



*From Mid-life to  
Magnificence*

3

# PRACTICES TO GAIN CLARITY

FOR SELF-DISCOVERY

PIVOT TO WHOLENESS  
COACHING

# Welcome!

I am Life and Career Transition coach, Carol Hudnell, and I am pleased to share this free end of year workbook with you.

We often spend a tremendous amount of time creating goals, intentions or resolutions for the new year, but we often fail to deeply examine what we truly want. We often do not allow ourselves to reflect on our deepest desires and values. This workbook will remedy that so you can see where you have been to know where you are going. In this workbook you will:

- ✓ Take some time to reflect on what you value most
- ✓ Think about the values that guide you.
- ✓ Celebrate your accomplishments.

I've put together this **free workbook** to help you get clear on your goals and values and prepare for your fantastic future. If you have any questions, feel free to reach out to me. Enjoy!

All my best,

*Carol Hudnell*



## ABOUT ME

I am a Life and Career Transformation Coach who specializes in helping people enhance their careers, happiness and become more fulfilled.

I am available for 1:1 coaching where I help you clarify your next steps to create a fulfilled and balanced career and life.

# TABLE OF CONTENTS

## INTRODUCTION

Examining the year gone by

## PRACTICE 1

Checking In with Yourself

## PRACTICE 2

Creating Your Personal Brand

## PRACTICE 3

Celebrating Your Victories and Insights



“Your soul needs time for solitude and self-reflection. In order to love, lead, heal, and create, you must nourish yourself first.”

– Louise Hay



# INTRODUCTION

## What to Expect

It's the perfect time to embark on a journey of self-discovery, growth, and celebration. This workbook is designed to guide you through a transformative process of checking in with yourself, creating a compelling personal brand, and celebrating your victories and insights along the way.

### Checking In with Yourself:

Before diving into the intricacies of personal branding and celebration, we begin by encouraging a thoughtful check-in with oneself. This process involves deep introspection, exploring personal values, accomplishments, and challenges faced throughout the year. By taking a moment to pause and reflect on the various aspects of life—both personal and professional—you can gain valuable insights into your journey, fostering a greater sense of self-awareness.

### Creating Your Personal Brand:

Building a personal brand is a powerful and intentional step toward showcasing your unique identity. This section of the workbook will guide you through thought-provoking questions aimed at clarifying your values, strengths, and the distinct qualities that set you apart. Crafting a personal brand isn't just about professional advancement; it's a pathway to expressing your authentic self, making meaningful connections, and leaving a lasting impression on those around you.



# INTRODUCTION

## Celebrating Your Victories and Insights:

As we navigate the intricate dance of life, it's crucial to acknowledge and celebrate our successes, no matter how small. This section focuses on recognizing the achievements, overcoming challenges, and learning valuable lessons from the year gone by. By embracing a habit of reflection and celebration, we lay the foundation for a positive mindset, resilience, and the motivation to continue pushing forward in our personal and professional pursuits.

Embark on this transformative journey with an open heart and a curious mind. Throughout the pages of this workbook, you'll find insightful questions, actionable steps, and the space to express your thoughts. May this be a valuable resource as you navigate the path of self-discovery, define your personal brand, and revel in the triumphs that have shaped your unique journey. Here's to empowering your journey and celebrating the remarkable woman you are becoming!

Each practice takes approximately **20 minutes** to complete and in about an hour you can gain clarity on the previous year and prepare yourself for your next **big steps**.

I am so excited for you!

*Carol*



01

PRACTICE

# CHECK IN WITH YOURSELF

Take some time to reflect on the year.  
Consider what worked well, what could  
have been improved, and what lessons you  
have learned.



# CHECKING IN

## What to Expect

Checking in with yourself and reflecting on your personal growth is important because it allows you to become aware of how far you've come and the progress you have made.

It also allows you to identify any areas that need improvement and to develop strategies for reaching your personal goals.

Reflection helps you to appreciate the positive changes that you've made in your life and to reinforce the habits that are helping you to reach your goals.

Regularly checking in with yourself and reflecting on your personal growth can help you stay motivated and inspired to make further progress.

### *Tips*

- Reserve **20 minutes** for yourself to complete this practice.
- Find a quiet place with minimal distractions and be sure you are physically comfortable and safe.
- Take 1-2 minutes to center yourself by taking a few deep breaths and exhaling slowly.
- Begin your journey of self-reflection.



# PRACTICE #1

## Check In with Yourself Discovery Questions

### 1. What do you want to take into the New Year?

What mindset, habits, practices, routines, and resets helped you get the results you wanted?

### 2. What do you choose to leave behind?

What activities, habits and self-talk hindered your progress and would be better left in the past?



# PRACTICE #1

## Check In with Yourself Discovery Questions

### 3. Who or what invigorated and inspired you?

Who or what circumstances inspired you to break free of a limiting belief and make progress towards your heart's desire?

