

Reflecting Back On 2021

&

Looking Forward To 2022

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Contents

1 Introduction

2 Review 2021 Learnings In Every Area Of Your Life

3 Bringing 2021 To A Close

4 Set The Vision For 2022

5 Life Upgrade Goals 2022

6 How To Make Your Epic Life Happen In 2022

Introduction

It has been a long year, with many people being overwhelmed with the challenging obstacles we have had to face.

The road travelled this year has certainly been a challenge. Now is the time to reflect on all that we have achieved and head into 2022 with a renewed sense of enthusiasm, hope, and above all, faith.

We will work through this powerful workbook together, evaluating each area of your life and how you feel about it.

You will leave with a crystal clear plan of:

- Exactly where you are in each area of your life
- What areas you need to focus attention on in 2022
- Set goals in each area and commit to one action that you can take to get you closer to where you want to be
- Ideas on how you can achieve your epic life!

Lets get started!

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Review Of 2021

In order to upgrade our lives we need to establish:

1. Where we are now and
2. Where we want to be

A starting point and a destination.

With that in mind, let's take an honest look at 2021.

2021 Health & Wellbeing Review

Was 2021 a year when your health increased or decreased? Are you heavier or lighter than you were this time last year? Did you have to visit a doctor or hospital in 2021? Did you have to take sick days? What did your health stop you from doing or what did it facilitate you doing? What are you pleased about? Were you stressed, anxious or worried? Did you adapt well to the pandemic? What have you been pleased with? What has been a disappointment?

My health this year can be summed up as .....

Mental Health Review



Physical Health Review



2021 Health Score

No Comment!	1	2	3	4	5	6	7	8	9	10	Smashed It!

2021 Work Review

So, how was 2021 professionally for you? Did you achieve all you hoped to? What did you enjoy and what did you hate? What did you find easy and what pushed you outside your comfort zone? What was deeply frustrating? What are you proud of? How did the pandemic affect your work? Describe the high and lows below:

Work this year can be summed up as_____



High Points

Low Points



2021 Work Score

No Comment! **1 2 3 4 5 6 7 8 9 10** **Smashed It!**

2021 Personal Growth Review

How was 2021 for your growth game? Did you learn? Did you expand you mind & spirit? What did you do? Did you take courses, read books, listen to podcasts? Have you developed new habits (positive ones!). What personal growth activities have you invested time in? Describe the high and lows below:

Personal growth this year can be summed up as_____



High Points

Low Points



2021 Personal Growth Score

No Comment! 1 2 3 4 5 6 7 8 9 10 **Smashed It!**

2021 Fun & Play Review

I know this has been a tough year and maybe fun didn't feature as much as it would normally. But did you get to experience joy, laughter and light heartedness? What was the most fun you had and why? When did you laugh so hard it hurt and who were you with? What hobbies, passion projects, learning and/or activities were fun?

I laughed the most with _____

High Points



Low Points



2021 Play Score

No Comment! 1 2 3 4 5 6 7 8 9 10 **Smashed It!**

2021 Money Review

Yes, this has been a tough year financially for many of us, have you finished 2020 in the black or the red? How well did you track your finances in 2021? How much did you earn and how much did you spend? For how many months did you live within your means? Did you budget in advance for big purchases? Did you get a pay rise? How much did you save?

My finances this year can be summed up as

_____

High Points



Low Points



2021 Money Score

No Comment! **1 2 3 4 5 6 7 8 9 10** **Smashed It!**

2021 Seva Review

How did you give back to others who are less fortunate than you in 2021? Did you do any volunteering, mentoring, community work, coaching, fundraising or simply helping out a friend in need? In what ways did you show kindness to others?

My Seva this year can be summed up as _____

High Points



Low Points



2021 Seva Score

No Comment! 1 2 3 4 5 6 7 8 9 10 **Smashed It!**

2021 Relationships Review

Think about the key relationships in your life during 2021. Were you connected or disconnected from them? What made you feel loved and what made you want to walk away? How did you demonstrate that you care for them? Who was toxic and who enabled you to thrive? Let's think about the people in a few different areas of your life:



Partner / Spouse/ Family



Friends



Colleagues

The person / people who gave me most joy this year _____

The person / people who made this year very difficult _____

2021 Relationship Score

No Comment!	1 2 3 4 5 6 7 8 9 10	Smashed It!

