

# *2017 Lifestyle Review*

*with Jess Baker*

## **Betwixtmas**

The time between Christmas and New Year Eve is a great time for reviewing the year that has been, clearing away the debris and residual negative emotion you've been carrying with you.

It's a great time to think ahead and ask yourself what you really want the next few years to look like. How do you want to feel?

We often put too much pressure on ourselves to over-achieve in one year, when it would be more realistic to plan several years into the future.

## **Questions to Ask Yourself**

1. If you're up for a bit of a "Lifestyle Review", here are some questions that might help you to think ahead to 2020:
2. What is going well in my life right now?
3. What things currently in my life make me feel how I want to feel?
4. How do I want to feel in 2020?
5. What things do I need to have in my life to help me feel this way?
6. What changes do I have to make? e.g. consider the different areas of your life such as: career and money, lifestyle and socialising, health and exercise, creativity and learning etc.
7. What do I need to make those changes? e.g. extra money, time, a mindset shift etc.

8. What small changes can I make in 2018 to help to get closer to my goal? e.g. how can I earn more, how can I be more productive, I will learn something new, I will work with a coach etc.
9. Who can I share these plans with who will support and encourage me? e.g. share your plans with a friend or mastermind group, or a coach, who will be your cheer-leader; we all need support.
10. Making notes on these questions will gently guide you through a powerful reflection process.
11. Taking positive action can help you to disempower your Inner Critic, leaving you feeling more in control of your life, and more confident.

I hope you find this a useful process to help you kick-start your new year.

I'll be posting more about new year's resolutions soon, so [sign up here to make sure you receive them first.](#)

Go gently  
Jess