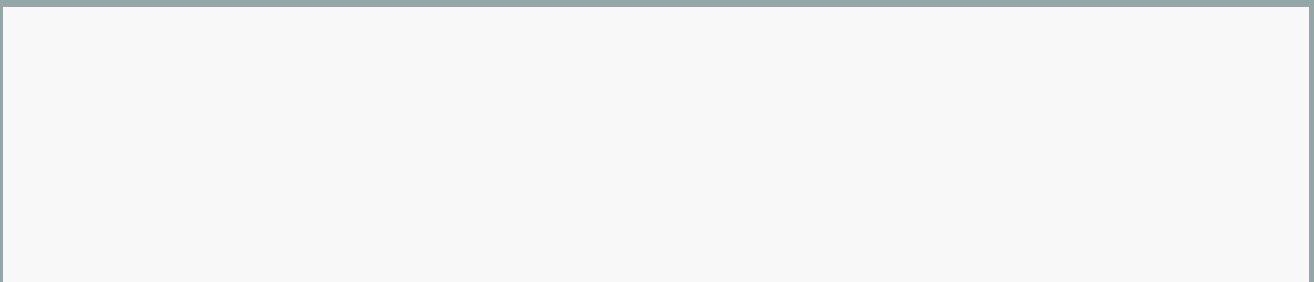
What are your favourite memories of the last year?



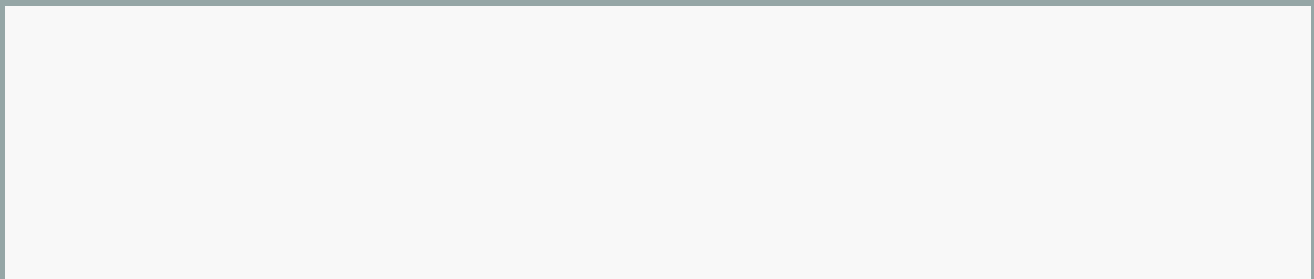
What did you accomplish or complete? What felt successful?



What were your biggest challenges? Your worst setbacks?

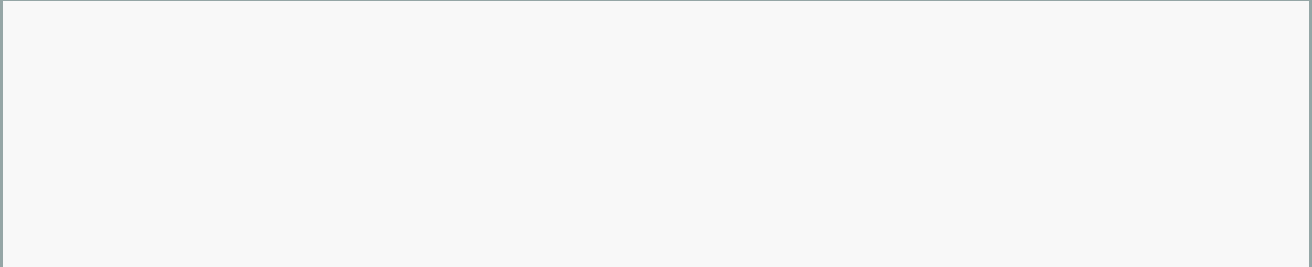


What obstacles did you overcome? What barriers did you break through?

