
#THE YEAR OF ME

Workbook

**CREATE A YEAR THAT
WILL LAUNCH YOU INTO A
LIFETIME OF HAPPINESS!**



Sharon Stokes

LIFE FULFILLMENT COACH

Module #1

- ★ Setting the foundation
- ★ Conquering fear
- ★ Time management
- ★ Creating opportunities

Module #2

- ★ Building self trust/forgiving yourself
- ★ Building confidence
- ★ Learn how to enjoy time alone
- ★ Embrace who you really are

Module #3

- ★ Discover your talents and passions
 - ★ Unleash your inner child
 - ★ How to bounce back quickly from the tough stuff
-



Module 1

SETTING THE FOUNDATION

Set your intention. What is your reason for wanting to do #theyearofme

My intention is _____

MAKE A LIST OF ALL THE THINGS YOU WOULD LIKE TO DO/ ACCOMPLISH DURING #THEYEAROFME

- | | |
|---|---|
| ★ | ★ |
| ★ | ★ |
| ★ | ★ |
| ★ | ★ |
| ★ | ★ |
| ★ | ★ |
| ★ | ★ |
| ★ | ★ |





CONQUERING FEAR

What about it scares you? _____

Where does this fear stem from? _____

How reasonable is this fear? _____

What are you missing out on by letting this fear stand in your way? _____

How would it feel to conquer this fear? _____





TIME MANAGEMENT

In what ways is this thing more important than #theyearofme?

How can I find a balance of doing what needs to get done and also fulfill the promise I made to myself?

How can I turn this task into a year of me moment?





CREATING OPPORTUNITIES

What can I learn from this person or situation?

In what ways am I limiting myself by not investigating this situation or topic further?

What's really holding me back from exploring this?

In what ways will I regret not acting on this opportunity?





Is there a possibility this opportunity might come around again, and if so in what ways is it worth waiting?

What about it gets me excited?

Why does it always get put on the back burner? (Dig deeper here)

How would my life be different if I were able to make this happen?






Module 2

BUILDING SELF TRUST/FORGIVING YOURSELF

STEPS IN FORGIVING YOURSELF:

1. Find a quiet, peaceful place with no distractions.
 2. Say out loud all the things you regret and are holding onto (you can start by saying "I wish I hadn't..." or "I regret how I..." whatever works best for you)
 3. Identify and acknowledge all the things you learned by having these experiences (this will allow you to release all the negative feelings associated with the experience)
 4. Forgive yourself for everything you have been holding onto for so long (say "I forgive myself for..." You may find it even more powerful to write it all down)
 5. Allow yourself to sit and breathe as you feel the weight of past mistakes being lifted off your shoulders.
- 



LEARN HOW TO ENJOY TIME ALONE

List the reasons why you might not enjoy spending time alone.

In what ways do you feel spending time alone could be beneficial?

What would you enjoy doing in your alone time?





Module 3


DISCOVER YOUR TALENTS AND PASSIONS

What attribute do you really like about yourself and why?

What attribute do people usually compliment you on?

How do you use this trait in everyday life?





How do you feel this trait translates into a talent?

What do you do in your spare time that makes you feel liberated?

Think of a time when you lost track of time...what were you doing and why did you lose track of time?





What are some things you used to do as a child that brought you joy?

How can you incorporate those things back in your life now?

What's one thing you've always wanted to get better at?





UNLEASH YOUR INNER CHILD

Make a list of all the things you used to enjoy doing as a child

Which things on my list do I wish I could still do now as an adult?

How would it feel to be able to do these things now?

How can I incorporate these things into my life?



#THEYEAROFME

*NOW GO CONQUER THE
WORLD! XO*



Sharon Stokes

LIFE FULFILLMENT COACH
