

GAME CHANGER WORKSHEET

Each year , we get a chance to restart, refresh, revise. Change is always daunting, but it is necessary for growth to happen! You don't see the birds hold on to their feathers from their time right out of the egg, right? No, they shed their down and go through the uncomfortable process of growing their feathers. But after that: they soar through the sky!

This Game Changer Worksheet is based on my own process I take the time to go through every year. Feel free to discard sections you don't think will help. "Adapt what is useful, reject what is useless, and add what is specifically your own," as Bruce Lee says. (You should know this worksheet will help you since it includes a Bruce Lee quote, come on!)

Happy New Year!

A handwritten signature in black ink that reads "Alexis". The signature is stylized with a large, looping capital "A" and a cursive "L" and "e".

LAST YEAR

Write down notable events (good and bad) of things that happened last year.
Reflect on things you could have improved upon and then celebrate the things that went right!

January

July

February

August

March

September

April

October

May

November

June

December

CORE VALUES

Make a list of values you hold. Then circle 2 - 4 that you want to work on this year. These should be things you want to increase in your life and strive to live everyday. This could be anything: from self-love to self-confidence, trusting others to helping others, being more courageous to listening more.

My values

Chosen values to work on

CORE VALUES

DATE: _____

Now comes the tough part! Planning for **how** you're going to live your values is the key to making these traits more prominent in your life. Go deep with these questions and don't be afraid to take some time to ponder. You should know **why** you have this value, what its use is, how you're going to live it **everyday**, and how increasing it will ultimately benefit you in the long run. Below is an example.

VALUE #1: Courage

Why is this value important to me?

This value is important to me because it means that I will always strive to do what's right: by me, by those around me.

I plan on being more courageous by

trying new activities, not second-guessing myself as much, and applying myself to doing things I think I cannot do.

I will use being more courageous to

change my mindset and allow other changes in my life to take place. My mindset will be more positive because I am more courageous.

This change will affect me by

encouraging the development of the other values I am working on this year and make me the person and leader I want to be.

CORE VALUES

DATE:

Now comes the tough part! Planning for **how** you're going to live your values is the key to making these traits more prominent in your life. Go deep with these questions and don't be afraid to take some time to ponder. You should know **why** you have this value, what its use is, how you're going to live it everyday, and how increasing it will ultimately benefit you in the long run. Below is an example.

VALUE #1: _____

Why is this value important to me?

I plan on being more _____ by

I will use being more _____ to

This change will affect me by

CORE VALUES

DATE:

Now comes the tough part! Planning for **how** you're going to live your values is the key to making these traits more prominent in your life. Go deep with these questions and don't be afraid to take some time to ponder. You should know **why** you have this value, what its use is, how you're going to live it everyday, and how increasing it will ultimately benefit you in the long run. Below is an example.

VALUE #2:

Why is this value important to me?

I plan on being more _____ by

I will use being more _____ to

This change will affect me by

CORE VALUES

DATE:

Now comes the tough part! Planning for **how** you're going to live your values is the key to making these traits more prominent in your life. Go deep with these questions and don't be afraid to take some time to ponder. You should know **why** you have this value, what its use is, how you're going to live it everyday, and how increasing it will ultimately benefit you in the long run. Below is an example.

VALUE #3:

Why is this value important to me?

I plan on being more by

I will use being more to

This change will affect me by

CORE VALUES

DATE:

Now comes the tough part! Planning for **how** you're going to live your values is the key to making these traits more prominent in your life. Go deep with these questions and don't be afraid to take some time to ponder. You should know **why** you have this value, what its use is, how you're going to live it everyday, and how increasing it will ultimately benefit you in the long run. Below is an example.

VALUE #4:

Why is this value important to me?

I plan on being more _____ by

I will use being more _____ to

This change will affect me by

HABIT BREAKING

Breaking bad habits are key to making sure your progress in both your values and your yearly goals list stay just that: forward momentum. Take some time now to think about what habits you want to break most this year.

If you fall short along the way, know that this is OKAY! You're still farther along than you would be if you had never started in the first place!

Write down your ideas. Then pick two.

Habits I want to break

Chosen habits I want to break

HABIT BREAKING

DATE:

Now comes the tough part! Planning for how you're going to tackle breaking these habits is going to be what keeps you moving forward. Go deep with these questions and don't be afraid to take some time to ponder. You should know why you want to break this value and how breaking it will ultimately benefit you in the long run.

HABIT #1: Doubting myself

Why is breaking this habit important to me?

Breaking this habit of doubting myself is important to me because I cannot progress if I am holding myself back.

How will I break this habit?

trying new activities, not second-guessing myself as much, and applying myself to doing things I think I cannot do.

This change will affect me by

allowing for less anxiety, promoting a health mindset and providing space in my life to try, fail and succeed without being my own worst enemy.

HABIT BREAKING

DATE:

Now comes the tough part! Planning for how you're going to tackle breaking these habits is going to be what keeps you moving forward. Go deep with these questions and don't be afraid to take some time to ponder. You should know why you want to break this value and how breaking it will ultimately benefit you in the long run.

HABIT #1: _____

Why is breaking this habit important to me?

How will I break this habit?

This change will affect me by

HABIT BREAKING

DATE:

Now comes the tough part! Planning for how you're going to tackle breaking these habits is going to be what keeps you moving forward. Go deep with these questions and don't be afraid to take some time to ponder. You should know why you want to break this value and how breaking it will ultimately benefit you in the long run.

HABIT #2: _____

Why is breaking this habit important to me?

How will I break this habit?

This change will affect me by

GOAL SETTING

Goal setting time! Go WILD right now! List out all the things you want to do this year: career Then comb through it and figure out the top 5 - 10 things you want to do. Pick these based on your career goals and your values. Remember, your goals are things you're going to work on for this entire year. This entire worksheet is to help you mentally prepare yourself to take these on and succeed!

Goals I'd like to achieve this year

Chosen goals I'd like to achieve this year

GOAL SETTING

Make a monthly breakdown to plan what you want to accomplish and when. Here is a table for you!

January

July

February

August

March

September

April

October

May

November

June

December

MY UPCOMING YEAR

Put everything together on this sheet: your values, your habit breaking and your goals.

Print this sheet and put it somewhere you will see it every day!

Goals I have set

Values I am working on

Habits I am going to break