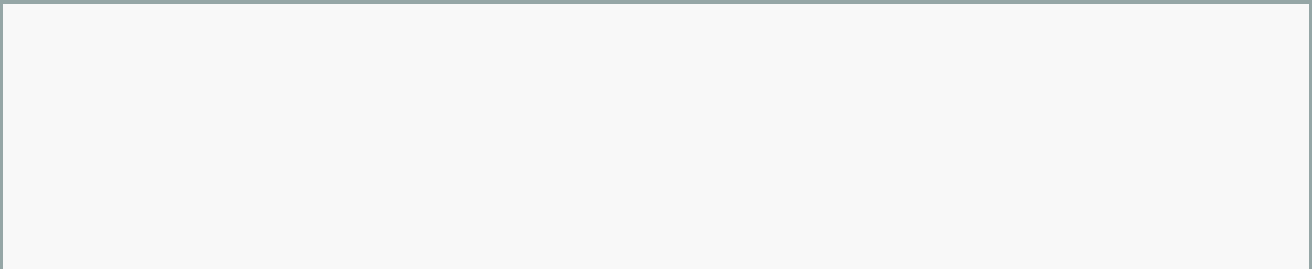


REFLECTING ON 2021

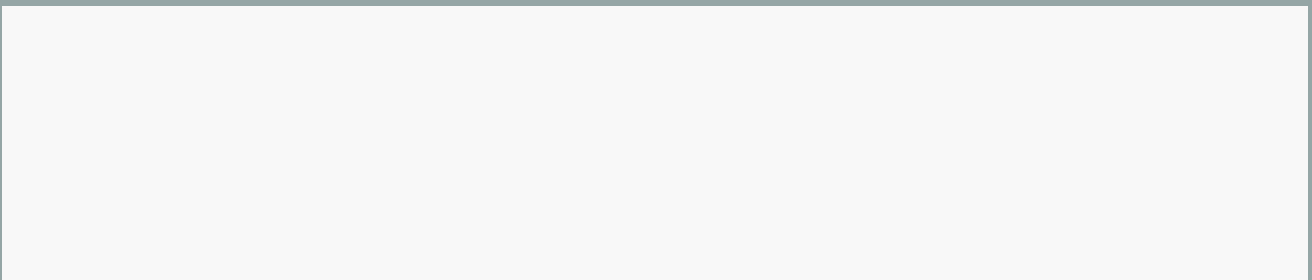
What supports & self-care systems did you have in place?
Who did you enjoy supporting and caring for?



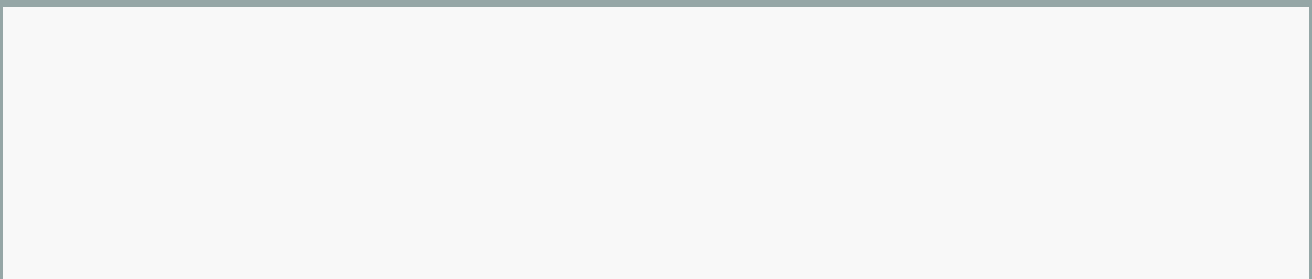
What did you learn about yourself in 2021?



What was time well spent? What was time wasted?

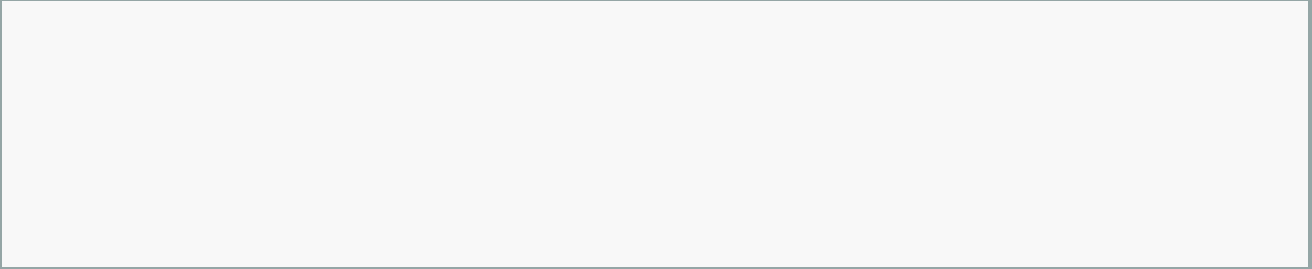


What was money well spent? What was money wasted?

