

Look back at the year and prepare for the upcoming year with this guide.

It's almost the end of the year, leading into the New Year. Before the New Year arrives you should take some time for personal development and review what all happened this past year good or bad. See how you can grow and develop from everything that you have experienced.

*Why is this the called "ultimate guide"?*

This guide won't be like others that just ask you what went well this year and that's it, oh no my friends. This ultimate guide will ask specific questions that will help you to be the ultimate version of yourself and live a lifestyle of abundance. Be open, respond and work through all the questions and assignments in this guide to get the best results out of your review and prepare yourself to win in the New Year.

Reviewing what your life should be an ongoing process but some of us wait for right before the New Year to start to reflect on our lives. Whether you have been reflecting all year or just thought about it when you ran across this guide this is for you.

### **Things you will need to do your personal annual review**

- 1. Set aside 1 hour to complete guide**
- 2. Choose a quiet place to reflect and complete guide**
- 3. Have something to write with pen and paper or your computer or tablet (for all you technology savvy folks)**

**That's all you need! + Let this ultimate guide lead you**

If you want too, for accountability let your family and friends know that you are doing a personal annual year review and they should too!

Forward this guide to your friends and family

**\*\*Be social with me Tweet or Instagram about your process @gojenbenefit with the ultimate guide\*\***

## **Part 1 The Not So good**

1. What absolutely sucked for you this year and why?
2. What people and places made this year crappy for you?
3. What mistakes did you make this year?
4. What would you not do again next year?
5. What opportunities did you let pass you by this year?

## **Part 2 The Great**

1. What went absolutely great this year and why?
2. What people and places made your feel wonderful this year?
3. What successes did you have this year?
4. What will you do again next year?
5. What opportunities did you take advantage of this year?

### **Part 3 Get Clear about your GOALS. What things do you want to attract next year in your life?**

1. What 3 goals MUST you accomplish in the New Year?
2. What 2 people will be your allies starting the New year?
3. What 2 places will you visit in the New Year?
4. What 2 things will you try in the New Year that you have not done previously?
5. What 3 opportunities will you go after and attain in the New Year that you have been scared to do previously?
6. What 2 things do you want to learn in the New Year?
7. What phrase, word or song will be your anthem for New Year?
8. What 2 behaviors do you want to start in the New Year?
9. What 2 behaviors do you want to change in the New Year?
10. What 1 part of your life will you pay the most attention to in the New Year?

## Your assignment:

1. Create a bucket list of 10 things then choose 1 thing you vow to do from your bucket list in the new year  
or
2. If you already have a bucket list, choose 1 thing you vow to do from your bucket list in the new year

## Bucket List

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

YOU FILL OUT → I Will \_\_\_\_\_ (FILL IN BUCKET LIST ITEM) going to cross off my bucket list in \_\_\_\_\_ (FILL IN YEAR)

### **EXAMPLE:**

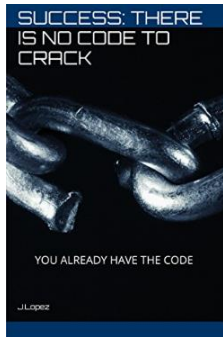
I will **go to a nude beach**, going to cross off my bucket list in **2017** (FYI this is really on my bucket list)

## Additional Resources

Continue your review of your personal development daily by using the additional resources provide below in the New Year.

Kindle Book: “Success” There is No Code to Crack (Price: \$10)

<http://tinyurl.com/zltcx12>



Work Sheet: Goal Action Plan (Price: Free Download)

<http://tinyurl.com/zhtkfzz>

Work Sheet: Get Fit “TO DO LIST” worksheet (Price: Free Download)

<http://tinyurl.com/zwkufd7>