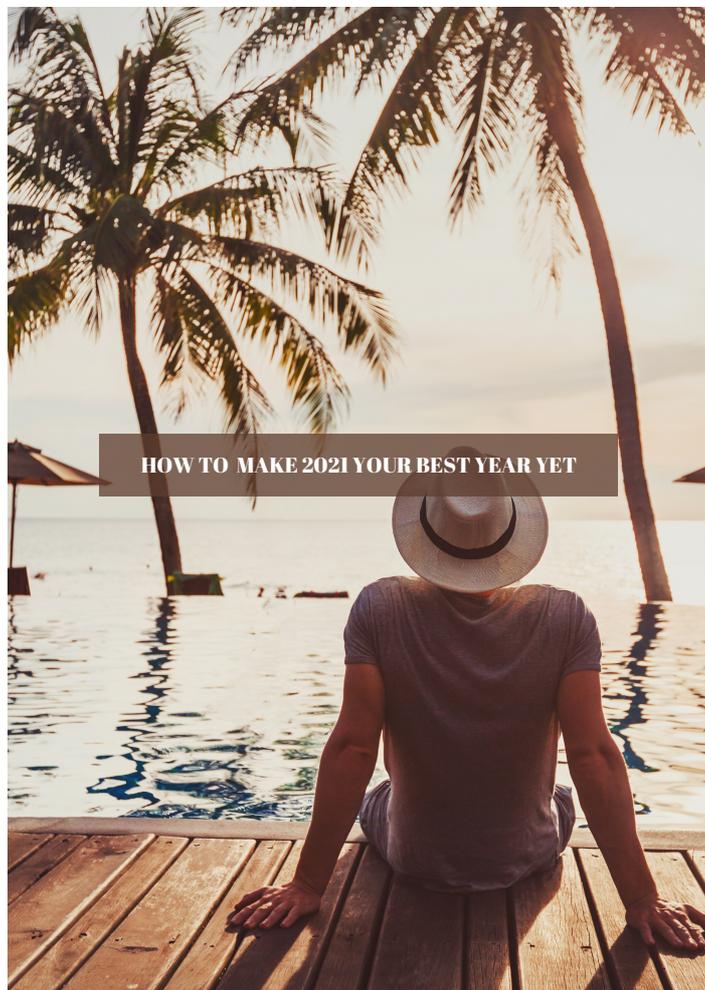


2021: MY BEST YEAR YET

JOURNAL



HOW TO MAKE 2021 YOUR BEST YEAR YET

Go confidently in the direction of your dreams, live the life you have always imagined.

Henry David Thoreau



Dear fellow go-getter,

I want to thank you for taking the bold step in creating the life you want, it's not easy to try something new and salute you for giving this workbook a go.

I have designed this workbook to help you take the steps to make 2021 your best year yet from to outset. So much of what we do is because of having the right plan and then executing on that plan.

It's a noisy world out there but I can assure you if you stick to this plan, put in the work, connect with your goals every morning before you start your day you **will** get the change and transformation you are looking for.

My recommendation to you is that you sit down each morning for 15-20 minutes, use this workbook as a guide to plan out each day. The point of this is to create a habit of connecting with your bigger vision daily and breaking down the steps that you will take to get there.

I've been where you are wanting to make the most of each day, wanting to find my purpose and achieve great success, what I can say is that it's a daily process, but step by step it all comes together if you get started. Each day that you chip away at your goals they get closer and more importantly you become more of the person you need to be to achieve them.

Ultimately this is what life's all about, becoming the best we can be and giving our gift to the world whatever it is. Now is the time to go for it like never before and let your light shine.

My goal is that you achieve your big goals and the develop rituals and habits that form the foundation of a meaningful and purpose driven life so that you will be able to share your talents with the world.

Be sure to share your journey, successes and spread the message using the hashtags **#believeitpossible**. This is your time! Be bold, have courage and go create.

