

MAKE  
2023  
YOUR  
Best Yet!

# Masterclass RESOLUTION REVOLUTION

Goal Setting + Action Plan

New Year Resolutions:

- 1.
- 2.
- 3.



# Welcome!

Congratulations on joining the 2022 edition of

## **MASTERCLASS: RESOLUTION REVOLUTION**

It's time to get excited because ...

You've just taken the very first step in creating an absolutely **STELLAR YEAR.**

And not just when it comes to your health & wellness ... but in **every area of your life.**

I've specifically designed this masterclass to help you break through your internal barriers, so that you can look back on 2023 as one of the **BEST** years of your life.

*Fact* →

**Every year millions of people make New Year's resolutions to improve their lives.**

BUT ... more than 80% of those people **GIVE UP** on their goals, according to research.

This masterclass is **NOT** focused on white-knuckling and disciplining yourself toward your goals.

That approach does **NOT** work.

Instead, we'll focus on the **ONE THING** that separates the people who only dream about their future success ... from those who turn their dreams into reality.



## **IT'S TAKING ACTION**

But not just any action. Our focus is on intentional, deliberate action that:

- 1 Works WITH your lifestyle**
- 2 Adds real value to your quality of life**
- 3 Gets (and keeps!) you excited about the future, and**
- 4 Steadily moves you closer to your personal vision of success**

And you can even have a **LOT** of fun in the process.

WELCOME

As a healthy lifestyle coach, I strive to help my clients feel inspired, supported, and empowered so that they feel successful every step of the way.

You're about to tap into a powerful **PROVEN** process for success.

Are you ready to get started!?

Let's do this.

*Vicky Cleary*

UPLIFT Healthy Lifestyle, LLC  
vicky@uplifthealthylifestyle.com



*Let's Go* →

**You've got goals – and I've got a plan to help you make them happen.**

You have a fresh, brand-new, sparkling year ahead of you. Hello, 2023!!

This is a time of transition in so many different ways ...

And that means it's the perfect opportunity to reevaluate what you want out of life, and the path you want to take to get there.



What do you want this next year to look like?

I want to help you gain clarity on your goals and vision to make next year one of the BEST years of your life.

## HERE'S THE PROCESS

- 1 **Reflection + Retrospection**
- 2 **Align your values**
- 3 **Create a vision for your future**
- 4 **Turn the vision into a S.M.A.R.T.E.R. goal**
- 5 **Create a habit-based action plan**

Return to the class recording if you need to spend more time in any of these areas.

# Reflection

## AND RETROSPECTION

True reflection is a PROCESS that helps you recognize what's working...and what isn't...by asking yourself specific questions that can help take your life to the next level.

- Reflection is NOT about beating yourself up for what didn't work.
- Reflection IS taking time to think about the reasons why certain habits or actions "click" for you and why others are more of a struggle.

It's stepping back to look at the big picture to see what is really required to set yourself up for success.

My 3-part process for reflection + retrospection will help set you up for goals that really propel you forward in your wellness journey.



Remember this quote from Nelson Mandela, because it will help set the tone for what you're about to do:

**"I either win or I learn"**



**LOOK BACK: LEARN FROM THE PAST**

So often we get caught up in all the things we think we SHOULD do...Or the things we should have done BETTER ... Or how we will change things so next time they will be MORE EFFECTIVE.

There is some value in this...but what if instead, you looked back on the past year and asked yourself:

- Did you make the progress you wanted to make? What helped you? What got in your way?
- How different is your life now vs. then?
- What are the top 1-3 things I’m really PROUD of myself for?
- What big challenge did you take on?
- What new thing did you try?
- What did you do, even though it scared or intimidated you?
- What hard decision did you make?
- What did you start doing to move forward?
- What did you STOP doing, that was holding you back?
- What did you try, fail at, and then try again?
- How did you step out of your comfort zone?

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# #2

## LOOK FORWARD: BEGIN TO SET THE VISION

Imagine yourself a year from now.

What do you want to accomplish by Dec. 31, 2023?

WHY does it matter to you?

How will it make things different in your day-to-day life?

Where do you want to be a year from now?

What is MOST important to you going into 2023?

