



Planning for

Success in

2012

Successful people plan on paper! If you write down your plans & goals you will be giving yourself a much better chance of achieving more. What are you waiting for?

Louise Barnes-Johnston
Simply Business Coaching

Phone: ++44 (0)23 9246 3071

www.simplybusinesscoaching.com

Planning for Success in 2012 (or any 12 month period!)

(Inspired by Sherman Hu's video which you can watch at:

<http://shermanlive.com/2007/12/15/review2007-forecast2008/>)

Life Areas (change or amend to suit your situation)

Business (or Career)

Significant Other/Romance

Family & Home

Friends & Fun

Fitness & Health

Personal Growth

Financial/Material

Physical Environment (eg. Where you live or work)

1. Take each area in turn and answer the following questions:

Business (or Career)
What have I accomplished in the last 12 months?
What was my main frustration in this area?
At the end of 2012 (the next 12 months) what would I like to say has happened?

Significant Other/Romance
What have I accomplished in the last 12 months?
What was my main frustration in this area?
At the end of 2012 (the next 12 months) what would I like to say has happened?

Family & Home
What have I accomplished in the last 12 months?
What was my main frustration in this area?
At the end of 2012 (the next 12 months) what would I like to say has happened?

Friends & Fun

What have I accomplished in the last 12 months?

What was my main frustration in this area?
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At the end of 2012 (the next 12 months) what would I like to say has happened?
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Fitness & Health

What have I accomplished in the last 12 months?

What was my main frustration in this area?
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At the end of 2012 (the next 12 months) what would I like to say has happened?
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Personal Growth
What have I accomplished in the last 12 months?
What was my main frustration in this area?
At the end of 2012 (the next 12 months) what would I like to say has happened?

Financial/Material
What have I accomplished in the last 12 months?
What was my main frustration in this area?
At the end of 2012 (the next 12 months) what would I like to say has happened?

Physical Environment
What have I accomplished in the last 12 months?
What was my main frustration in this area?
At the end of 2012 (the next 12 months) what would I like to say has happened?

2. What is my Keyword or Phrase for 2012?

(eg. "I can do this" or "Awesome!")

3. Goal Setting and Taking Action

Quarter 1 (Jan-Mar)

Life Area	2012 Vision	90 Day Goal	30 Day Goals (2 per 90 Day Goal)	Outcome
Business (Career)			1 2	
Significant Other/Romance			1 2	
Family & Home			1 2	
Friends & Fun			1 2	
Fitness & Health			1 2	
Personal Growth			1 2	
Financial/Material			1 2	
Physical Environment			1 2	

Quarter 2 (Apr-Jun)

Life Area	2012 Vision	90 Day Goal	30 Day Goals (2 per 90 Day Goal)	Outcome
Business (Career)			1 2	
Significant Other/Romance			1 2	
Family & Home			1 2	
Friends & Fun			1 2	
Fitness & Health			1 2	
Personal Growth			1 2	
Financial/Material			1 2	
Physical Environment			1 2	

Quarter 3 (Jul-Sep)

Life Area	2012 Vision	90 Day Goal	30 Day Goals (2 per 90 Day Goal)	Outcome
Business (Career)			1 2	
Significant Other/Romance			1 2	
Family & Home			1 2	
Friends & Fun			1 2	
Fitness & Health			1 2	
Personal Growth			1 2	
Financial/Material			1 2	
Physical Environment			1 2	

Quarter 4 (Oct-Dec)

Life Area	2012 Vision	90 Day Goal	30 Day Goals (2 per 90 Day Goal)	Outcome
Business (Career)			1 2	
Significant Other/Romance			1 2	
Family & Home			1 2	
Friends & Fun			1 2	
Fitness & Health			1 2	
Personal Growth			1 2	
Financial/Material			1 2	
Physical Environment			1 2	