

EVERWELL COACHING

YES!

YEAR END SUCCESS WORKBOOK

A SELF-REFLECTION, JOURNALLING AND
PLANNING WORKBOOK FOR
HIGH-ACHIEVERS, WANTING TO
UP THE ANTE AND FINISH 2021 ON A HIGH

BY NAT LIPECKA



WHY YES!?

As we approach the final two months of the year, the temptation to check out, begin the long-awaited period of hibernation and leave unfinished business until January 1st (or, let's be honest, January 8th by the time we get our bearings on the world) will only keep growing in strength.

2021 has been a hell of a year for us all. I have felt it. I know you have felt it too. We've all had our different challenges, but possibly now more than ever, this year has left us feeling like there's one too many loose ends...

But 2021 does not end here and, personally, **this is my favourite time of the year to up the ante and sprint across to the finish line**, my head held high in the knowing I gave it my all.

I want you to feel that too. I want you to get to the end of the year **feeling strong, activated and in awe** of everything you have created. Drawing on my proprietary framework of High Performance I've designed this workbook to help you **double down on your mission, super-focus your attention and be the change you desire**, so that come the end of the year you have left nothing on the table.

To complete this workbook you'll need:

- 1 hr of uninterrupted time
- A printed or digital version of this workbook, plus paper if using digital
- Your calendar
- Music, scents, a cuppa, and anything else that gets you in the zone!

See you at the finish line Champion.

Coach Nat x

DREAMS & GOALS

Reflecting on your dreams and desires is just as important as defining your nearer-term goals, and yet so often we deny ourselves the opportunity to really tune into everything that we would love to create, achieve and experience, rushing back down to planet earth, goal-setting and executive action... I firmly believe we get to start with our dreams and lean on our aspirations as a source of creativity, inspiration and motivation, and from that place go on to define our nearer-term goals. So... Let's get started, shall we?

What would you really love to achieve, create and experience in these last two months of the year? Let your imagination run free and let yourself have all of the candy. Do not limit yourself, or think about the 'how' (just yet).

DREAMS & GOALS

What specific goals would you like to achieve by the end of the year?
You can draw from the previous page, or fill in anything new that comes to mind.

If you could achieve just ONE, highest priority and highest impact goal, such that nothing else got completed, which would it be and why?

*This is
your YES! goal!*

Now relax, close your eyes and picture yourself at the end of this year having achieved your YES! goal... See the exact moment as if it were happening right now - what do you see? What do you hear? What do you feel? Write freely.

MOVING THE NEEDLE

Now that you're clear on your YES!, it's time to brainstorm ideas, options and actions. Remember - this space has been designed to simply get the creative juices flowing... You are not committing to anything yet!

What are ALL the possible actions you can start taking in the next two weeks (!) that will move you towards YES!?

What else? Always assume there is more! Ask yourself – what else is there? What else can I do? What else is possible?

OF THE OPTIONS ABOVE, HIGHLIGHT **THREE** HIGHEST-IMPACT ACTIVITIES THAT WILL DIRECTLY CONTRIBUTE TO YES! THINK ABOUT WHAT REALLY MATTERS VS WHAT'S SIMPLY NOISE.

IDENTITY CHECK

I firmly believe that in order to successfully execute on your mission, you need to close the gap between who you are today and who you need to become to drive your goals and mission to success. Performance and Potential is not just about strategy and execution, but really about the person you are becoming!

Who is the version of you that drives YES! to success? What qualities does she possess? How does she behave? How does she think? How does she feel? How does she overcome challenges?

What mindset shifts do you need to make now, with regards to how you view yourself, what you are capable of and what is possible for you, so that you can execute confidently and powerfully?

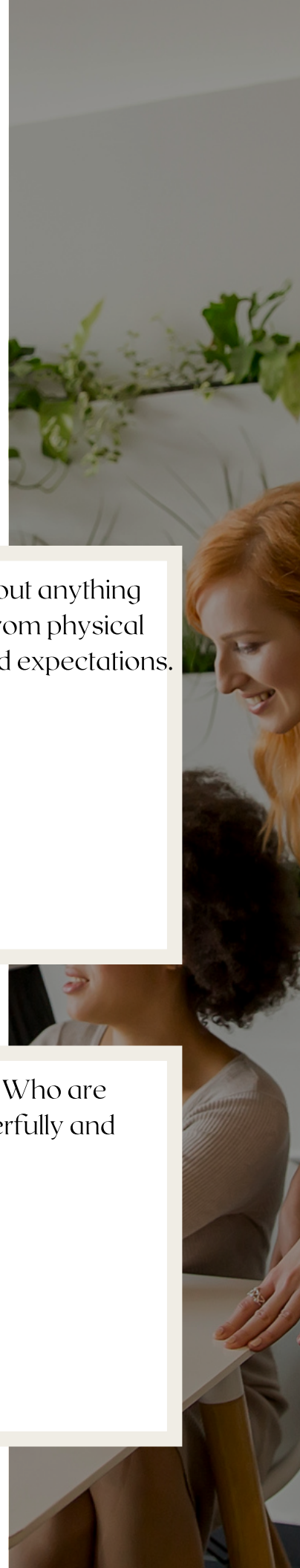


LIGHTEN THE LOAD

Time to take a look at your baggage... Meaning ALL of the things that are draining your energy and prevent you from nailing the home run. Is there anything that's been wearing you down? Anything holding you back? Time to let it all go and release, and make this journey a hell of a lot lighter!

What do you need to let go of to lessen the carrying load? Think about anything you might be holding onto physically, mentally and energetically - from physical clutter, fears, worries and insecurities, to other people's opinions and expectations.

What do you need to give yourself permission to be, think and feel? Who are you not letting yourself be that prevents you from showing up powerfully and authentically?



PAVING THE WAY

Alright Champion... We're nearly there and it's time for a little road mapping! Get out your calendar(s) - personal and professional - and let's channel that Inner Planning Ninja that's been dying to come out all this time!

The THREE highest-impact activities that'll directly drive your big YES! goal are:
(refer back to p.4 if need to)

- 1.
- 2.
- 3.

When do you commit time, energy and attention to EXCLUSIVELY taking those actions? Get specific, for example: daily at 10-11am, or Mon + Tue + Fri at 2-4pm.

GET OUT YOUR CALENDAR AND TIME BLOCK THESE NOW. TAKE THIS TIME TO ALSO CLEAR ANY LOW-VALUE COMMITMENTS YOU PREVIOUSLY MADE THAT DO NOT ALIGN WITH YOUR YES!

YOUR YES! GAME PLAN

MY ONE HIGHEST-IMPACT & HIGHEST-PRIORITY YES! GOAL IS:

THE THREE HIGHEST-IMPACT
ACTIVITIES I COMMIT TO ARE:

- 1.
- 2.
- 3.

THREE THINGS I GIVE MYSELF
PERMISSION TO BE, THINK, FEEL:

- 1.
- 2.
- 3.

THREE THINGS I COMMIT TO
SAYING "NO" TO:

- 1.
- 2.
- 3.

THREE THINGS I COMMIT TO
SAYING "YES" TO:

- 1.
- 2.
- 3.

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YES!

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SHARE YOUR YES!
WITH ME BY TAGGING ME ON
INSTAGRAM STORIES
@IAMEVERWELL
OR SEND ME AN E-MAIL
INFO@EVERWELLCOACH.COM

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