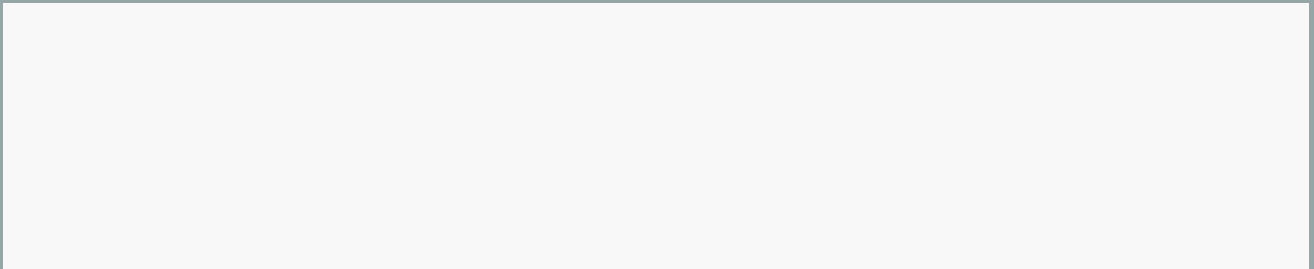


REFLECTING ON 2021

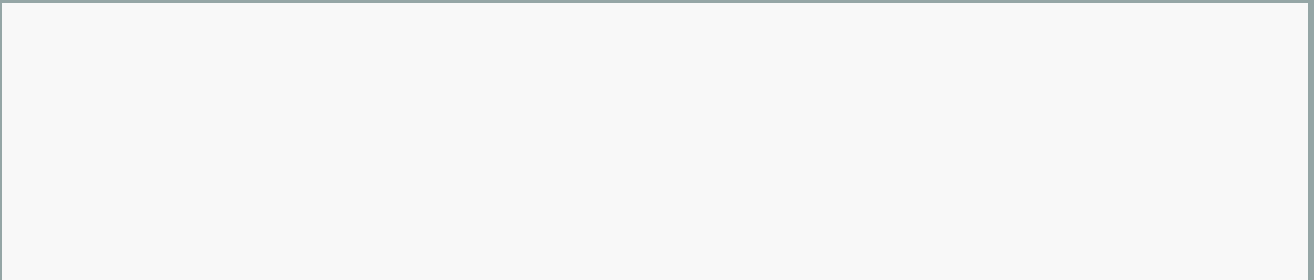
Was your health & wellness where you wanted it to be?



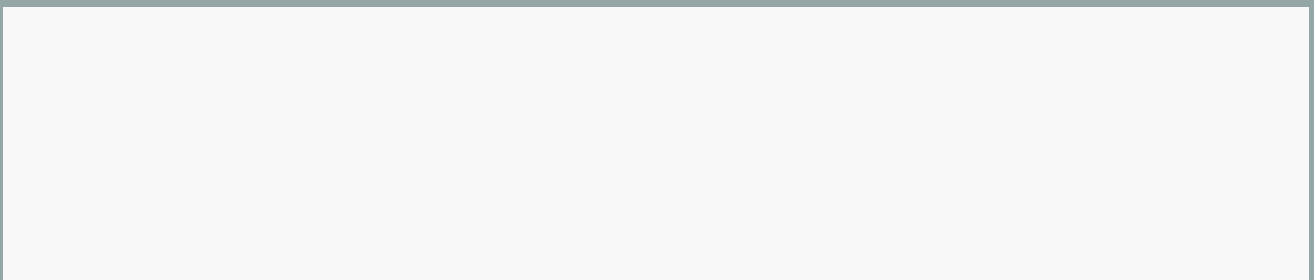
Did you show up for the relationships that most matter to you?