2021 Environment Review

Think about your physical environment, your home, how does it make you feel? Is it clean, comfortable & welcoming? Do you feel protected and nurtured? Does it reflect you? Your passions and what you love? What about where you work? How does that feel? Is it productive? Creative? Do you spend a lot of time any where else? In your car travelling? In hotels? Out in nature?

Home Environment



Work Enviornment



Anywhere Else Significant



The environment I love the most _____

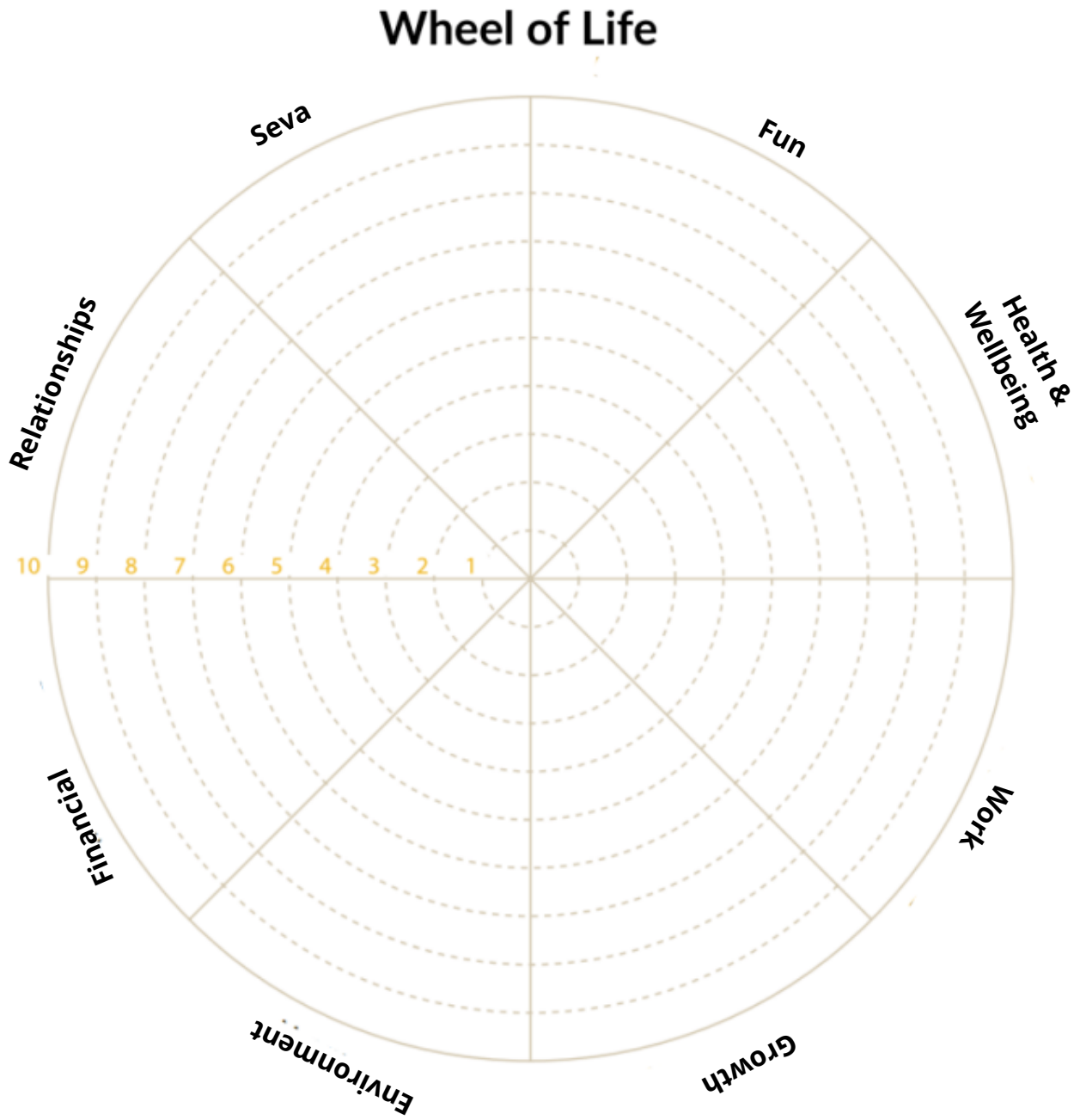
What needs improving_____

2021 Enviornment Score

No Comment!	1	2	3	4	5	6	7	8	9	10	Smashed It!

