

# COMPLETE 2023 • CREATE 2024

THIS YEAR IS ABOUT:

WELCOME

The purpose of this workshop is to

TO EMPOWER YOU TO CREATE THE BEST YEAR  
OF YOUR LIFE AND TO LIVE FROM  
BEING CONSCIOUS, BEING IN CONTROL AND  
BEING IN CREATION.

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◀ PREV | NEXT ▶

## YEAR AT A GLANCE

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In order to acknowledge, appreciate and learn from the current year, it is important to first give it some context by briefly summarizing the main events of this year.

- ▶ *In the blocks provided, briefly jot down the main events that took place in each month to create an overview of the year.*

Need to jog your memory?

Grab your diary or review the photos taken during the year or go through your sent emails.



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

## TAKING STOCK

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- ▶ *Having had the opportunity to jot down an overview of the year, take some time to acknowledge your progress, the small ticks, the big wins or your felt impact.*



TAKING STOCK

## ACKNOWLEDGING MY ACCOMPLISHMENTS

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## UNFINISHED BUSINESS

- ▶ Take some time now to reflect on the things you had planned to achieve but you see now you have not.
- ▶ What prevented you from achieving your goals?
- ▶ To get closure with the goals you did not achieve you can ask yourself the following questions:

### **What can I acknowledge?**

This might be to acknowledge your real intention to have accomplished this goal this year, and to also acknowledge the things that came up which you could not have foreseen that took away time, energy or resources needed to achieve this goal. It might be to acknowledge it was not reasonable to achieve the goal in this amount of time.

### **What can I let go?**

This might be letting go any self-judgement or fixation about how it should have gone

### **What can I decide?**

This might be to decide to get complete with the incompleteness and let go the need for resolution in areas where resolution is not possible. It might be you decide to park this goal and pick it up at another time.

- ▶ Consider how you can adapt your approach to ensure a positive outcome in the coming year?