With Gratitude,

Tim Castle

www.timjscastle.com

 @TimJSCastle

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PART 1

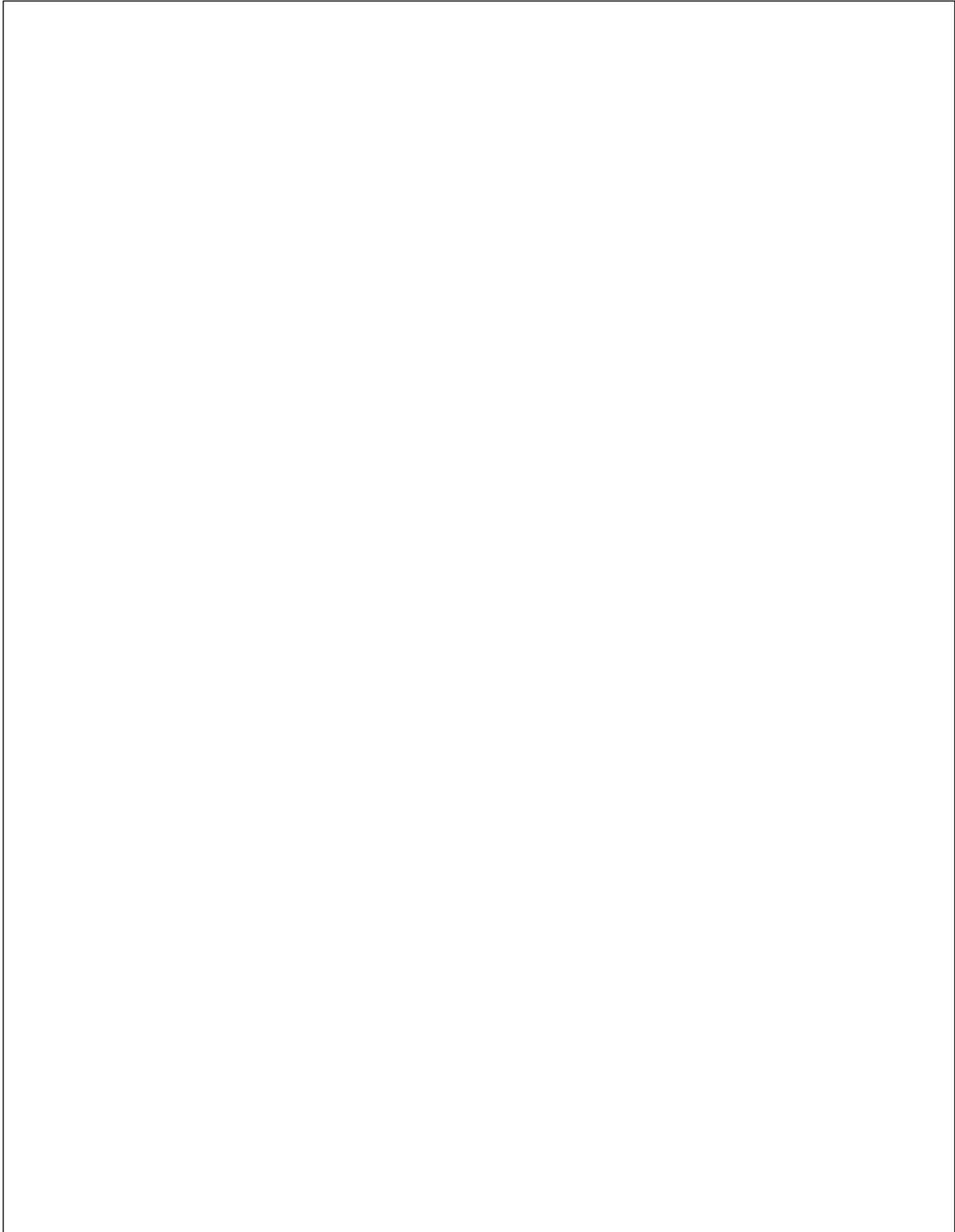
Reviewing 2020 and Identifying 2021 Goals



WHAT MOVED THE NEEDLE IN 2020?

Think about a what you achieved in 2020, what things that you did made a big difference. For example, did you launch a podcast and interview a particular guest that has a big impact on your followers or was there a specific person you met which led to an incredible turn of events.

HOW COULD I DO MORE OF THAT THIS YEAR?



By bringing awareness to the things you did that actually moved the needle it shows you what you need to double down and focus on in 2021.

LIST THE TOP 3 THINGS YOU WILL FOCUS ON IN 2021?

(Add bullet points that specifically address how this helps you achieve your goal).

| | | | |
|---|--|--|--|
| <p><u>E.G. PODCAST</u></p> <ul style="list-style-type: none">• Bring stories to life to help others in a similar situation• Increase my Network• Add value to listeners | | | |
|---|--|--|--|

WHAT DESTRUCTIVE HABITS DO YOU WANT TO DROP?

(List them below, don't worry if there's a lot, just keep going).

WHAT HEALTHY HABITS DO YOU WANT TO DO MORE OF?

WHO DO I WANT TO BE IN 2021?

WHO WILL BE MY ROLE MODEL IN 2021?

WHAT SKILLS WILL YOU IMPROVE IN 2021?

WHAT RELATIONSHIPS WILL YOU BUILD IN 2021 AND WHY?

| | |
|-----|-----|
| WHO | WHO |
| WHY | WHY |
| WHO | WHO |
| WHY | WHY |
| WHO | WHO |
| WHY | WHY |
| WHO | WHO |
| WHY | WHY |

WHAT WILL I VALUE IN 2021?

