

# LIBBY GILL

inspiring excellence in the workplace

## WHERE WILL YOU BE ONE YEAR FROM NOW?

*Project yourself into the future, exactly one year from today. Fill out the following exercise from that perspective, looking back at all of your accomplishments of the past year.*

Today is \_\_\_\_\_. I am so grateful for all that I have become, done, gained and acquired this year in my personal and professional life. This includes:

This makes me **feel**:

This allows me to fulfill my **life purpose**, which is:

The **successful people** (mentors, friends, advisors, colleagues, role models) who have impacted my life include:

The **actions** I took to achieve my goals include:

The specific and measurable **results** I achieved in the first three months were:

The specific and measurable **results** I achieved by mid-year were:

The specific and measurable **results** I achieved by year's end were:

To do this I **gave up this limiting belief(s)** about myself:

Now I counter that belief with this **positive mantra** about myself:

The **key actions** I plan to take into the next year include:

Only one week after filling out this form, I had already **achieved**:

This year, I was most **proud** to realize that I am:

**Congratulations on a great year!**