

MAKE
2025
YOUR BEST
ONE YET!

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CREATE THE LIFE YOU WANT

This workbook has **ONE** purpose
To help you use the start of a new year to
create the life you want or the business
you desire through goal setting

It's time to get clear on:

What you want and why you want it

What you need to do to achieve it

What is stopping you

ARE YOU READY?

GRAB A NOTEPAD AND LETS GO

LETS REVIEW 2024

Before deciding where you want to go
It's important to take the learnings from
where you have been

I want you to think about the following
questions and write down your answers

**What were my biggest highlights in
2024?**

What made these a highlight?

What is important to you in your life?

What experiences do you value?

Who do you want to share them with?

What emotions did they create?

What memories from 2024 are most important
to you?

Why are these important?

What am I most proud of in 2024?

What did you achieve?

What skills did you use?

When were you at your best?

What did you do in order to be your best?

What did you learn about yourself?

What are your biggest strengths?

What were my most difficult challenges in 2024?

What did I learn from these?

What did I learn about myself?

What strengths do I have?

How do these serve me?

What can I say was a positive from these experiences?

How can I learn the lessons and either avoid these challenges happening again or better equip myself for next time?

How could I use these lessons to move myself forward?

2025 GOALS

When we set goals they should be
SMART - Specific, Measurable, Achievable
Realistic and time bound

Non SMART Goal

“I want to lose weight”

Smart Goal

“I will lost 12 pounds by Dec 2025. Aiming
for 1 pound per month

Can you see the difference?

Set 3 to 5 goals for 2025

Many people set numerous goals and
struggle to focus/commit to so many
and therefore quit or lose momentum

WHAT ARE YOUR GOALS?

Now list your 3 to 5 big goals for 2025

What do you want to achieve?

Look at areas such as health, wealthy, work, business, finance and relationships

Understand your why

Ask yourself why you want to achieve these?

Why is it important?

Why does it matter to you?

Knowing your why brings clarity, purpose and motivation.

What is your timeline to achieve your goals?

How will you track your progress?

WHAT ACTIONS DO YOU HAVE TO TAKE?

Goals are important. They state what you want but taking action is how you will achieve them

Beside each goal write a list of SMART actions that will move you towards them

ACTION

I will exercise

SMART ACTIONS

I will run 2 miles x 4 times per week

I will eat a maximum of
1800 calories per day and use an app to track
all calorie intake daily

I will swimming 10 lengths 2 times per week

Ask what has stopped you in the past? What
challenges might you face?

Beside each action write the date by which
you will have completed it by

Have a 'status' beside each action and
mark as open, started or complete and colour
red/amber/green

Evaluate and assess your progress on a set day each
week - stick to this rigorously

Find yourself an accountability partner.
Someone who you admire, who has achieved
a level of success and who would like
to support you

“The path to success is to take massive
determined action”

Tony Robbins

NOW DO IT!

I would love to connect with you and share
insights, tools and strategies to help you
succeed

Follow me on social media

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