

SURVIVE AND THRIVE **Managing Life with Adult ADHD**

Abigail's Podcast Cheatsheet

#021

Coming Clean about the Year and Where to Go from Here

I want your next year to be successful. First you need to reflect on the previous year and decide how you want the coming year to go.

Basically you want to assess what worked and didn't work in the previous year. This is important because we tend to repeat mistakes over and over again when we don't take time to reflect on what is really working and what is really not working.

Think about the different roles you have in life. For me, some of my roles include:

- Family member – what do I want to achieve with my familial relationships.
- Personal – what do I want to achieve in terms of my health, relationships, personal growth, living environment, etc.
- Professional – What do I want my work to look like in terms of business growth, services I offer, revenue growth, positioning, etc.

Whatever your roles, what worked last year and what didn't.

Then use those different roles to set your goals for the New Year. Write down these goals and then create a roadmap or action steps as to one way you might achieve each goal. Roadmaps and action steps are important because when you are stuck all you need to do is refer to your plan for a possible next step. Maybe even if the step won't work it will probably give you an idea of what you can do next to keep moving forward.

However you create your plan document it somewhere whether in a journal, on the computer, create a poster, whatever. You want to have a hard copy that you can refer to throughout the year to keep you on track.

My suggestion is to calendar in at the beginning of each month to refer back to your plan so that you can assess where you are at, if you have gotten off course or if your goals have changed. Document that in your plan so that you can see progress and also it makes your plan responsive to changing situations.

Don't get caught up in how the plan should look. Get caught up in making the plan actually happen.

Here are some links to provide you with ideas on how to create a plan.

36 Prompts to Help You Create an Awesome New Year

<https://daringtolivefully.com/prompts-for-the-new-year>

These prompts can be one way to approach your planning

20 Questions for the New Year

<https://theartofsimple.net/20-questions-for-a-new-year/>

This was written for 2009 but the questions still pertain

As 2016 Winds Down, It is Time to Plan for the New Year

<https://www.entrepreneur.com/article/284638>

This is for business planning but the questions are absolutely applicable to your personal life also.

How to Create a Personal Growth Plan for the New Year

<https://goodmenproject.com/featured-content/how-to-create-a-personal-growth-plan-for-the-new-year-knts/>

This is from a men's publication but valuable no matter what gender you are.

Good luck! If you want further support contact me about the services I offer. I can be reached at www.abigailwurf.com/contact or 1-844-ADD-ADHD (1-844-233-2343).