## UNFINISHED BUSINESS

## ROADBLOCK / SELF-SABOTAGE

## STOP / PAUSE / COMPLETE

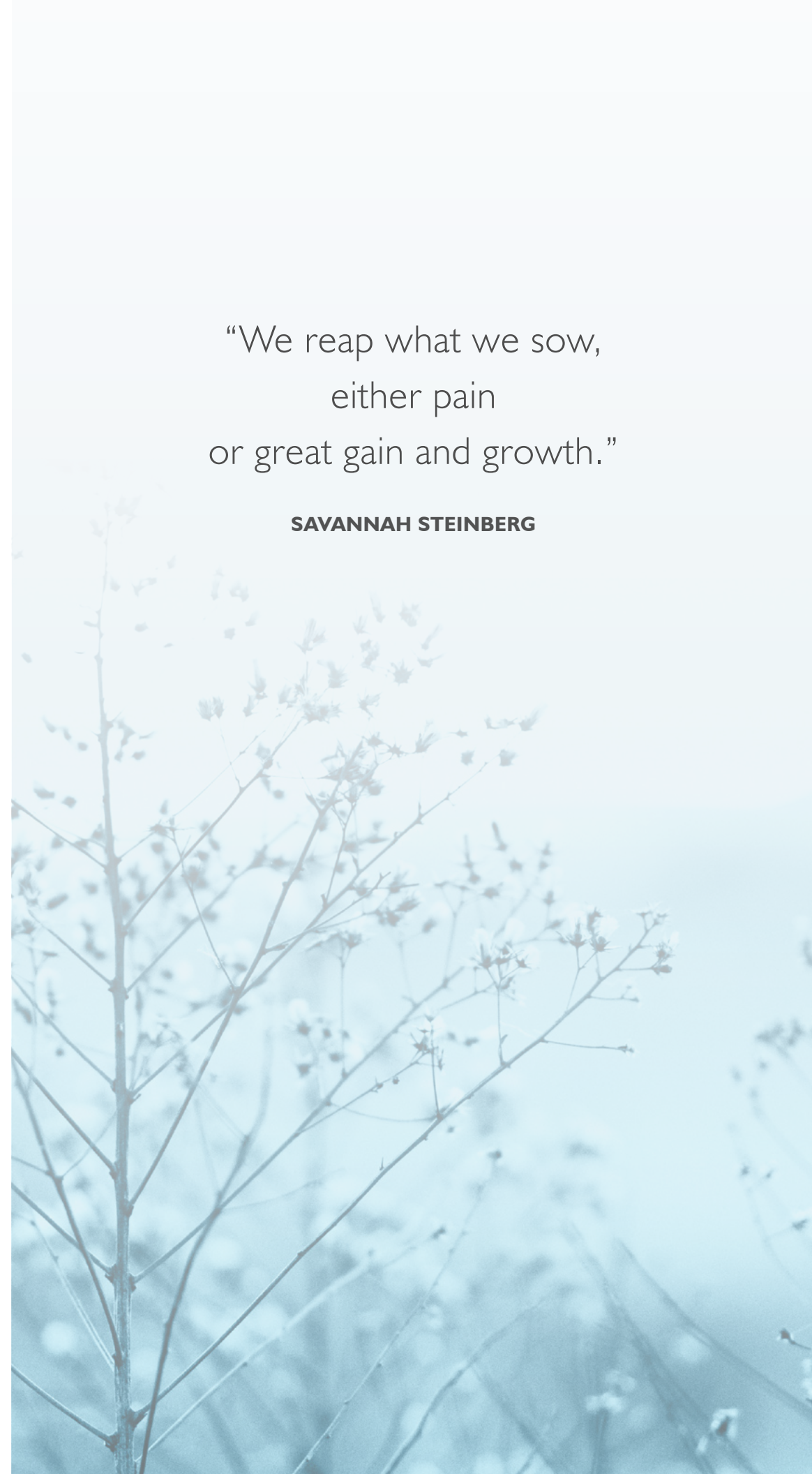
UNFINISHED BUSINESS

ROADBLOCK / SELF-SABOTAGE

STOP / PAUSE / COMPLETE

“We reap what we sow,  
either pain  
or great gain and growth.”

**SAVANNAH STEINBERG**



UNFINISHED BUSINESS

## COMPLETING THIS YEAR

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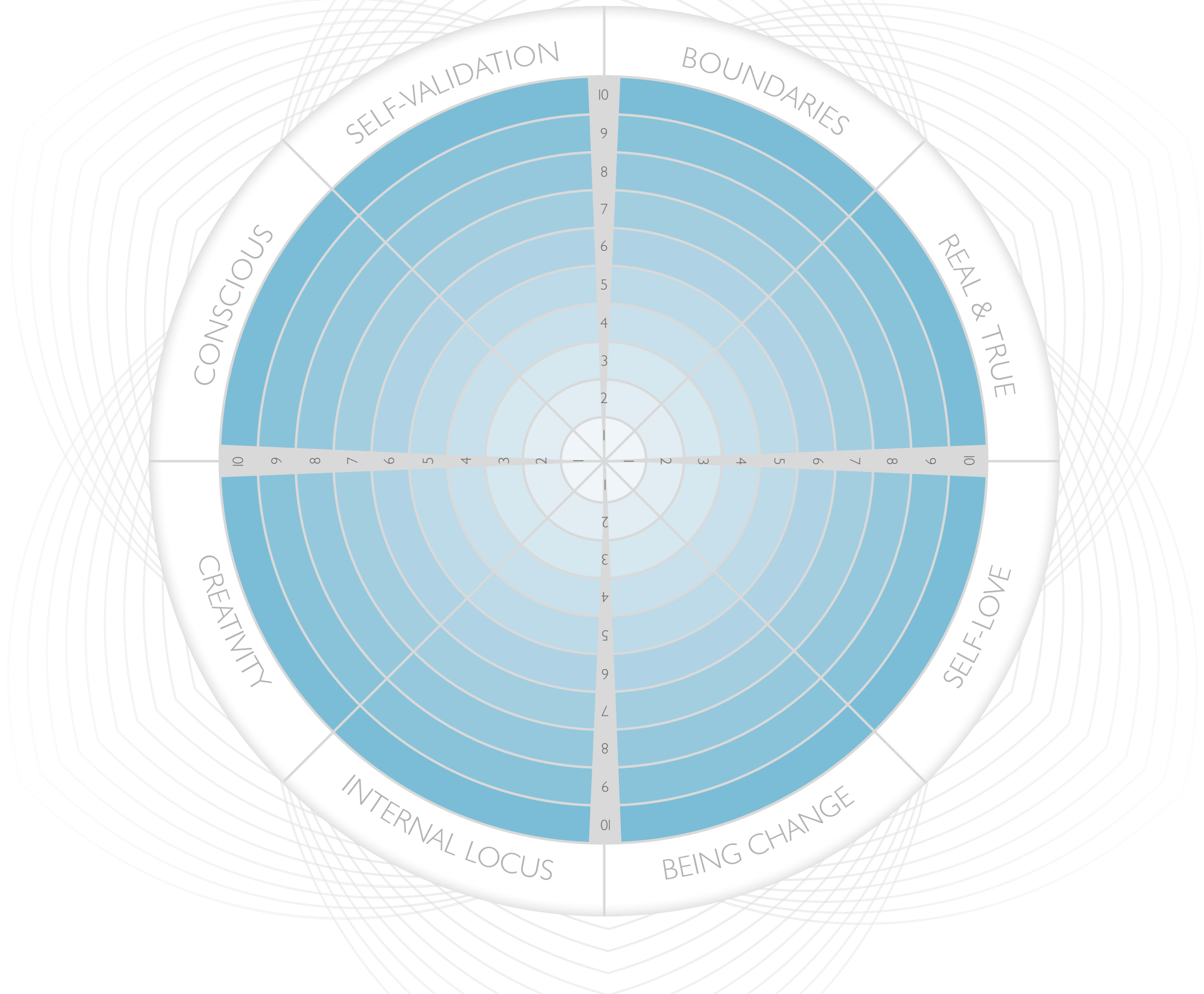
- ▶ **What did this year teach you?**  
*Consider all the lessons you gained from the experiences you had this year.*



