



Set-Up 2025

Kick start a great year ahead

We'll intentionally cover...



What you'd like to release
from 2024

What you'd like to conjure up
for 2025

Set 2 goals/ intention
Start a plan to get you there

A goal is the metric to achieve.

An intention is having purpose to what you do, how you think and feel.

Asking, who do I want to be?



To be released...

What brought you joy and fulfilment?

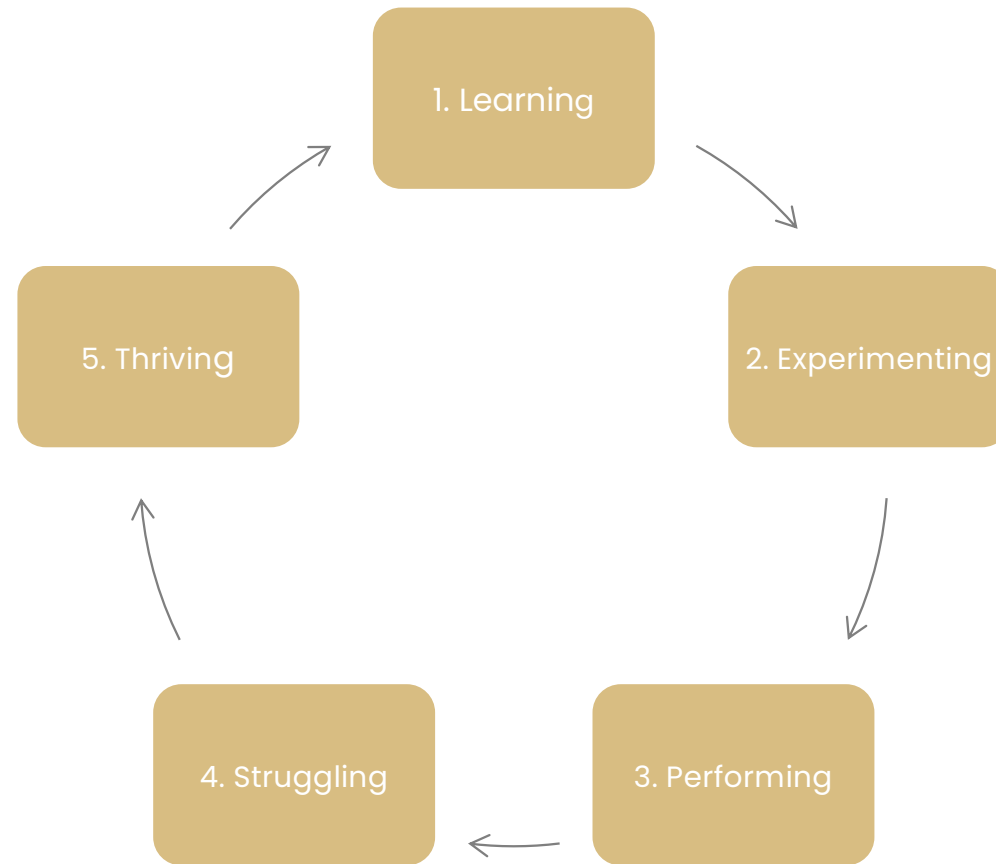
Where did you struggle?

What did you learn about yourself?

What are you proud of yourself for achieving?

1-2 things you want to leave behind? E.g. habits/ patterns/
fixed thinking

Where were you; where are you; and where do you want to be,
in the five stages of change...



To be conjured...

What is calling your attention or energy?

What would make the year ahead a magic one for you?

What is the goal or intention you have for the year ahead?

What is a habit you'd like start, keep or break the back of?

Let's build Trust (and faith) in yourself – one of the two critical factors required for behaviour change.

If you can't dream it and feel it, it makes it nearly impossible to be it.

A compelling story beats a goal metric when it comes to visualising and building momentum to achieve a goal.

Take 2 mins to write about how it will feel as if you are in the moment, real time and embody the change you seek.



The second critical factor of change is Discipline. The action it takes to make it happen. Not through rigidity and force, pressure and an inner dictatorship.

Discipline isn't a dirty word. It's a helpful way to be when you want to make a change stick. Habits help you get there.

What lies underneath your success? What is the disciplined habit that sits underneath your intention/ goal that will transform what you want to achieve? And is there one habit that is the transformative one, that will influence other areas of change?

Take 2 mins to write...



2025 plan on a page

My Personal goal for 2025:		My Professional goal for 2025:	
My intention for 2025: (aka the one word that captures HOW you who need to be, to achieve your goals)			
How will this influence what I think?	How will this influence what I feel?	How will this influence my behaviour?	How will this influence who I am being?
Small daily habits that take less than 2 minutes to start...	1.	2.	3.
How I'll celebrate/ mark the moments when I am being intentional...	1.	2.	3.