

 **Anthony Warren**

**2023:**

**MAKE IT YOUR BEST**

**YEAR EVER**

**FINISH YOUR YEAR BEFORE IT STARTS**



**INSTRUCTIONS**

We found our most successful clients “finished the year before starting it” using our technology and structure so we formalised the process and made it into this “make the best of the year” document.

The suggested order of completion is to use page 5, 6 to complete a mind map and notes to capture thoughts and inklings to start. Use the mind map page to write whatever you dream or desire. The open format is to allow you to plan without limits and unhindered. Use pages 3, 4 to write a letter describing where you are the end of 2022, write as if you have accomplished your goals and are enjoying them. Example “I'm enjoying my new fitness and enjoy my new clothes” and do for each area.

Then use pages 7 through 9 to get really accurate about where you are starting from in 2022. Then use page 10 to describe what you want to have achieved in 2023. When you use the Wheel of Life diagrams, be realistic, not automatically assuming 10/10. Ideally goals should have a little stretch included. Add any additional areas not covered in the formats. Use the 2023 Annual Plan (after p.16) to enter large items like holidays, major work projects (e.g known trips, major deadlines) or family projects and events (e.g. reunions, anniversaries) so the flow is evident.

Then complete the remaining pages to give breakdown of the 2023 goals by each Quarter (90 Day Plans) and then by each month, then by week. This should allow bottlenecks to be identified and planned for.

Feel free to share plans with your coach at any stage for input and clarification.

When you are happy with this document, keep it somewhere safe that you an access easily and regularly. Remember to frequently imagine the life you want as already in the present so your mind is powerfully focused on progress!

**We wish you a successful and great year!**



# THE VISION

**THE BIG QUESTION:**

Suppose you are walking down the street at the end of 2023, and you meet yourself coming the other way:

In order to be delighted to meet the person you have become, what do you have to have **DONE**, who do you have to **BE**?

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**THE LETTER**

To use the power of our mind, we operate better on acting as if our wishes have already happened, as if we are looking at the **present**, not looking at the future. Describe how it feels when your desires have happened at the end of the year. (Example: Not “I will get fit” but “I am enjoying walking two miles a day” and “I'm enjoying wearing my new clothes”):

**Physical Environment:**

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**Friends/Social:**

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**Work/Career:**

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**Partner/Family:**

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**Fun/Recreation:**

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**Personal Growth/Spirituality:**

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**Money/Finances:**

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**Health/Wellbeing:**

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**FREE SPACE/MINDMAP**

This is a twopage space to put down notes or mind maps of ideas and issues in whatever order so they can be collected into the planning.

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# FREE SPACE/MINDMAP (Contd.)

This is a two page space to put down notes or mind maps of ideas and issues in whatever order so they can be collected into the planning.

# LESSONS FROM 2022

WHAT I WANT TO REPEAT IN 2023

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**WHAT I'LL DO DIFFERENTLY 2023**

WHAT WILL CHANGE IN 2023?

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# Wheel of Life 2022

**Money**

**&**

**Finances**

**Personal**

**Growth &**

**Spirituality**

**Fun**

**&**

**Recreation**

**Health**

**&**

**Wellbeing**

**Friends**

**&**

**Social**

**Ph**

**ysical**

**Environment**

**Work**

**&**

**Career**

**Partner**

**&**

**Family**

## DIRECTIONS

The eight sections in the Wheel of Life represent **balance**.

Taking the centre of the wheel as **0** and the outer edge as **10**, rank your level by drawing a straight or curved line to create a new outer edge.

The new perimeter of the circle represents your personal Wheel of Life as at end of year. How bumpy would the ride be if this were a real wheel?

**Example**

# Wheel of Life 2023

**Money**

**&**

**Finances**

**Personal**

**Growth &**

**Spirituality**

**Fun**

**&**

**Recreation**

**Ph**

**ysical**

**Environment**

**Work**

**&**

**Career**

**Partner**

**&**

**Family**

**Health**

**&**

**Wellbeing**

**Friends**

**&**

**Social**

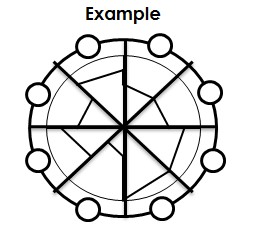
## DIRECTIONS

The eight sections in the Wheel of Life represent **balance**.

Taking the centre of the wheel as **0** and the outer edge as **10**, rank your level by drawing a straight or curved line to create a new outer edge.

The new perimeter of the circle represents your personal Wheel of Life as at end of year.

How bumpy would the ride be if this were a real wheel?



## QUARTERLY PLANS

*Now it’s time to break the goals down by quarter.*

* The follow pages have quarterly plans and monthly calendars for each quarter.
* Look at what you need to accomplish by way of improvement in each area and what would be the best way of achieving the goal.
* Break down the quarter into a week by week breakdown of what needs to be by done and who by.
* Each week mark a review and action time.

