



# 5 Minute Clarity

Volume 1, Issue 1

**“Success is not about looking outside yourself for something that you don’t have, but rather reaching inside to find what is already there.” - Jack Canfield, author of *Chicken Soup for the Soul***

## YEAR IN REVIEW

For many people this past year can be categorized as one of the following:

- Your best year ever
- Your worst year ever
- About the same as other years

The year is almost done or will be done by the time you read this. Too many people rush blindly into the next year by setting hasty New Year Resolutions. These resolutions cause anxiety and harm because they lack the thought and clarity that goes into setting a new path or direction for your life.

You stand on the precipice of a new year in that you can choose a new direction for your life. You can forge a new path by deciding to live in new and more productive ways.

Do you want a sure-fire method for success? Try this formula:

*Review → Plan → Do*

In order to do this, we must first spend some quality time assessing what the past year has brought us. We need to celebrate the wins, let go of the losses, forgive the hurts and decide what is essential to carry forward. Now is the time for this.

The questions to the right will help kick start this process for you today!

## POINTS TO CLARITY

What are you most proud about accomplishing this past year?

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What are your top 5 lessons learned this past year?

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What are your 5 best memories?

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What do you regret about this past year?

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Who do you need to forgive before the New Year begins?

(You don't have to speak to them to do this)

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## DECISIONS & ACTIONS I WILL COMMIT TO: