

**The  
FutureVisioning<sup>tm</sup>  
Worksheets**

for

**Making 2009 Your Best Year Ever**

by

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# MAKING 2009 YOUR BEST YEAR EVER

**1- In the last year, in each area of my life, what were my Successes? Accomplishments? Miracles? Joys?**

Physical \_\_\_\_\_  
Financial \_\_\_\_\_  
Career \_\_\_\_\_  
Emotional \_\_\_\_\_  
Mental \_\_\_\_\_  
Social \_\_\_\_\_  
Family \_\_\_\_\_  
Relationship \_\_\_\_\_  
Spiritual \_\_\_\_\_

**2- What were my biggest Disappointments? Failures? Avoidance's? Can I understand why I created these, and can I forgive myself?**

Physical \_\_\_\_\_  
Financial \_\_\_\_\_  
Career \_\_\_\_\_  
Emotional \_\_\_\_\_  
Mental \_\_\_\_\_  
Social \_\_\_\_\_  
Family \_\_\_\_\_  
Relationship \_\_\_\_\_  
Spiritual \_\_\_\_\_

**3- What did I learn about myself and about creating success?**

Physical \_\_\_\_\_  
Financial \_\_\_\_\_  
Career \_\_\_\_\_  
Emotional \_\_\_\_\_  
Mental \_\_\_\_\_  
Social \_\_\_\_\_  
Family \_\_\_\_\_  
Relationship \_\_\_\_\_  
Spiritual \_\_\_\_\_

**4- Write a paragraph on how I limit myself, how I will stop this behavior, what I will replace the limiting behavior with, how I will forgive myself, and how great I will feel.**

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**5- What are my most important personal values, and how can I live them more fully?  
(honesty, compassion, love, trustworthiness, caring, giving, forgiving, courage, etc.)**

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**6- What roles do I play, and what were my major accomplishments in each role? (mother, father, woman, friend, wife, executive assistant, daughter, etc.)**

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**7- What were my major mistakes, failures or shortcomings in each role?**

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**8- What is my major desire or focus for each role in the coming year?**

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**9- What are my top goals for each area of my life this year? What is one thing I can do regularly that will carry me toward achieving each goal?**

Physical \_\_\_\_\_  
Financial \_\_\_\_\_  
Career \_\_\_\_\_  
Emotional \_\_\_\_\_  
Mental \_\_\_\_\_  
Social \_\_\_\_\_  
Family \_\_\_\_\_  
Relationship \_\_\_\_\_  
Spiritual \_\_\_\_\_