Do you have any unfinished business from 2021?

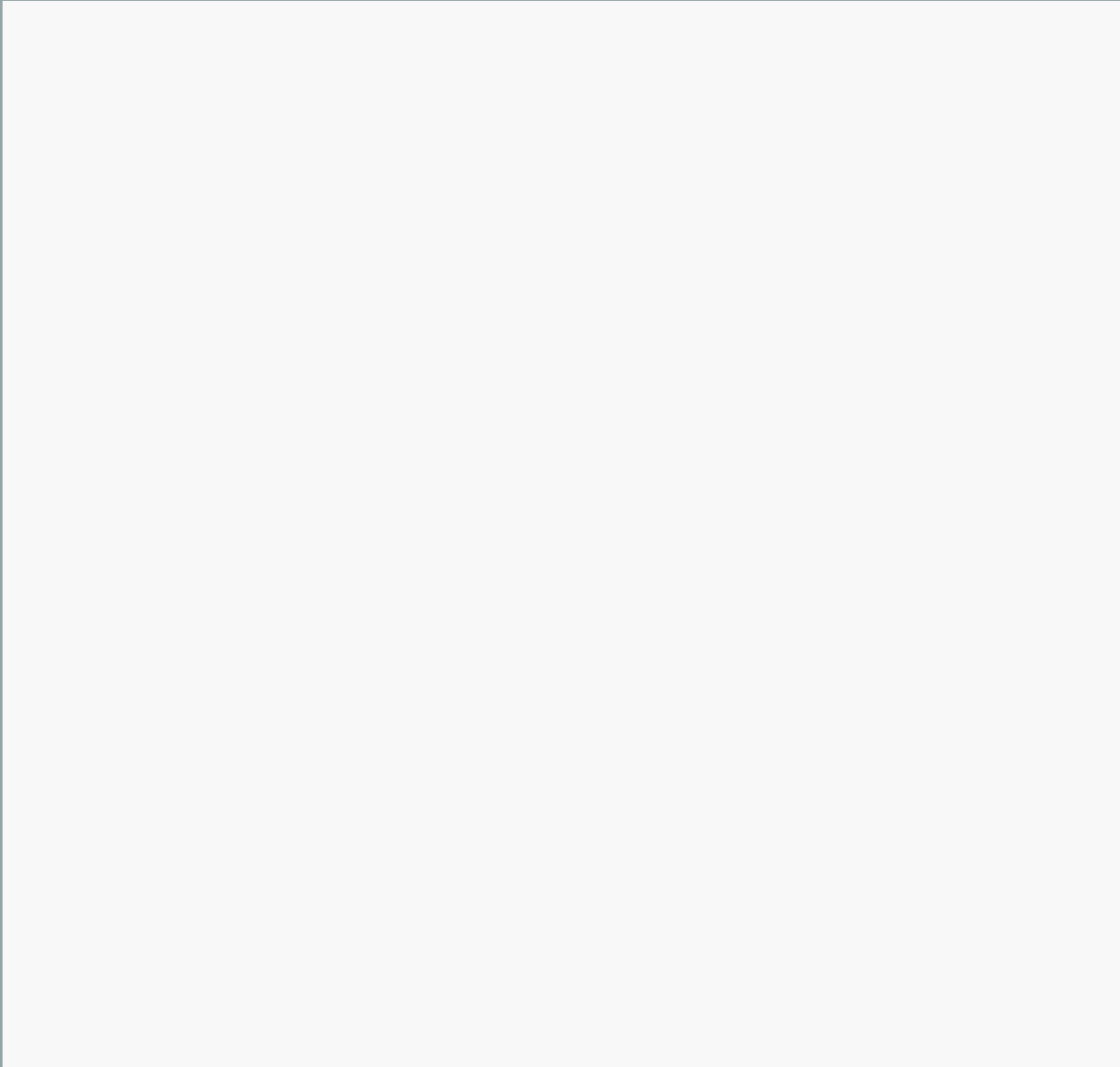


Did you have any bad habits in 2021 that you don't want to carry forward into 2022?

