

ONE YEAR FROM YESTERDAY

PRINTABLE
Workbook Pages
FOR EBOOK OWNERS



YOUR GOAL-SETTING TEMPLATE

GOAL # 1:

25% Milestone

Weekly Rituals →

→

→

50% Milestone

75% Milestone

100% Milestone

GOAL # 2:

25% Milestone

Weekly Rituals →

→

→

50% Milestone

75% Milestone

100% Milestone

GOAL # 3:

25% Milestone

Weekly Rituals →

→

→

50% Milestone

75% Milestone

100% Milestone

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

25% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones

Goal #1

Goal #2

Goal #3

Goal #1: 25% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 50% Milestone will be:

Goal #2: 25% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 50% Milestone will be:

Goal #3: 25% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 50% Milestone will be:

Step 2: Identify Your Patterns

When do you show up most consistently?

Time of day, day of week, circumstances?

When do you struggle most?

What triggers make it harder?

What helps you return after missing?

What Mindset, strategy, or support gets you back on track?

Step 3: Develop Your Next Rituals

Goal #1: 50% Milestone

Weekly Rituals →
→
→

Goal #2: 50% Milestone

Weekly Rituals →
→
→

Goal #3: 50% Milestone

Weekly Rituals →
→
→

Step 4: Acknowledge Your Wins

Step 5: Set One Intention for the Next Season

My intention for the next season:

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

 PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

 THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

 PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

 THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

50% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones

Goal #1

Goal #2

Goal #3

Goal #1: 50% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 75% Milestone will be:

Goal #2: 50% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 75% Milestone will be:

Goal #3: 50% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 75% Milestone will be:

Step 2: Identify Your Patterns

When do you show up most consistently?

Time of day, day of week, circumstances?

When do you struggle most?

What triggers make it harder?

What helps you return after missing?

What Mindset, strategy, or support gets you back on track?

Step 3: Develop Your Next Rituals

Goal #1: 75% Milestone

Weekly Rituals →
→
→

Goal #2: 75% Milestone

Weekly Rituals →
→
→

Goal #3: 75% Milestone

Weekly Rituals →
→
→

Step 4: Acknowledge Your Wins

Step 5: Set One Intention for the Next Season

My intention for the next season:

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

.....

What's one achievement I'm proud of?

.....

What's one thing I'll adjust next week?

.....

75% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones

Goal #1

Goal #2

Goal #3

Goal #1: 75% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 100% Milestone will be:

Goal #2: 75% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 100% Milestone will be:

Goal #3: 75% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 100% Milestone will be:

Step 2: Identify Your Patterns

When do you show up most consistently?

Time of day, day of week, circumstances?

When do you struggle most?

What triggers make it harder?

What helps you return after missing?

What Mindset, strategy, or support gets you back on track?

Step 3: Develop Your Next Rituals

Goal #1: 100% Milestone

Weekly Rituals →
→
→

Goal #2: 100% Milestone

Weekly Rituals →
→
→

Goal #3: 100% Milestone

Weekly Rituals →
→
→

Step 4: Acknowledge Your Wins

Step 5: Set One Intention for the Next Season

My intention for the next season:

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

 PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

 THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

★ THIS WEEK'S INSIGHTS AND LEARNINGS ★

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

 PROGRESS TRACKER

GOAL # 1

RITUALS:

Scheduled for:

Accomplished:

GOAL # 2

RITUALS:

Scheduled for:

Accomplished:

GOAL # 3

RITUALS:

Scheduled for:

Accomplished:

 THIS WEEK'S INSIGHTS AND LEARNINGS

What did this week teach me?

What's one achievement I'm proud of?

What's one thing I'll adjust next week?

100% MILESTONE REFLECTION

Step 1: Review Your Goals and Milestones

Goal #1

Goal #2

Goal #3

Goal #1: 50% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 75% Milestone will be:

Goal #2: 50% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 75% Milestone will be:

Goal #3: 50% Milestone ☐ *achieved* ☐ *exceeded* ☐ *fell short*

My 75% Milestone will be:

Step 2: identify the Patterns That Serve You in the Future

When do you show up most consistently?

Time of day, day of week, circumstances?

When do you struggle most?

What triggers make it harder?

What helps you return after missing?

What Mindset, strategy, or support gets you back on track?

Step 3: Define What You'll Carry Forward

Goal #1

The ritual(s) that are now part of my life:

Goal #2:

The ritual(s) that are now part of my life:

Goal #3:

The ritual(s) that are now part of my life:

Step 4: Acknowledge Your Wins

Step 5: Set One Intention for the Next Season

My intention for the next season:



Stay Connected

If you've made it to Week 52, I'd love to hear from you.

Share your story, your wins, your reflections at www.kommor-consulting.com

If this book has meant something to you, spread the love and give the gift of growth.

As a thank you for reaching out, I'm offering readers who contact me through the website a special deal to share One Year from Yesterday with friends or family.

Be in touch!