### 4. Who or what brought out your worst qualities?

In what circumstances did you fail to bring forth your best self. Be specific.



# PRACTICE #1

## Check In with Yourself Discovery Questions

### 5. What do you want to do more of?

I want to do more of ...! How would your life be enhanced if you did more of that thing?

### 6. What do you want to do less of?

I want to do less of ...! How would your life be enhanced if you did less of that thing?



# PRACTICE #1

Check In with Yourself Discovery Questions

## 7. What lessons did you learn this year?

What did you learn from your experiences that you made a difference in how you perceive the world?

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A woman with dark, curly hair is smiling and standing with her arms crossed. She is wearing a light grey blazer over a white top. The background is a blurred office or indoor setting with greenery visible through a window.

**02**

PRACTICE

# CREATING YOUR BRAND

Showcase your unique skills and experiences, and help you to understand what makes you stand out from the crowd.



# CREATING YOUR PERSONAL BRAND

## What to Expect

As you delve into the process of crafting your personal brand, consider it a voyage of self-exploration and empowerment. This journey invites you to delve into the depths of your character, aspirations, and the impact you wish to leave on the world. Creating a personal brand is about aligning your actions with your authentic self, communicating your narrative with intentionality, and ultimately shaping a reputation that resonates with your true identity.

Through this exploration, you not only gain a clearer understanding of who you are but also cultivate the confidence to authentically express your unique story to the world.

This practice takes approximately **20 minutes** to complete.



# PRACTICE #2

## 1. Create Your Personal Brand

What adjectives or qualities would you want others to use when describing you? What adjectives or qualities do you use when describing yourself? Circle the words that appear on both lists. These are your core brand characteristics.

OTHERS DESCRIBE ME AS

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# PRACTICE #2

## Create Your Personal Brand

### **2. In what ways do you naturally inspire or uplift those around you?**

Reflect on the positive impact you have on others, whether through your actions, words, or presence. Understanding how you uplift those in your circle contributes to defining your personal brand.

### **3. How do you handle and communicate in times of adversity or challenge?**

Describe the values and strengths you exhibit during tough times, as they contribute significantly to the narrative of your personal brand.



# PRACTICE #2

## Create Your Personal Brand

### 4. Craft a Personal Mission Statement:

Develop a concise statement that encapsulates your values, goals, and unique attributes. This will serve as a guiding light for your personal brand.

When creating a personal mission statement, include:

- Your core values
- Passions and interests
- Skills and strengths

### Example Personal Mission Statement:

*My mission is to lead a purposeful life grounded in love, family, community, and caring for the environment. I am dedicated to fostering a harmonious and supportive environment for myself and others where compassion, respect, and understanding thrive.*

### My Mission Statement



**03**

PRACTICE

# CELEBRATE YOUR VICTORIES AND INSIGHTS

Celebrating our victories and learning from  
our experiences is an important part of  
personal growth.



# CELEBRATING YOUR VICTORIES AND INSIGHTS

## What to Expect

Embarking on the journey of celebrating your victories and insights is a profound acknowledgment of the resilience, growth, and unique journey that defines you. In the hustle of life, it's easy to overlook the significance of our achievements, both big and small.

This section of the workbook is dedicated to the art of reflection and celebration, recognizing that pausing to revel in our triumphs is not merely a luxury but a necessity for personal well-being.

By actively engaging in the practice of celebration, you are not only acknowledging your accomplishments but also cultivating a positive mindset that can propel you forward with renewed vigor and determination.

This practice takes approximately **20 minutes** to complete.



# PRACTICE #3

## Celebrating Your Victories and Insights

### **1. What accomplishments made you feel the most fulfilled this year?**

Reflect on specific achievements that brought a sense of satisfaction and align with your personal and professional goals.

### **2. How have your successes contributed to personal growth or skill development?**

Explore the skills or qualities you've honed through your achievements and consider how they contribute to your overall growth.



# PRACTICE #3

## Celebrating Your Victories and Insights

### **3. Which feedback or recognition meant the most to you?**

Reflect on the feedback or acknowledgment that resonated deeply, as it provides insight into what you value and how others perceive your contributions.

### **4. Were there any unexpected successes or lessons from perceived failures?**

Consider if any setbacks led to unexpected victories or valuable lessons that contribute to your growth and resilience.



# PRACTICE #3

Celebrating Your Victories and Insights

## 5. How did you reward yourself when you realized that you attained your special "I did it!" moment?

List the ways that you acknowledged your success and rewarded yourself for the effort you made to meet your goal.

## Write a Thank You note to yourself acknowledging the effort you made to accomplish your goals.

Appreciation is a powerful way to validate and recognize someone, especially when that someone is you.

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PIVOT TO WHOLENESS COACHING

| PAGE 23



## WANNA LEARN MORE?

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**Reach out to me**

To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

**SCHEDULE A FREE CALL**

<https://pivottowholeness.com>



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