2021 Wheel Of Life

Take each of the scores from your review areas and plot them on this wheel of life.
Is your wheel wonky or did it run smooth? Did you live big or small this year?



Bringing 2021 To A Close

2021 Was The Year I...

The One Thing I Regret...

I Am Proud Of...

I Would Summarise It As...


Upgrade 2022
Lets Get Planning

2022 Health & Wellbeing Goals

My top 5 goals for my physical and mental health & wellbeing in 2022.
Write these in the future tense, as if you have already achieved it. This way we train our mind to notice the opportunities to make the goals a reality. Make it specific, measurable, include dates, milestones, people, and locations.

For each goal write the first step you will take within the next 7 days.

My health this year is going to be

2022 Personal Growth Goals

My top 5 goals for my personal growth in 2022.
Write these in the future tense, as if you have already achieved it. This way we train our mind to notice the opportunities to make the goals a reality. Make it specific, measurable, include dates, milestones, people, and locations.

For each goal write the first step you will take within the next 7 days.

My personal growth this year is going to be

2022 Work Goals

My top 5 work goals for 2022
Write it in the future tense, as if you have already achieved it. This way we train our mind to notice opportunities to make the goals a reality. Make it specific and measurable and include dates, milestones, people, and locations.

For each goal write the first step you will take within the next 7 days for each goal.

Work this year is going to be

2022 Relationship Goals

My top 5 relationships goals for 2022
Write it in the future tense, as if you have already achieved it. This way we train our mind to notice opportunities to make the goals a reality. Make it specific and measurable and include dates, milestones, people, and locations.

For each goal write the first step you will take within the next 7 days.

Key relationships to work on this year are

2022 Fun &Play Goals

My top 5 play goals for 2022
Write it in the future tense, as if you have already achieved it. This way we train our mind to notice opportunities to make the goals a reality. Make it specific and measurable and include dates, milestones, people, and locations.

For each goal write the first step you will take within the next 7 days.

I will prioritise having more fun this year because

2022 Money Goals

My top 5 financial goals for 2022.
Write it in the future tense, as if you have already achieved it. This way we train our mind to notice opportunities to make the goals a reality. Make it specific and measurable and include dates, milestones, people, and locations.

For each one goal write the first step you will take within the next 7 days.

In 2022 my finances are

2022 Seva Goals

My top 5 Seva goals for 2022.
Write it in the future tense, as if you have already achieved it. This way we train our mind to notice opportunities to make the goals a reality. Make it specific and measurable and include dates, milestones, people, and locations.

For each goal write the first step you will take within the next 7 days.

In 2022 I will be giving back to

2022 Enviornment Goals

My top 5 physical environment goals for 2022.
Write it in the future tense, as if you have already achieved it. This way we train our mind to notice opportunities to make the goals a reality. Make it specific and measurable and include dates, milestones, people, and locations.

For each one goal write the first step you will take within the next 7 days.

In 2022 my home/ work enviorment will be


How To Make
Your Goals
Happen

Let's Get Going

CONGRATULATIONS!

Now that you have written down your goals you are more likely to achieve them than if you had just thought about your hopes and dreams. Take it to the next level and dramatically increase your success rate by:

- **Reading through the goals you have written in this document once a week. What do you do regularly where this task could be tacked on? I review mine every Sunday whilst reflecting on the week and planning week ahead. I schedule this time in my diary.**

- **Create a vision board. The more we can bring our goals to live and into sharp focus the more we will train our conscious and subconscious brain to make each goal a reality. Our brain thinks in images and in this way you are feeding it the images it needs to see.**

- **Visualise and write a journal in the future tense. 'Future Visioning' journalling is where you write about and see yourself having already achieved each goal and how incredible it feels. I have done this for a few years and it really works!**

- **Plan how you will achieve each goal. Break the big goals down to smaller, manageable steps. Include the milestones and deadlines you want to hit along the way. With each step, focus on what you can control and don't waste any time or energy on things outside of this. If you can influence it why worry - take action! If you can't influence it - why worry? Focus on what you can!**

- **Join an accountability group! These people will hold you accountable and support you in achieving your goals. A small group of less than 8 where you can regularly check in, ask for help and support will help you to smash those goals!**

We wish you every success in achiveing your goals and making them a reality.

brainstorm

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