



2025

# A FRESH START

YOUR ROADMAP TO SUCCESS  
BOOKLET

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# INTRODUCTION

This booklet is designed to help you in setting clear and achievable goals for the year 2025. It guides you to reflect on your deepest aspirations, understand what drives and motivates you, and evaluate the skills and competencies you possess, ensuring that you set objectives aligned with your strengths.

By encouraging you to learn from past experiences and assess those who have supported your journey, this booklet empowers you to build a strategic and actionable plan, paving the way for success in the coming year.

2025

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Part One

# REFLECT ON YOUR CURRENT YEAR 2024

**Question 1: In a few words, how would you describe 2024?**

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**Question 2: What are your accomplishments in 2024?**

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**Question 3: What lessons did you take away in 2024?**

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**Question 4: What lessons did you take away from 2024?**

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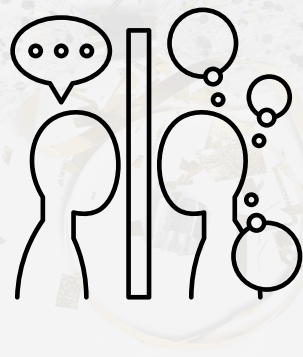
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**Question 5: What did you not accomplish, and what were the reasons?**

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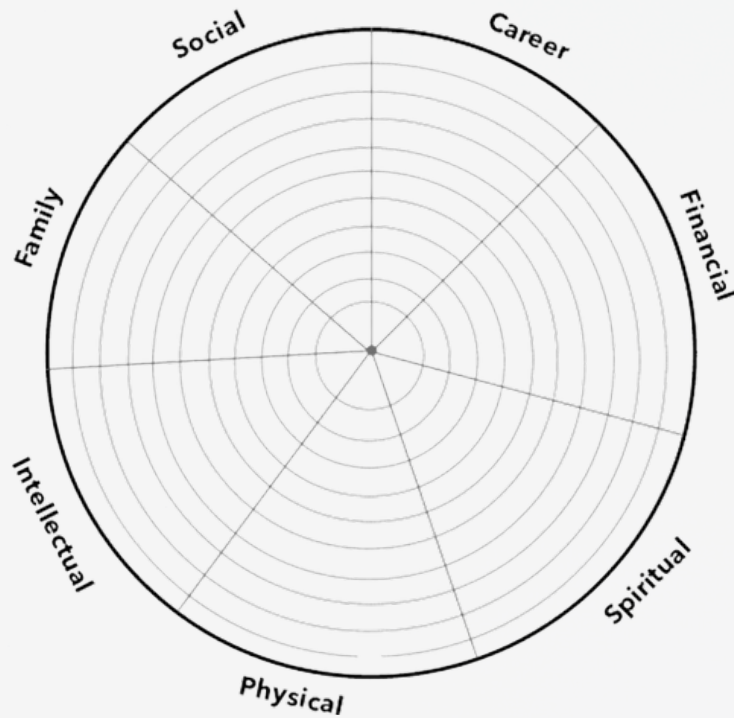
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# REFLECT ON YOUR SATISFACTION IN LIFE'S AREAS

Question 1: Rate your satisfaction in each area using the Wheel of Life and color each section according to your level.



Question 2: Which areas do you want to improve or develop in 2025?

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# A GLIMPSE OF YOUR 2025 JOURNEY



By 2025, imagine yourself achieving key milestones, growing personally, building meaningful relationships, and embodying your best self. This vision guides your actions with purpose and clarity.

Question 1: What are your visions for 2025? Write down two visions.

## Vision 1

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## Vision 2

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Question 2: What is required to achieve those visions?

## Skills

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## Values

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## Lessons Learned

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# A GLIMPSE OF YOUR 2025 JOURNEY

**Question 3: Break your vision into key objectives. What key objectives do you need to set to turn your vision into reality?**

What is your objective?	Why do you need to achieve it?	How will you achieve it?	What will happen if not achieved?	Milestones



# CALENDAR

Question 4: What are the main objectives you want to prioritize each month?  
Break them down into smaller milestones.

JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	



# GUIDELINES TO ENSURE YOU SUCCESSFULLY REACH YOUR OBJECTIVES.

- Design a Vision board displaying your objectives and place it somewhere visible as a daily reminder.
- Regularly assess your objectives and make adjustments when needed.
- Divide your goals into smaller, manageable milestones to make progress more achievable.
- Make sure your objectives align with your values and motivations, not just general standards.
- Write your objectives using the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound).

If you need further assistance or personalized support, don't hesitate to [book a session with me!](#)