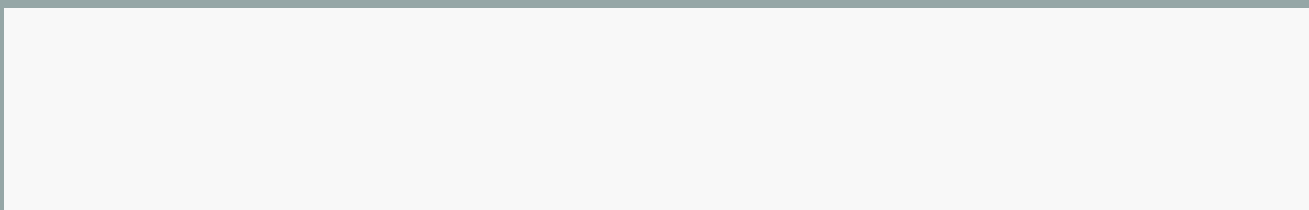


REFLECTING ON 2021

What were the main priorities in your life? List them in order of importance.

A large white rectangular area intended for the user to list their main priorities for the year 2021 in order of importance.

REFLECT: DID THOSE PRIORITIES SHOW UP IN MY SCHEDULE?

A white rectangular area intended for the user to reflect on whether their listed priorities were reflected in their actual schedule.

LOOKING AHEAD: VISUALIZATION

How would you like to see your life change this year in the following areas? Fill in this sentence stem. In the next 12 months

I AM ...

MY RELATIONSHIP ARE ...

FINANCIALLY I'M ...

SPIRITUALLY I'M ...

MENTALLY I'M ...

PHYSICALLY I'M ...

PLANNING FORWARD TO 2022

What has to happen in 2022 for it to feel successful?

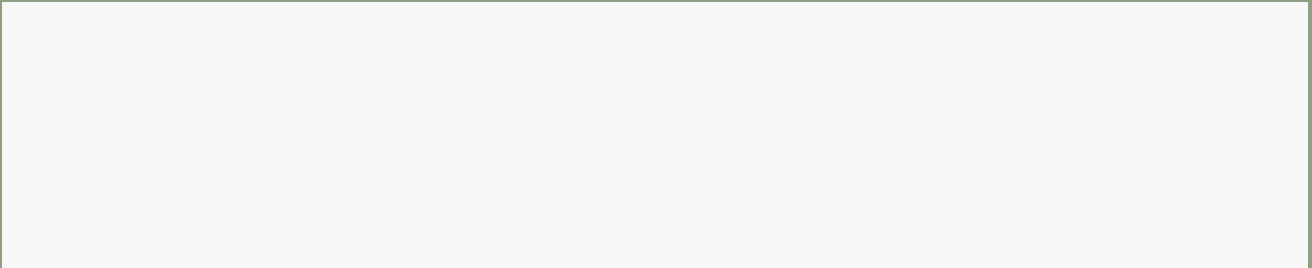
If your 2022 vision is realized, what will be different for you? About you?

What is something that could change your life for the better, but you've let fear hold you back from trying to achieve it?

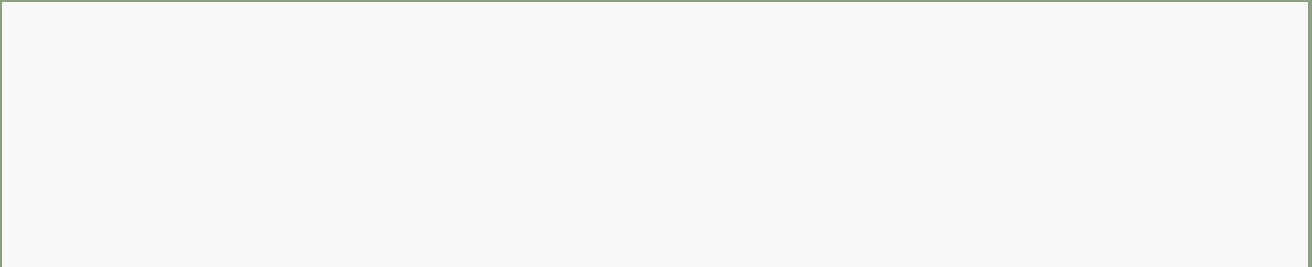
If you were to focus on this one thing, what are the actual costs (time, energy, and money) of this goal?

