

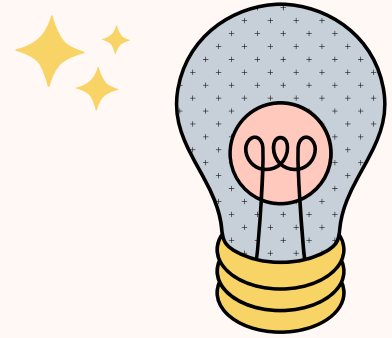
kickstart

2025

**A SIMPLE GUIDE TO MAKE
2025 YOUR BEST YEAR**



VISION



WHICH LIFE DO YOU WANT?

To know if you are on track toward your dream life, you need to have a clear destination in mind - your vision.

Think about your future and visualize your best life.

Outlook

Imagine your life in the medium (3 years) and long term (5 years) future. Which big changes do you expect (build a house, start a family, school for your kids, new job,...)?

Write down how your life will look like:

3 years
from now

5 years
from now

Your Next Year

Now move a little closer and take a look at the year ahead. Which next steps would you help to make progress toward your vision?

Plan the top 3 milestones you want to do in each area:

Family & Friends

- _____
- _____
- _____

Work Life

- _____
- _____
- _____

Health & Wellbeing

- _____
- _____
- _____

Personal Growth

- _____
- _____
- _____

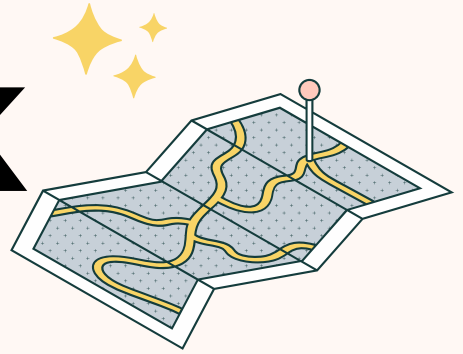
Money

- _____
- _____
- _____

.....

- _____
- _____
- _____

LOOK BACK



WHERE DO YOU STAND?

Review your past year and reflect on the progress you have made to fulfill your vision. Even if it doesn't feel like, you have made progress and learned a lot on the way. Believe me.

The Good and the Bad

Go through your calendar and reflect on which emotions people or activities triggered in you.

Write them into the columns:

Positive	Negative

Mark the top 20% of each side.

Wins & Fails

A year is full of ups and downs. Both shape who we are. Take a moment to think back about what went well and what went not so well the last year.

Write down your biggest wins and fails:

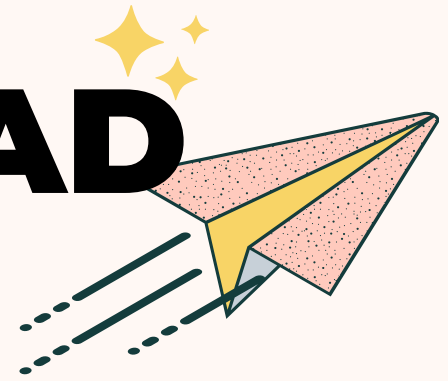
Greatest Wins

Biggest Fails

What are you thankful for?

What have you learned?

LOOK AHEAD



GET TO WORK!

Now it is time to plan your next steps toward the future you want for yourself.

1. Review your vision

What are specific actions you can do to make it a reality?

2. Look at the list of emotions

For the top 20% activities that spark positive emotions schedule some time in the upcoming year. Put the top 20% activities of the negative list on your “Don’t do list”.

3. Goal or Habit?

What is the best way to make progress toward your vision?

Is setting a goal the best way?

Imagine your goal is to run 10 km each week.
What would 8 km mean?

👎 Failure, because you did not reach 10?

👍 Success, because you managed to do 8?

Try this instead:

Think about what matters to you?

- A single specific result → Make it a **goal**.
- Continuous progress → Make it a **habit**.

Your Habits

Small actions compound to big results over time. These steps will help you to make behaviors consistent:



Make it tiny and easy to do.



Create a trigger to start doing your new habit.

“I will [behavior] at [time] in [location].”

or anchor it to an existing behavior

“After [habit] I will do [another habit].”



Celebrate your progress.

Now it is your turn to build your own habits:

Habit

Trigger

Celebrate

Your Goals

Define your big goals in your desired category from your vision. Then work backwards from your big goals and create **smaller goals** and **checkpoints** that show progress towards the big one.



Create a smart* goal



Anticipate which **obstacles** may hinder you from reaching it.



Plan how to **overcome** these obstacles.

Goal

Obstacle

Plan

**You
Got
This!**

*Your personal
growth companion*

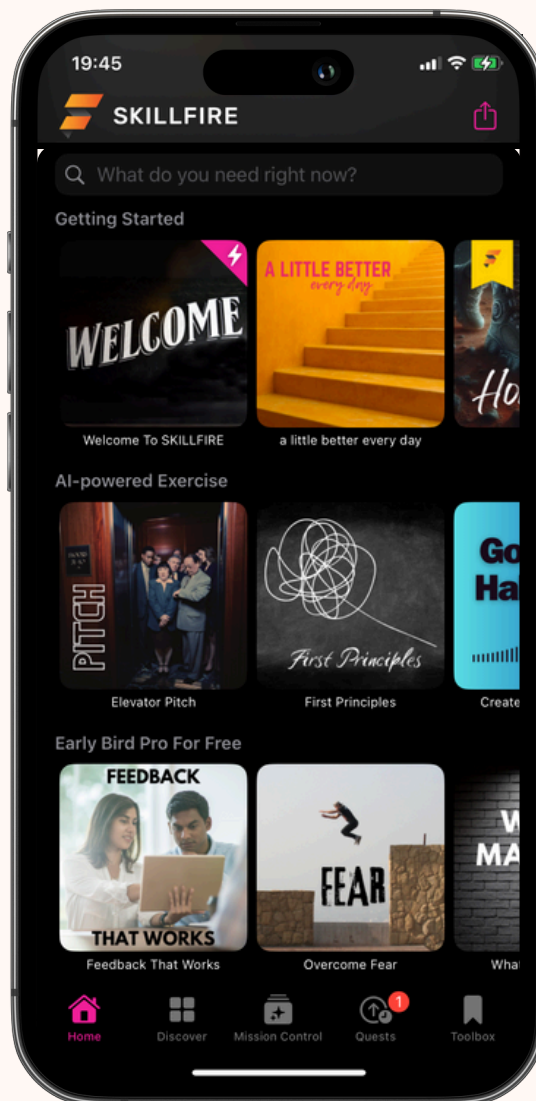


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to tackle your Challenges



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