



Jerri Udelson

master certified coach

Creating Your Best Year Ever: Two Powerful Exercises From A Master Business Coach

Exercise 1

First: pick a goal that's something you really want to have in the new year. Choose something that is fun and easy that will bring joy to you. Pick something that you are excited about.

Write it down:

Now, choose several simple action steps that you can take to help you accomplish your goal. Make sure to make them easy. (If necessary, break the steps into small do-able actions.)

List the steps:

Deadline

1. _____	_____
_____	_____
2. _____	_____
_____	_____
3. _____	_____
_____	_____
4. _____	_____
_____	_____

Now, go back and create deadlines for accomplishing each of the above steps.

Finally, list these steps and deadlines in your calendar or on your computer.

Exercise 2

Now, think about this new year. What's one change you can make today that will have a major impact upon the quality of your life in 2024? It can be something that you will remove from your life (e.g. the habit of procrastination, binge-watching Netflix, "recreational" on-line shopping, etc.), or it can be something that you will add (for example, scheduling monthly massages, adopting a pet, taking quarterly weekend trips, etc.). Choose something that will make a big difference to you.

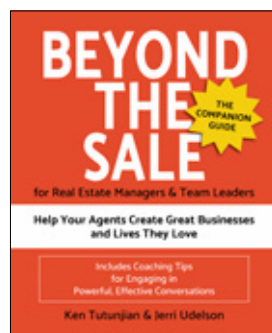
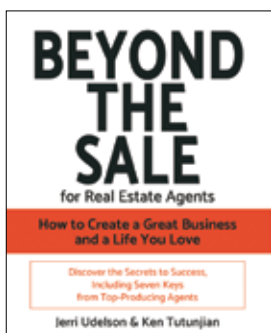
Again, write it down:

How will you ensure that you stay on track? Who will you ask for support? What system will you put into place to make sure that you implement the change?

And finally,

If you're stuck or if you'd like some support in creating your goals for next year, I am offering a **complimentary half-hour of coaching** for you, your friends, family and colleagues. Please give me a call at (505) 988-5533 or e-mail me at JerriU@gmail.com to set up a time. HAPPY NEW YEAR!!

Jerri Udelson, MCC, principal of Entrepreneurial Coaching and Consulting Services, has been a business coach for over two decades. She specializes in working with business owners, real estate agents, and other self-employed professionals who want to create successful businesses and also have great lives.



Jerri Udelson

Master Certified Coach

(505) 988-5533 CALL

(617) 694-4225 TEXT

jerriu@gmail.com

EntrepreneurialCoaching.com