At 75 days start the process over.

Quarter 4, 2022

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| **Week**  **Beginning**  **Monday** | **Week 1 Date** | **Week 2 Date** | **Week 3 Date** | **Week 4 Date** | **Week 5 Date** | **Week 6 Date** | **Week 7 Date** | **Week 8 Date** | **Week 9 Date** | **Week**  **10**  **Date** | **Week**  **11**  **Date** | **Week**  **12**  **Date** | **Week**  **13**  **Date** | **Week**  **14**  **Date** |
| Health & Wellbeing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Money & Finances |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Personal  Growth &  Spirituality |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fun & Recreation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Work & Career |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Partner & Family |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physical  Environment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends &Social |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Quarter One, 2023

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| **Week**  **Beginning**  **Monday** | **Week 1 Date** | **Week 2 Date** | **Week 3 Date** | **Week 4 Date** | **Week 5 Date** | **Week 6 Date** | **Week 7 Date** | **Week 8 Date** | **Week 9 Date** | **Week**  **10**  **Date** | **Week**  **11**  **Date** | **Week**  **12**  **Date** | **Week**  **13**  **Date** | **Week**  **14**  **Date** |
| Health & Wellbeing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Money & Finances |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Personal  Growth &  Spirituality |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fun & Recreation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Work & Career |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Partner & Family |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physical  Environment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends  & Social |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Quarter Two, 2023

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| **Week**  **Beginning**  **Monday** | **Week 1 Date** | **Week 2 Date** | **Week 3 Date** | **Week 4 Date** | **Week 5 Date** | **Week 6 Date** | **Week 7 Date** | **Week 8 Date** | **Week 9 Date** | **Week**  **10**  **Date** | **Week**  **11**  **Date** | **Week**  **12**  **Date** | **Week**  **13**  **Date** | **Week**  **14**  **Date** | **Week**  **15**  **Date** |
| Health & Wellbeing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Money & Finances |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Personal  Growth &  Spirituality |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fun & Recreation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Work & Career |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Partner & Family |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physical  Environment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends  & Social |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Quarter Three, 2023

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| **Week**  **Beginning**  **Monday** | **Week 1 Date** | **Week 2 Date** | **Week 3 Date** | **Week 4 Date** | **Week 5 Date** | **Week 6 Date** | **Week 7 Date** | **Week 8 Date** | **Week 9 Date** | **Week**  **10**  **Date** | **Week**  **11**  **Date** | **Week**  **12**  **Date** | **Week**  **13**  **Date** | **Week**  **14**  **Date** |
| Health & Wellbeing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Money & Finances |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Personal  Growth &  Spirituality |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fun & Recreation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Work & Career |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Partner & Family |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physical  Environment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends  & Social |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Quarter Four, 2023

