

DESIGN YOUR LIFE

TO BREAKTHROUGH GOAL-SETTING[®] 2023



Pamela Waldrop Shaw

As the NEW YEAR always brings thoughts of previous and the next, it's important to debrief with that consideration set apart. These questions are a collage from some I have kept and cannot fully credit properly. Some of them came from @nedratawwab who I learn from via her Instagram account. Some I have created for my own personal growth journey. And some are common to many teachers on goalsetting! Bottom line is this, self-reflection can create self-awareness and with self-awareness and a clear vision, anything is possible! Here's to YOUR genuine BEST year EVER!

The work in this document is preparation for the 6th Annual FACEBOOK LIVE on Pamela Waldrop Shaw's Facebook page, @pamelawaldropshaw

Dec. 26, 2022 at 5pm CST

If you miss the live, this will stay on her wall and will be posted on www.pamelashaw.pink, and on the Design Your Life Youtube Channel



#1 What did last year teach me about myself?

#2 Who showed up for me, and how can I nurture those relationships?

#3 What do I need to accept about myself and the other people in my life?

#4 How did I cope with uncomfortable feelings? (Where did I choose poorly? What did I learn? How can I choose better this year?)

#5 How can I better manage my reaction to my feelings?



#6 How will take better care of myself in 2023?

#7 What has been my barrier to completing goals, and how I will remove that barrier in 2023?

#8 What limiting beliefs do I need to release?

#9 What do I need to practice doing more or less of?

#10 What one boundary do I need to implement to improve my peace in 2023?



#11 The people who need me on my A-game at this point in my life are...

#12 The reasons each of those people need me include...

#13 The reasons I want to become a high performer for each of these people are...

#14 I know I'm on my A-game when I think, feel, or behave...

#15 The things that throw me off my A-game are...



#16 I can deal more effectively with those things by...

#17 A few reminders I could set up for myself to be the best for the people in my life could include...

#18 What established patterns and habits serve me well? What emotions and pattern do not? How can I engage, invite accountability, interrupt my old patterns that take me out and create too many breaks in momentum to forge a stronger path, allowing me to serve those I love and to those I am called in a better, more consistent way this year? *(from @onsitewowrkshops)*



LAST YEAR

WHAT brought me JOY?

What lessons did I learn?

Where did I see my resilience?

What am I leaving behind?

What am I taking with me?

What am I most proud of?

How did I show up for myself?



LAST YEAR

What do I still need to grieve?

How will I do that?

What do I need to celebrate?

How will I do that?



I pray along with the **12/26/22 Goal Setting Live** hour (it will remain posted on my Facebook page @pamelawaldropshaw – 5 years of them on my YouTube channel @pamelashaw51) the **Breakthrough goalsetting workbook** and these questions, you will get a really strong start to your new year! For you to be excited about approaching each day you will have to repeatedly answer 2 questions:

What is the one thing that I want most?

What is the one result I have put out there that I have continually not achieved by not doing the activity it would take to achieve it?

Do I still want that thing? (be very careful with your answer. When you throw out the baby with the bathwater before drying off the baby... You might regret having thrown away the baby! Just because it hasn't happened or just because you haven't been willing doesn't mean that you wouldn't regret not achieving it. It also doesn't mean that it is priority. But I just want to put a word to the wise)

Lastly – let's acknowledge regret. What are your IF ONLY'S? In my life, 'if only'... (list them). WHEN you have made a comprehensive list, I cannot argue enough to follow the advice of David Bach author of THE AUTOMATIC MILLIONAIRE, and burn it. Give yourself a break. Anything that you could have or should have done, done differently, or done better – is history. As long as you (or I) are ruminating on what could have or should have been if only, we miss the present and the future. Write them out, and then literally burn them. Perhaps more accountable and more fun with a solid trusted friend. But I double dog dare you to do it. We wanna be free when we start, and we can only start from where we are! And where we are is a beautiful blessing!



CONNECT & FOLLOW PAMELA

www.pamelashaw.pink



FOR MORE comprehensive GOAL SETTING, see
BREAKTHROUGH GOAL SETTING WORKBOOK!

www.pamelashaw.pink under SHOP.
Enjoy free tutorial videos under LEARN.

For greater DAY to day HABIT and KEY BEHAVIOR formation as
you live your life, grow your business and master key behaviors,
see the 90 Day Planner!

For a quiet time tool to JOURNAL, see Prayer Journal