MY WORD FOR THE YEAR IS?



GOAL SETTING – USING MY HOW TO FIND YOUR PURPOSE FRAMEWORK

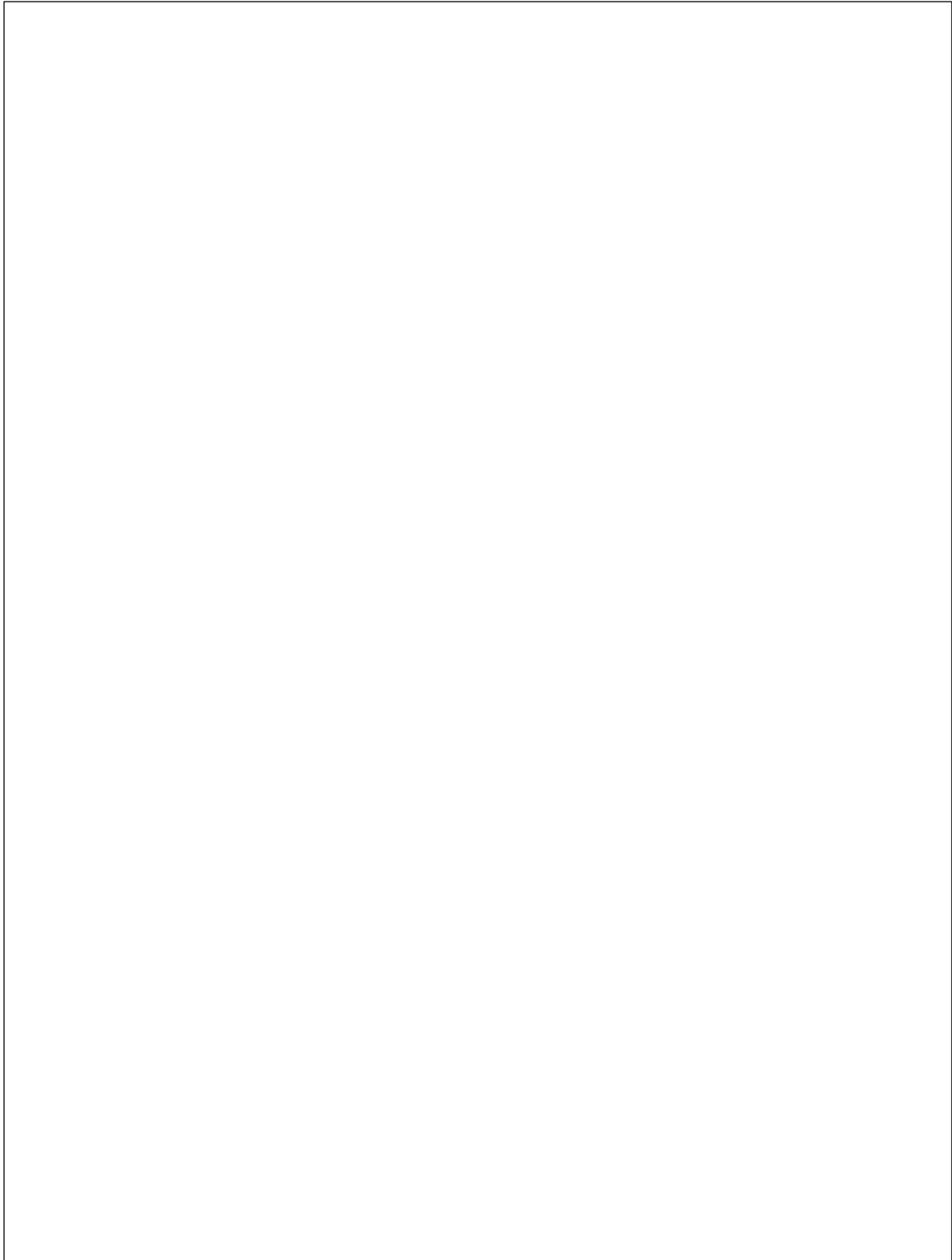
STEP 1. YOUR VISION

WHAT DO YOU IMAGINE 2021 TO BE LIKE? WHAT'S YOUR VISION FOR THE YEAR?

WHAT WOULD YOU DO IF MONEY WERE NO OBJECT?

(Where would you go, who would be with, what would you do, what goals would you achieve?)

WHAT IF SOMEONE GAVE \$1 MILLION TODAY AND YOU HAD TO SPEND IT IN THE NEXT 24 HOURS, WHAT WOULD YOU DO?