## MY LEARNINGS

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WHEEL OF SELF-LOVE



WHEEL OF SELF-LOVE

## CORE THEMES I AM CHALLENGED WITH

A **core theme**, in this context, is a recurring pattern that gets played out in your life, year after year. It is mostly something you **would not choose** and **would want to change**.

It might be something you feel is happening to you and where you can't see your role in causing it. These themes are often experienced as an **area of deep frustration** from an **inability to break or shift them**.

**Examples:** *unhealthy relationships, financial struggles, weight, rejection, abandonment or continuously finding yourself in the role of victim, persecutor, or rescuer.*

You have a **breakthrough** when you finally overcome the thing that has been holding you back, like the first time you stand up for yourself or say no, when you have not been able to do that before. Breakthrough's happen as a result of increased self-awareness, knowledge and understanding, and from the courage to act independently of the thinking and feeling that normally stands in your way.

- **Theme:** Unhealthy relationship
- **Challenge:** Inability to set boundaries and walk away from behaviour that is destructive.
- **Breakthrough:** Ability to stand up for self, set boundaries and walk away if needs be.

## CORE THEME

## MY CHALLENGE

## BREAKTHROUGH



CORE THEME

MY CHALLENGE

BREAKTHROUGH

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

**MARTIN LUTHER KING, JR.**



## CREATING 2024

- ▶ *What will I achieve in the next 12 months that will significantly impact all aspects of my life? What would absolutely blow my mind away if I managed to achieve it? Like no ways! I cannot believe it! What is the greatest breakthrough I could have?*
- ▶ *What are the specific milestones I need to achieve these?*
- ▶ *What do I need to stop doing to achieve these?*
- ▶ *What do I need to start doing to achieve these?*



The Challenge

How will I FEEL when I have accomplished this?

Milestone

Actions

By when?

Celebrating the WIN



The Challenge

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The Challenge

How will I FEEL when I have accomplished this?

Milestone

Actions

By when?

Celebrating the WIN

## VISION 2024

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Brainstorm a word or heading that captures the essence of what you would like to devote yourself to in 2024 that reflects the outcome of achieving the goals you have set for yourself.

Examples:

- *Being unstoppable*
- *Reclaiming my power*
- *Getting back into the driver's seat*
- *Liberating (your name)*
- *Breaking Cycles*
- *Finding my Voice*
- *Living Loving and Laughing more*
- *Loving and accepting myself*
- *I am enough*
- *Backing myself*

Add this to the GOALS tab on the BeSTAR app.



## THE THEME I DEVOTE 2024 TO #VISION2024

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### HEALTH & WELLNESS

Description	When / Frequency / Done
Annual full-medical check-up	
Gynaecologist (woman) or physician (men)	
Dentist appointment 1	
Dentist appointment 2	
Hearing test	
Eye test	
Is your diet providing you with the right nutrients to stay healthy?	
Are you taking supplements to support your system if you are under huge stress?	
Are you doing some form of exercise routine?	
Do you build time into your day for yourself?	
Do you build time into your week for fun and leisure?	
Do you build time into your week for your significant relationships?	
Do “you” feature in your own life outside of work and kids?	
Do you need to set boundaries or remove certain people from your life that drain and deplete you?	
Is your LIFE FILE in place? See an example <a href="#">HERE</a>	

### DECLUTTER CHALLENGE

Description	Keep	Donate	Sell	Replace
Clothing				
Books				
General				
Kids				
Office				
Bathroom				
Cleaning				
Kitchen				
Décor				
Garage				
Storage				

For a full declutter inspiration list - click [HERE](#).