List your Top 3... Be specific. (save this list for the next step)

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# #3

## LOOK AT TODAY: WHAT ARE YOU ALREADY DOING

Using that list you made in the previous step, your top 3 things for where you want to be a year from now (what's most important to you)...

This is where we dig a bit deeper...to see what's really happening today. For each of your top three things, answer:

1. What specific things do you already do in your life, today, that are moving you closer to what's most important to you? Do you want to continue doing them in 2022? Take them to the next level?
2. What specific things do you currently do that stalls your progress or holds you back? Why do you believe you take these actions?

Use the following page to reflect where you are today in relation to your Top 3 for 2023.



Ask Yourself → What are you already doing or what's holding you back?

Lined writing area with horizontal lines for notes.

# Align

## YOUR VALUES

1. Circle the words that are important to you.
2. Number the top 10 circled words.
3. Prioritize the top 5 numbered words.

- |                        |                |                 |                     |
|------------------------|----------------|-----------------|---------------------|
| Accountability         | Control        | Excellence      | Honor               |
| Accuracy               | Cooperation    | Excitement      | Humility            |
| Achievement            | Correctness    | Expertise       | Independence        |
| Adventurousness        | Courtesy       | Exploration     | Ingenuity           |
| Altruism               | Creativity     | Expressiveness  | Inner Harmony       |
| Ambition               | Curiosity      | Fairness        | Inquisitiveness     |
| Assertiveness          | Decisiveness   | Faith           | Insightfulness      |
| Balance                | Democraticness | Family-oriented | Intelligence        |
| Being the best         | Dependability  | Fidelity        | Intellectual Status |
| Belonging              | Determination  | Fitness         | Intuition           |
| Boldness               | Devoutness     | Fluency         | Joy                 |
| Calmness               | Diligence      | Focus           | Justice             |
| Carefulness            | Discipline     | Freedom         | Leadership          |
| Challenge              | Discretion     | Fun             | Legacy              |
| Cheerfulness           | Diversity      | Generosity      | Love                |
| Clear-mindedness       | Dynamism       | Goodness        | Loyalty             |
| Commitment             | Economy        | Grace           | Making a difference |
| Community              | Effectiveness  | Growth          | Mastery             |
| Compassion             | Efficiency     | Happiness       | Merit               |
| Competitiveness        | Elegance       | Hard Work       | Obedience           |
| Consistency            | Empathy        | Health          | Openness            |
| Contentment            | Energy         | Helping Society | Order               |
| Continuous Improvement | Enjoyment      | Holiness        | Originality         |
| Contribution           | Enthusiasm     | Honesty         | Patriotism          |
|                        | Equality       |                 | Productivity        |

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_

# Begin

## WITH THE END IN MIND

Let's create the full vision for your future.

Close your eyes for a minute (after you finish reading this section!).

It's December 31st, 2022. You're sitting down with a friend for a delicious lunch, and you're looking back over the year.

You're thinking about how **PROUD** of yourself you are for everything you've accomplished ... for pushing yourself out of your comfort zone ... and for living the year with **INTENTION**.

You feel fulfilled, at peace, excited about the future, and **SUCCESSFUL** in the important areas of your life. Like your:



- Relationships
- Health & Fitness
- Career
- Spirituality & Contribution
- Personal Growth
- Lifestyle & Adventure
- Finances

What does success look like in those areas for YOU?

And when I say “SUCCESS” ... I’m not talking about how other people would define success.

I’m talking about **how YOU would define it**, and what that truly would look like for you.


One important thing to remember is that “success” doesn’t always mean you’ve “arrived.”

But it **DOES** mean you’re happy with your progress in a certain period of time.

What does the little inner voice in your head whisper to you about the things you really **WANT** to do in your life ... the things that bring value, joy, and fulfillment?

### **A Few Ideas:**

- A deeper, more committed relationship with your partner
- Completing a “bucket list” item like running a marathon, hiking a mountain, writing a book, etc.
- Finally being able to get off your medications
- Starting that side business ... finding your dream job ... or advancing up the ladder in your current position
- Losing that extra weight and regaining lost energy
- Paying off student loans
- Upgrading your living situation
- Feel calmer, happier, and more centered
- Having more focus and being more productive



My Goals...

Don't worry about how you'll get there. We'll cover that in the coming pages.

