



EMPOWERMENT
COACHING & CONSULTING

the power is within you

Empowered 2021!

*“And the day comes when the risk to remain tight in
the bud was more painful than the risk it took to
bloom.” Anais Nin*

Looking Back at 2020

1. What is the best thing that happened to you in 2020?

2. What attributes in others inspired you most in 2020?

3. What was the smartest decision you made in 2020?

4. What was your greatest learning experience in 2020?

5. What brought you the most joy?

6. What was the most challenging experience for you in 2020 and what did you learn from it?

7. If the person or situation that caused you the most pain and grief in 2020 was actually a blessing in disguise, what is the blessing and how might you celebrate it?

8. During 2020 what did you do for yourself to grow personally, physically, emotionally, spiritually, financially, relationally?

9. What three things are you most grateful for?

1. _____

2. _____

3. _____

10. What word or phrase best describes your year in 2020?

11. What are you willing to let go of to move forward in 2020?

“Amazing what more we can see looking back. But God didn't give us eyes in the back of our heads. Our eyes, like our feet, face forward, toward the future.” Regina Scott

Notes on 2020: Record any extra thoughts you have about 2020 on this blank page. They may help you later on!

Creating an Empowered 2021

1. If you didn't care what anyone thought, or what it costs, what would you love to do more than anything in 2021?

2. What would you like to start doing for fun in 2021?

3. What is one thing you could implement in your life in 2021 that would support you most?

4. If you become more like the people you associate with, whom would you like to spend more time with?

5. What excuse or story are you willing to let go of in 2021?

6. What can you do to better take care of yourself in 2021?

7. What are you looking forward to learning in 2021?

8. How would your life change in 2021 if money were not an issue?

9. What contribution do you want to make in 2021?

10. What can you do differently to be a better person, parent, friend, spouse or love partner?

11. What requests are you willing to make to get what you want?

12. If 2021 were the last year of your life, what would you do differently?

Your future is based on your desires. Follow your heart to what is truly possible! Christy Belz

Notes on 2021: Record any extra thoughts/goals you have for 2021 on this blank page.

Firming Up Our Intentions for 2021

What is 2021 about for you...one word...the theme for the year (It's important to get it down to a word or at the very most, a short phrase.) Write it below.

Craft one intention for the year ...how you would like it to be, when it comes to your theme. Write it below.

Action Steps . . . how are you going make this year yours? (Use the rest of this page, if need be.)

Notes