STEP 2. TIMEFRAME

WHAT MONTHS DO KEY THINGS NEED TO HAPPEN FOR YOU TO ACHIEVE YOUR VISION?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

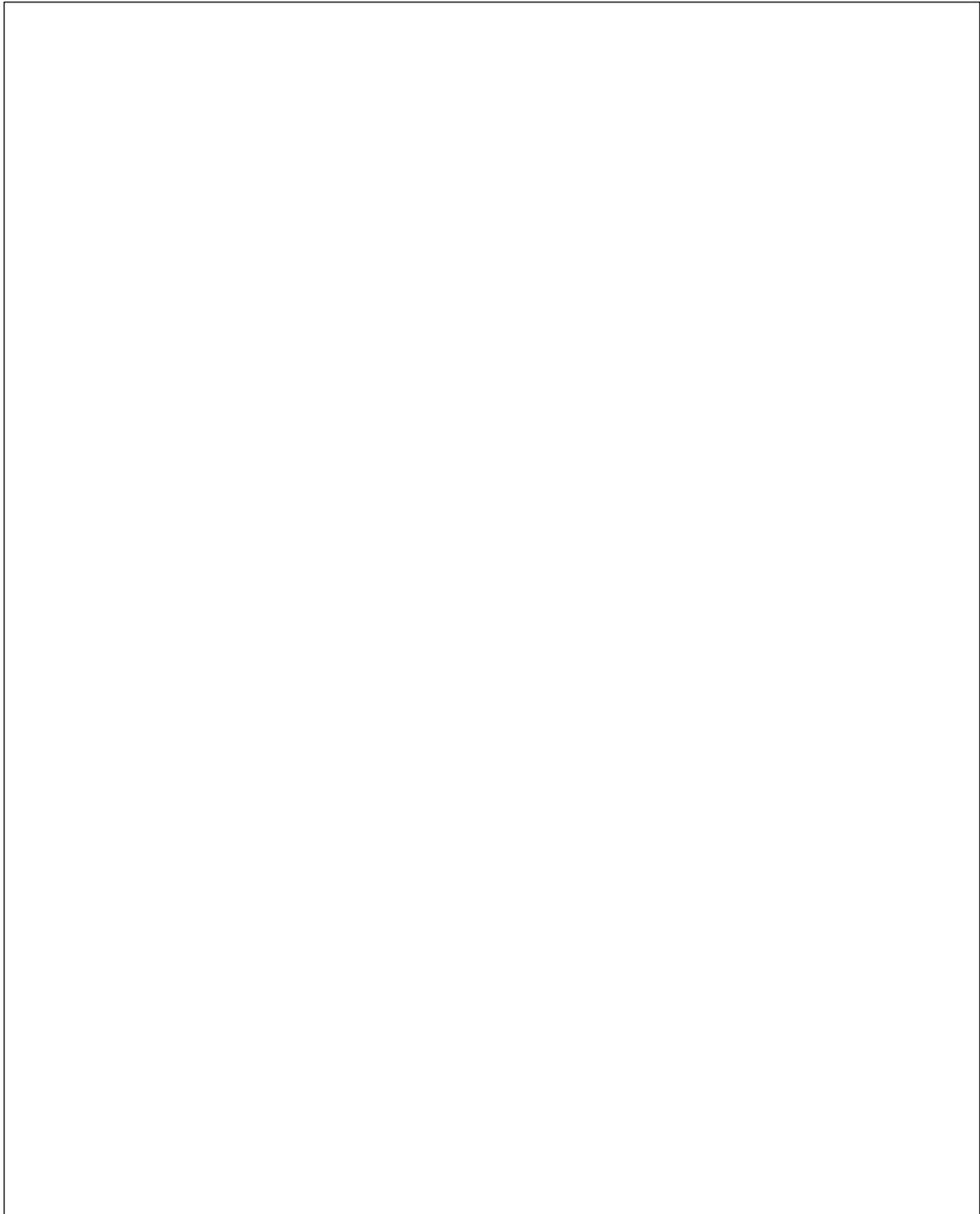
STEP 3. BRAINSTORM

WRITE DOWN EVERYTHING THAT WOULD NEED TO HAPPEN TO MAKE YOUR VISION A REALITY.



STEP 4. GROUP

LOOKING AT YOUR LIST OF ALL THE THINGS THAT NEED TO HAPPEN, GROUP THEM INTO THEMES. WHAT THEMES STANDOUT TO YOU?

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the prompt above.

STEP 5. WRITE DOWN YOUR GOALS FOR 2021



STEP 6. WRITE DOWN YOUR GOALS FOR JANUARY – MARCH 2021

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5



52 WEEKS UNTIL 2022

THE PERSON I AIM TO BE

(A few bullet points of characteristics you want to embody and be known for)

SET THE AGENDY FOR THE WEEK

(List out the tasks you will complete)



WHAT DO YOU WANT TO TODAY TO BE ABOUT?

(Free write what you want to achieve, feel and be today)

MY TOP 3 FOCUSES TODAY ARE

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