Right now:

- 1 Take some time to envision your personal "success" goals ... and really feel them!
- 2 Imagine what your day-to-day life is like, and ALL the emotions you'll experience when they become a reality!
- 3 Write ALL of this down ... and don't leave any details out. (This is important, don't skip this step.)

Ask Yourself →

**What would it look like if this were easy?**

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# Goals

## YOU CAN TRACK

Let's take that vision you cast for 2023 and turn it into a SMARTER goal that allows us to really understand what you're doing, and when you've completed it.

- S Specific** - what is the result you want to achieve?
- M Measurable** - can you quantify it and track progress?
- A Actionable** - can you schedule it on your calendar?
- R Realistic** - can you accomplish it in a reasonable amount of time?
- T Time-bound** - give it a deadline
- E EXCITING** - this helps keep you going when things get tough
- R RELEVANT** - this is where it is helpful to understand your top values





Your first action is to set one or two specific goals that have real meaning for you.

The goal(s) should be something you're doing for **YOURSELF**, and not for anyone else.

Here are a few ideas:

- Lose 15 lbs of body fat in the next 90 days
- Be able to do 10 push-ups by Feb. 15
- Run continuously for 1 mile in 6 weeks
- Lower blood pressure or cholesterol before your next doctor appointment in April
- Read one book a month
- Hold a 1-minute plank by Jan. 31
- Eliminate added sugars from your diet within 30 days



**Setting too many goals will set you up for failure!  
Pick your MOST important goal, and start there.**

**My most important 2023 Goal:**

**Why is this so important to me?**



A JOURNEY  
BEGINS WITH A

# Single Step

This is where the good stuff happens!

It's time to get practical.

It's time to consider your goal and think about the **HABITS** you'll need to develop in your daily routine that will move you closer to your vision of success.

*Note* →

**You do NOT have to overhaul your entire life with a dozen new habits now – don't worry about that yet!**

### Examples of Results-Driven Habits:

- If your vision of success is a deeper relationship with your partner, your habit could be non-negotiable Friday night date nights!
- If your vision of success is climbing a mountain, your new habit could be going for hikes or long walks three days a week.
- If your vision of success is starting a side business, your habit could be spending a half-hour every day working toward it (or a couple of hours on the weekends).
- If your vision of success is reaching a specific health goal, your habit could be twice-weekly meal prep or prioritizing 4 workouts a week.
- If your vision of success is to feel more present or connected, your habit could be dedicating 10 minutes a day for prayer or meditation.

When you're coming up with your own habits, it's important to keep them realistic.

These can (and will) be habits that expand over time – adding time, energy, and resources as they become more ingrained into your daily routine.

Starting small and achieving daily and weekly wins will help you to build momentum ...

So that you'll actually be able to FOLLOW-THROUGH and CRUSH your goals this year.

# YOUR Top 12

→ Look back at your vision of success for 2023 and the areas of your life that are MOST important to you. What are they?

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→ Restate your top 2023 Goal:

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→ Come up with 12 results-driven habits that you can add into your life that supports your goal, one for each month. \*Keep them simple and achievable - this is key.)

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- 11 

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- 12 

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## YOUR TOP 12 HABITS

As you're considering the 12 results-driven habits, think about this:

