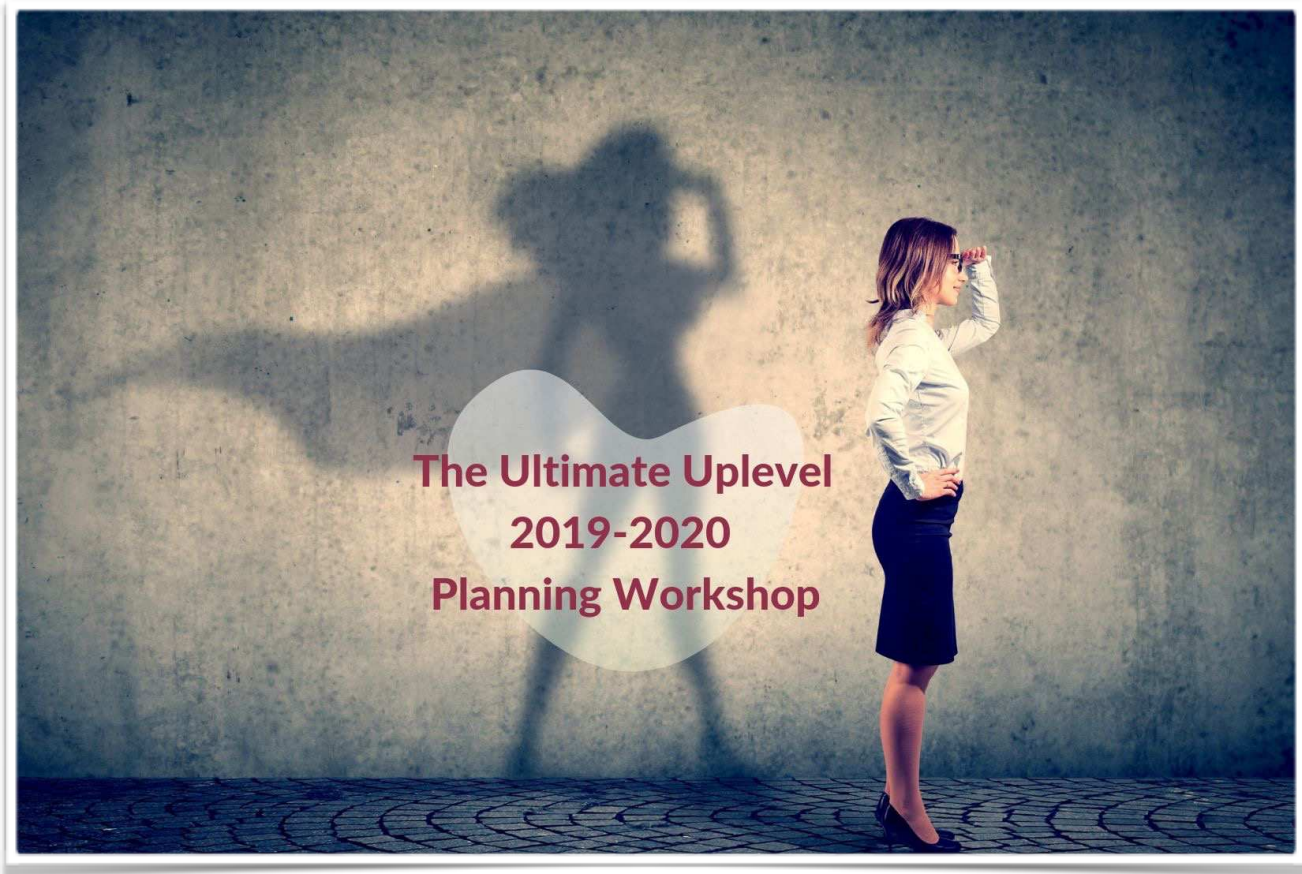




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UNCORK BIG MAGIC



## Your Ultimately Upleveled Life + Business Plan 2019-2020

# Module 1: Last 4 Quarters in Review

This module is about how to look back at the previous 12 months to determine what you want to keep doing and what you want to improve upon for the next four quarters.

Main topics include:

- How to do a thorough 12-month review
- How to determine your “sustains” and “improves”
- How to use that information to inform your next four quarters

Watch the Video HERE: <http://shantipax.com/membership-login/>

Then, complete the worksheet below.



## PROFESSIONAL...

In past 12 months, what were your biggest BUSINESS successes?

Why did it feel successful or like an achievement? What emotions were you feeling when you were thriving?

*"Life is either a daring  
adventure or nothing."*

-Helen Keller



What were the top 3 ways that your ideal clients or customers found you? How did they come to hire or buy from you?

1.

2.

3.

Considering your successes and the thriving moments, what do you want to sustain - or continue doing or to build upon - in the next four quarters?

*“What am I living for and what am I dying for are the same question.”*

—Margaret Atwood

What were the challenging areas? Or what plain sucked?



Of the things you listed above, how can you do things differently? What can you stop doing or start doing?

What is one bad habit affecting your business that no longer serves you?

If that habit feels hard to change, where are you feeling resistance to change? Can you identify any limiting beliefs (such as: "I don't deserve success.")

*"People who are crazy enough to think they can change the world, are the ones who do."*

-Rob Siltanen



## PERSONAL...

In past 12 months, what were your biggest PERSONAL successes?

Why did it feel successful or like an achievement? What emotions were you feeling during the thriving moments?

Considering your successes and thriving times, what do you want to sustain - or continue doing or to build upon - in the next four quarters?

*“You are not a drop in the ocean. You are the entire ocean in a drop.”*

-Rumi



What were the challenging areas? Or what plain sucked?

Of the things you listed above, how can you do things differently or what can you stop doing or start doing?

What is one habit affecting your personal life that no longer serves you?

If that habit feel hard to change, where are you feeling resistance? Can you identify any limiting beliefs?

*"If you don't like something, change it. If you can't change it, change your attitude."*

-Maya Angelou