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| **Week**  **Beginning**  **Monday** | **Week 1 Date** | **Week 2 Date** | **Week 3 Date** | **Week 4 Date** | **Week 5 Date** | **Week 6 Date** | **Week 7 Date** | **Week 8 Date** | **Week 9 Date** | **Week**  **10**  **Date** | **Week**  **11**  **Date** | **Week**  **12**  **Date** | **Week**  **13**  **Date** | **Week**  **14**  **Date** |
| Health & Wellbeing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Money & Finances |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Personal  Growth &  Spirituality |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fun & Recreation |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Work & Career |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Partner & Family |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physical  Environment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Friends  & Social |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Calendar 2023 UK** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | [Logo  Description automatically generated](https://www.calendarpedia.co.uk/) | | | | | | | | |
| **January** | | | | | | | |  | | **February** | | | | | | | | |  | | **March** | | | | | | | |  | | **April** | | | | | | | | |
| Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** | |
| 52 |  |  |  |  |  |  | **1** |  | | 5 |  |  | | 1 | 2 | 3 | **4** | **5** |  | | 9 |  |  | 1 | 2 | 3 | **4** | **5** |  | | 13 |  |  |  |  |  | **1** | **2** | |
| 1 | **2** | 3 | 4 | 5 | 6 | **7** | **8** |  | | 6 | 6 | 7 | | 8 | 9 | 10 | **11** | **12** |  | | 10 | 6 | 7 | 8 | 9 | 10 | **11** | **12** |  | | 14 | 3 | 4 | 5 | 6 | **7** | **8** | **9** | |
| 2 | 9 | 10 | 11 | 12 | 13 | **14** | **15** |  | | 7 | 13 | 14 | | 15 | 16 | 17 | **18** | **19** |  | | 11 | 13 | 14 | 15 | 16 | 17 | **18** | **19** |  | | 15 | **10** | 11 | 12 | 13 | 14 | **15** | **16** | |
| 3 | 16 | 17 | 18 | 19 | 20 | **21** | **22** |  | | 8 | 20 | 21 | | 22 | 23 | 24 | **25** | **26** |  | | 12 | 20 | 21 | 22 | 23 | 24 | **25** | **26** |  | | 16 | 17 | 18 | 19 | 20 | 21 | **22** | **23** | |
| 4 | 23 | 24 | 25 | 26 | 27 | **28** | **29** |  | | 9 | 27 | 28 | |  |  |  |  |  |  | | 13 | 27 | 28 | 29 | 30 | 31 |  |  |  | | 17 | 24 | 25 | 26 | 27 | 28 | **29** | **30** | |
| 5 | 30 | 31 |  |  |  |  |  |  | |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  | |
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| **May** | | | | | | | |  | | **June** | | | | | | | | |  | | **July** | | | | | | | |  | | **August** | | | | | | | | |
| Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** | |
| 18 | **1** | 2 | 3 | 4 | 5 | **6** | **7** |  | | 22 |  |  | |  | 1 | 2 | **3** | **4** |  | | 26 |  |  |  |  |  | **1** | **2** |  | | 31 |  | 1 | 2 | 3 | 4 | **5** | **6** | |
| 19 | 8 | 9 | 10 | 11 | 12 | **13** | **14** |  | | 23 | 5 | 6 | | 7 | 8 | 9 | **10** | **11** |  | | 27 | 3 | 4 | 5 | 6 | 7 | **8** | **9** |  | | 32 | 7 | 8 | 9 | 10 | 11 | **12** | **13** | |
| 20 | 15 | 16 | 17 | 18 | 19 | **20** | **21** |  | | 24 | 12 | 13 | | 14 | 15 | 16 | **17** | **18** |  | | 28 | 10 | 11 | 12 | 13 | 14 | **15** | **16** |  | | 33 | 14 | 15 | 16 | 17 | 18 | **19** | **20** | |
| 21 | 22 | 23 | 24 | 25 | 26 | **27** | **28** |  | | 25 | 19 | 20 | | 21 | 22 | [23](https://www.calendarpedia.co.uk/) | **24** | **25** |  | | 29 | 17 | 18 | 19 | 20 | 21 | **22** | **23** |  | | 34 | 21 | 22 | 23 | 24 | 25 | **26** | **27** | |
| 22 | **29** | 30 | 31 |  |  |  |  |  | | 26 | 26 | 27 | | 28 | 29 | 30 |  |  |  | | 30 | 24 | 25 | 26 | 27 | 28 | **29** | **30** |  | | 35 | **28** | 29 | 30 | 31 |  |  |  | |
|  |  |  |  |  |  |  |  |  | |  |  |  | |  |  |  |  |  |  | | 31 | 31 |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  | |
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| **September** | | | | | | | |  | | **October** | | | | | | | | |  | | **November** | | | | | | | |  | | **December** | | | | | | | | |
| Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** |  | | Wk | Mo | Tu | We | Th | Fr | **Sa** | **Su** | |
| 35 |  |  |  |  | 1 | **2** | **3** |  | | 39 |  |  | |  |  |  |  | **1** |  | | 44 |  |  | 1 | 2 | 3 | **4** | **5** |  | | 48 |  |  |  |  | 1 | **2** | **3** | |
| 36 | 4 | 5 | 6 | 7 | 8 | **9** | **10** |  | | 40 | 2 | 3 | | 4 | 5 | 6 | **7** | **8** |  | | 45 | 6 | 7 | 8 | 9 | 10 | **11** | **12** |  | | 49 | 4 | 5 | 6 | 7 | 8 | **9** | **10** | |
| 37 | 11 | 12 | 13 | 14 | 15 | **16** | **17** |  | | 41 | 9 | 10 | | 11 | 12 | 13 | **14** | **15** |  | | 46 | 13 | 14 | 15 | 16 | 17 | **18** | **19** |  | | 50 | 11 | 12 | 13 | 14 | 15 | **16** | **17** | |
| 39 | 25 | 26 | 27 | 28 | 29 | **30** |  |  | | 43 | 23 | 24 | | 25 | 26 | 27 | **28** | **29++**  **, 33**  **44** |  | | 48 | 27 | 28 | 29 | 30 |  |  |  |  | | 52 | **25** | **26** | 27 | 28 | 29 | **30** | **31** | |
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| **Bank holidays 2023 UK** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 January | | | New Year's Day | | | | | | 10 April | | | | Easter Monday | | | | | | | 28 August | | | | August Bank Holiday | | | | | |  | | | |  | | | | |
| 2 January | | | Substitute day | | | | | | 1 May | | | | Early May Bank Holiday | | | | | | | 25 December | | | | Christmas Day | | | | | |  | | | |  | | | | |
| 7 April | | | Good Friday | | | | | | 29 May | | | | Spring Bank Holiday | | | | | | | 26 December | | | | Boxing Day | | | | | |  | | | |  | | | | |
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**Thanks**

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