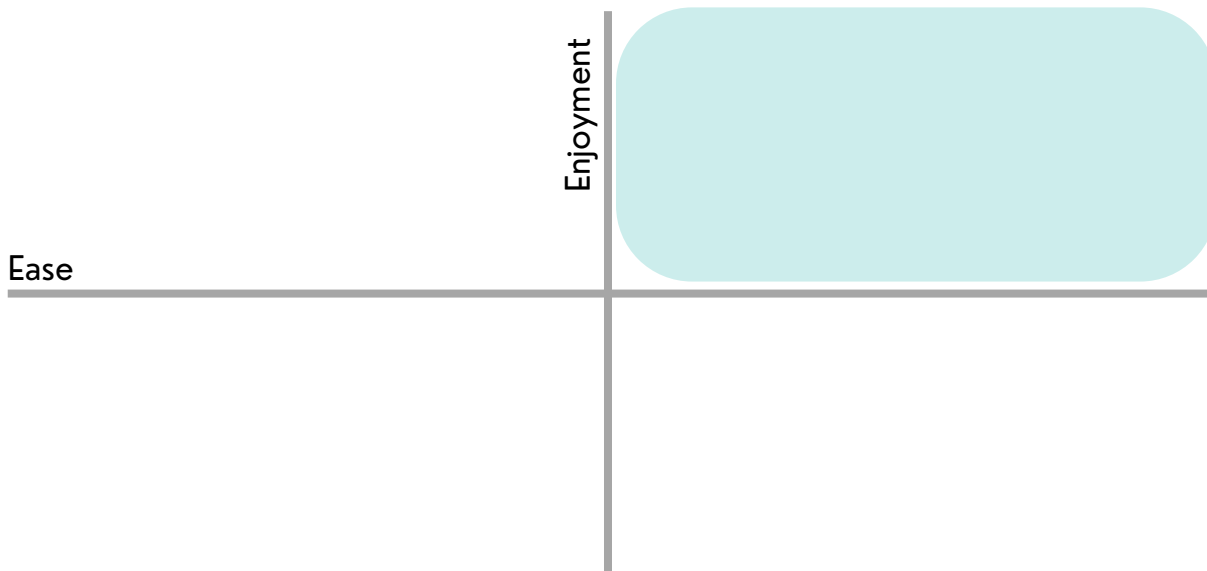
- Can you take action quickly?
- Will this habit come with ease or be more challenging to do on a regular basis?
- Will you enjoy doing this habit, or not?

If you put the habits on a matrix based on ease and enjoyment, those in the upper right quadrant are the ones you are more likely to be successful with.

If any habits are in the lower left quadrant - where you don't enjoy and you don't believe it will come with ease - can you find another habit to replace that...or perhaps you save this habit for later in your plan to see if your perspective changes.

*Ask Yourself* →

**Which habits will give me #tinywins to keep me motivated?**



## CREATING YOUR 2023 SUCCESS

# Action Plan

Now that you have your 12 new habits, it's time to decide the ORDER you want to tackle them in. If you try to install too many new habits at once, you're setting yourself up for overwhelm and failure.



We'll start with just ONE in January, and continue adding ONE new habit every month for the rest of the year.

This approach may take just a little longer ... but it is SO worth it because you won't be setting the exact same goals again next year, like most people will in January 2023!

Which ones do you start with? We're big believers in starting with the habits that you feel:

- 1 Most excited about, and
- 2 Will give you the highest reward.

When you do this, you'll get quick wins that will help you stay motivated and give you a big shot of results right out of the gate!

*Remember* →

**Make sure the habit is REALISTIC – something you actually have TIME for without creating a big disruption in your daily life.**

For example, it's probably not realistic to go from zero workouts a week to 6 hour-long workouts a week – but making time for shorter and/or less frequent workouts IS realistic.

You can always add later on as you become more proficient. The key is to motivate yourself forward toward SUCCESS with SUCCESS!

Each month you will ADD a new habit ...

So in January, you will start with one habit, in February you'll stack another habit, and you'll continue until December when you will have added 12 new success-creating habits to your life!

We've included 12 Habit Trackers (printable - one for each month) to help keep you on track and focused on your goals.

*Tip*



**Start with the habits that excite you and/or give the highest reward.**

**JANUARY**

[Blank area for January action plan]

**FEBRUARY**

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**MARCH**

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**APRIL**

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**MAY**

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**JUNE**

[Blank area for June action plan]

**JULY**

[Blank area for July action plan]

**AUGUST**

[Blank area for August action plan]

**SEPTEMBER**

[Blank area for September action plan]

**OCTOBER**

[Blank area for October action plan]

**NOVEMBER**

[Blank area for November action plan]

**DECEMBER**

[Blank area for December action plan]





# How to Use

## YOUR HABIT TRACKER SHEETS

It's up to you whether you chart out your entire year of targeted habits NOW ... or you do it just before each new month begins.

Every month:

- 1 **Write down your new habit for the month and how many times each week you will do it.**

To get even more specific, include WHICH days of the week you will do your habit.

- **Examples:** "Workout for 30 minutes 3x every week on Mon, Wed, and Fri." "Spend a half-hour 5 days (m-f) a week building my side business." "Read 10 pages every day."