PLANNING FORWARD TO 2022

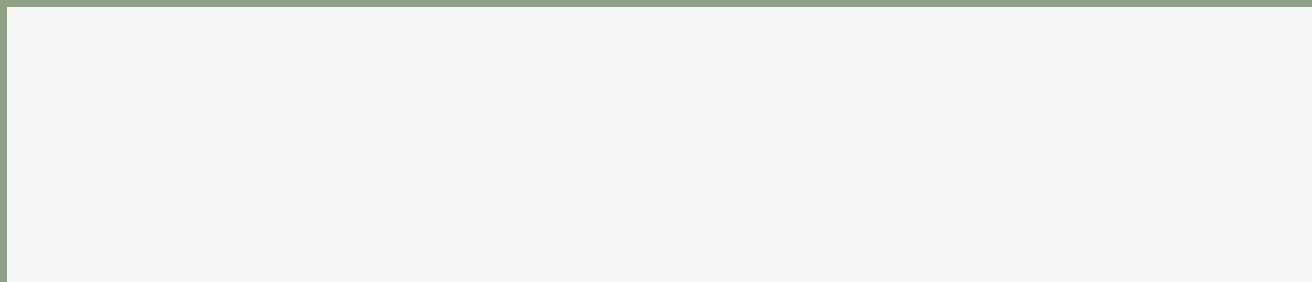
Who are your role models that are doing what you'd like to do? Name them and identify traits about them that are worth emulating. How might you adopt those traits?



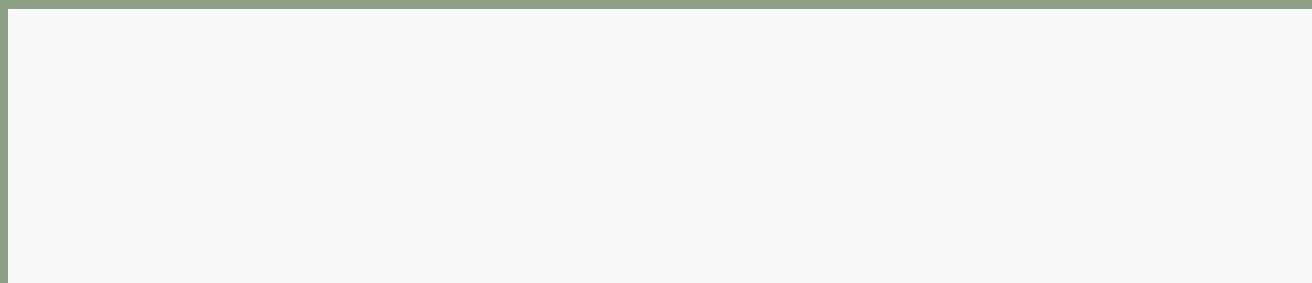
What actions will be required of you to realize your 2022 vision?



What will be different for your loved ones if your 2022 vision is realized?



What supports might you need this year? (Coach, Counselor, Friend, Community Group, etc.)



SOME TASKS

Take time to think through and answer the following questions.

HABITS

What habits do you need to stop that are sabotaging your change and success?

PROCESSES

What processes might be helpful for you to incorporate into your life?

PEOPLE

Who might you talk to about your habits and the changes needed?

SYSTEMS

What kinds of systems might help you achieve your goals?

CELEBRATION

How will you celebrate the wins along the way?

LEARNING

What new skills will you need to learn ?

NEXT STEPS IDEAS

NEXT STEPS IDEAS

MAKE A STRATEGY

From the above list, write down your most important next steps.
Next, strategize how you will achieve those goals.

MY MOST IMPORTANT GOALS

Goal

Strategies

Goal

Strategies

Goal

Strategies

Goal

Strategies

NOTES:

May it be a year of walking closely with Jesus, with the people you love, with your faith community, and may we win at the right things - the ones that bring God glory.



C A L L T O A C T I O N

If you have found this resource helpful, please share it with a friend!

You can follow me on Instagram at [@heypastorcarmen](#)