## HOW TO USE YOUR HABIT TRACKER SHEETS

**2 Write down your "why" – why is this habit so important to you? Why are you including it as a success habit?**

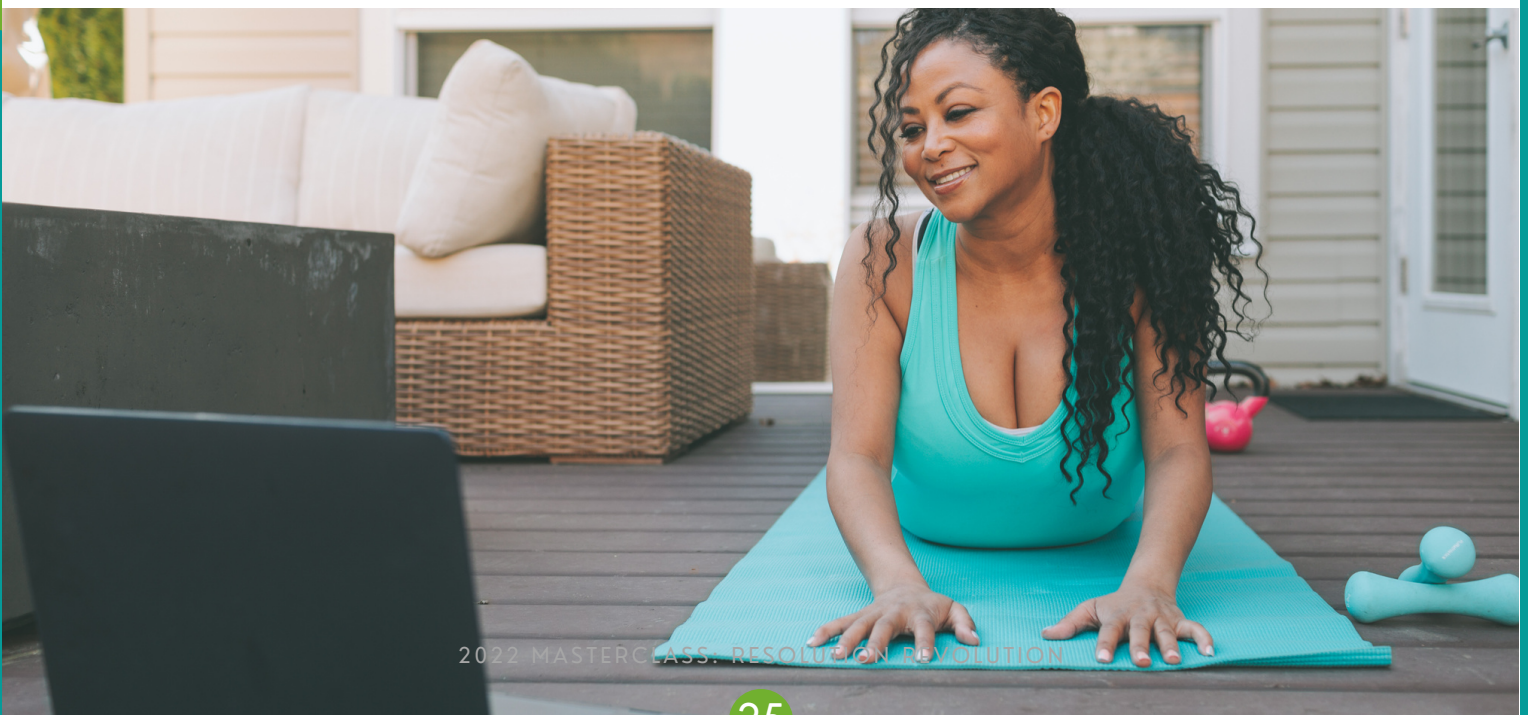
→ **Examples:** "To feel closer to my partner." "To give me energy for my family." "To feel financial freedom."

**3 Track your progress by making a BIG "X" or color in the circle on the date you complete your habit in the tracker.**

→ Do NOT skip this step. Looking back on all that you have accomplished can motivate you forward.

*Remember* →

**It's the JOURNEY - the daily actions you take - where the true success lives.**



[Blank box for month]

MONTH

[Blank box for habit]

HABIT



→ Color in each day that you have success with your new habit!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Grid of 35 empty circles for tracking habit success over 5 weeks.



GREAT THINGS ARE DONE BY A SERIES OF SMALL THINGS BROUGHT TOGETHER.



VAN GOGH

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MONTH

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HABIT



→ **Color in each day that you have success with your new habit.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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|| DON'T STOP UNTIL YOU'RE PROUD. ||

ANONYMOUS

[Blank box for month]

MONTH

[Blank box for habit]

HABIT



→ Color in each day that you have success with your new habit.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

A 5x7 grid of empty circles for tracking daily success.



IF YOU CONTINUE TO THINK THE WAY YOU'VE ALWAYS THOUGHT, YOU'LL CONTINUE TO GET WHAT YOU'VE ALWAYS GOT.



KEVIN TRUDEAU

[Blank box for month]

MONTH

[Blank box for habit]

HABIT



→ Color in each day that you have success with your new habit.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Calendar grid with 5 rows and 7 columns of empty circles for tracking success.



YOU DIDN'T COME THIS FAR TO ONLY COME THIS FAR.



ANONYMOUS

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MONTH

[Blank box for habit]

HABIT



→ Color in each day that you have success with your new habit.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Grid of 35 empty circles for tracking habit success over 5 weeks.



BE STRONG, YOU NEVER KNOW WHO YOU ARE INSPIRING.



ANONYMOUS

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MONTH

[Blank box for habit]

HABIT



→ Color in each day that you have success with your new habit.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Grid of 35 empty circles for tracking habit success over 5 weeks.



DON'T BE PUSHED BY YOUR PROBLEMS.  
BE LED BY YOUR DREAMS.



RALPH WALDO EMERSON



[Blank box for month]

MONTH

[Blank box for habit]

HABIT



→ Color in each day that you have success with your new habit.

SUNDAY

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SATURDAY

Grid of 35 empty circles for tracking daily success.



EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY.



ANONYMOUS

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MONTH

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HABIT



→ Color in each day that you have success with your new habit.

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SATURDAY

Grid of 35 empty circles for tracking success over 5 weeks.



THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT.



ANONYMOUS

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HABIT



→ Color in each day that you have success with your new habit.

SUNDAY

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SATURDAY

A 5x7 grid of empty circles for tracking daily success.



ONE OF THE MOST IMPORTANT PRINCIPLES OF SUCCESS IS DEVELOPING THE HABIT OF GOING THE EXTRA MILE.



NAPOLEON HILL

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MONTH

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HABIT



→ Color in each day that you have success with your new habit.

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SATURDAY

Grid of 35 empty circles for tracking habit success.



THERE ARE TWO WAYS OF SPREADING LIGHT: TO BE THE CANDLE OR THE MIRROR THAT REFLECTS IT.



EDITH WHARTON

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MONTH

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HABIT



→ Color in each day that you have success with your new habit.

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Grid of 35 empty circles for tracking success over 5 weeks.



DON'T SIT BACK AND LET THINGS HAPPEN TO YOU. GO OUT AND HAPPEN TO THINGS.



ANONYMOUS

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MONTH

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HABIT



→ **Color in each day that you have success with your new habit.**

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WHEN YOU FOCUS ON THE GOOD,  
THE GOOD GETS BETTER.



ANONYMOUS

2022 MASTERCLASS: RESOLUTION REVOLUTION



# Let's Go

2023!

I hope this 2023 Masterclass: Resolution Revolution helps you create a foundation of healthy habits that brings your vision to life!

The real magic that makes this approach a proven winner is not just the fact that you become clear on your vision of success ... but that you develop the lifestyle that helps you to achieve it.

**I believe in you and KNOW you are capable of greatness!**

If you are looking for even more PERSONALIZED results, I am here to help you every step of the way with a proven plan and process, plus accountability, motivation, and support.

Start today by becoming a Masterclass VIP to get a limited one-on-one coaching session in January 2023!



BECOME A

VIP

JUST \$67

\*You'll have 30 days from purchase date to schedule your 1-hour session.

I'd be honored to be part of your success team!

*Vicky Cleary*

UPLIFT Healthy Lifestyle, LLC  
vicky@uplifthealthylifestyle.com