Life Development Plan

DISCOVER * DEFINE * DESIGN

Name: _____

2021- 2022

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INTRODUCTION

Now is the perfect time to reflect on 2021 as well as set intentions for what you want in 2022. As we're ending year two of the pandemic and it has revealed 3 types of people: 1) those who jumped into creating a new normal and actively working towards living the lives they've always dreamed of, 2) those who want to create a new normal but are stuck in knowing what that is or would look like, and 3) those who are simply living a life. Friend you are a beautiful butterfly created to share your beauty with the world. To leave a mark wherever you go.

So I'm glad you've downloaded this booklet. And I hope that you find it helpful. To not only make plans but to begin to look internally and discover your why's. That is where the power lies and the changes begin.

Your Partner in Abundant Living,

Adrienne Reynolds

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WHAT DO I NEED

1

Block of quiet time

Go through your already hectic schedule and commit to a block of time just for YOU.

2

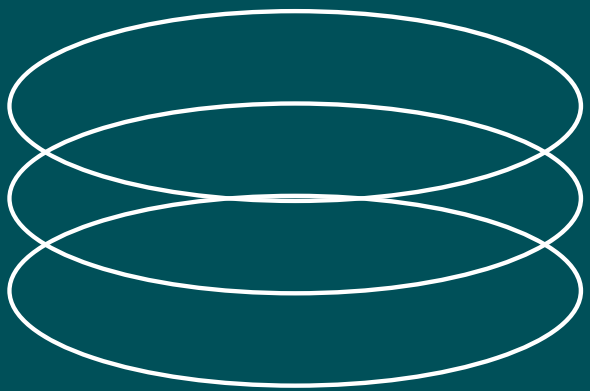
A quiet place

Find a place that gives YOU peace where you can safely zone out.

3

Journal

Make sure it's cute. You don't want it to get lost in the stack hald completed notebooks.



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Pen

You know the one that writes smoothly, doesn't bleed and you slightly panic when you can't find it. That pen.

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WHAT DO I NEED

5

Laptop/Tablet

If your electronic devices are your lifeline, open a blank Word document

6

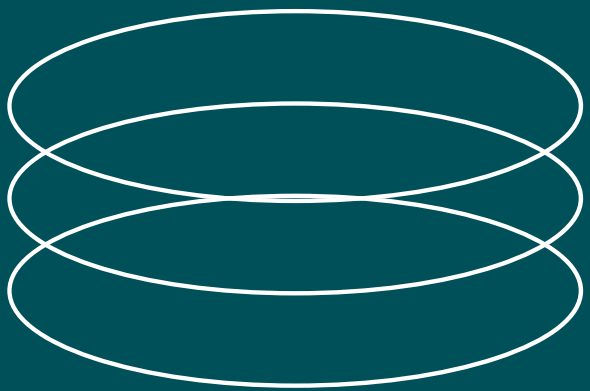
Print This

Write your responses in the spaces provided.

7

Set the Mood

Find a relaxing scent, burn a candle, incense or spray the air with the Bath & Body Works spray you've been meaning to use. Find some soothing mood music.



8

Share

You may also wish to post your responses publicly on your blog to create accountability for yourself in the coming year.

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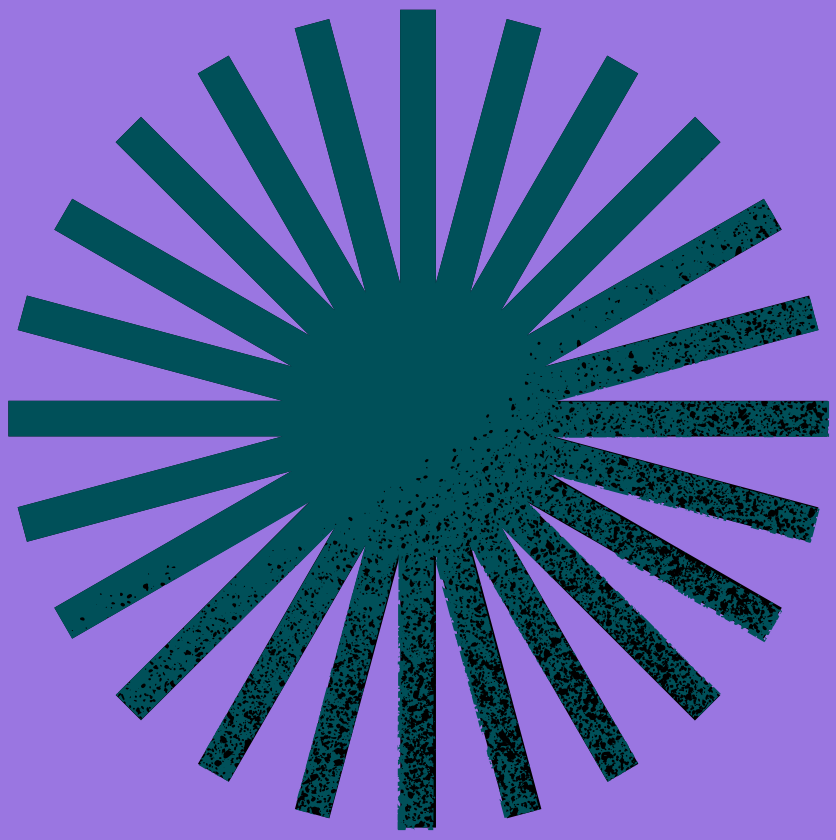
IF YOU ARE GOING TO LIVE, MAKE IT WORTHWHILE



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INSTRUCTIONS

Set aside 90 mins to 2 hours to give yourself enough time to answer the questions. This guide is divided into two sections. It can be easy to forget all of our experiences over a 12-month period.

Section 1 "Retrospect" is your time to reflect on what worked or went well and what didn't work or you could have done better for you last year. Section 2 "Prospect" is where you can outline your plans to take current goals to another level or to set new goals.

Let's set the mood. Ground yourself. You can light the scented candle, incense or play music softly to bring peace into the room as you go through this process.

- Close your eyes.
- Relax.
- Clear your mind.
- Take 3 deep breaths.
- Exhale.
- See yourself putting your troubles and tasks of yesterday, today and tomorrow on a shelf.
- Let your mind drift.
- When you feel relaxed, begin answering the questions.

Every time your minds drifts to the shelf, pause and ground yourself again. When answering, be HONEST with YOURSELF. This isn't a tool to impress anyone. It's a tool to improve. Don't let your negative thoughts or career buzzwords make you puff up your responses. Get down and dirty with yourself. Oh and you may need some tissue.

Let's begin.

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Start with questions:

01.

WHAT WAS THE #1 CHALLENGE I FACED IN 2021? HOW DID IT AFFECT ME?

_____

_____

_____

02.

WHAT GOAL DID I MAKE THE LEAST PROGRESS ON IN 2021? WHY?

_____

_____

_____

_____

03.

WHAT DID I TOLERATE IN 2021? WHY?

_____

_____

_____

_____

04.

WHAT WAS MY BIGGEST MISTAKE AND WHAT DID I LEARN FROM IT?

_____

_____

_____

_____

05.

WHAT OBSTACLES DID I FACE IN 2021? HOW DID I REACT/RESPOND?

_____

_____

_____

_____

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Start with questions:

06.

WHAT GOAL AM I MOST PROUD OF ACHIEVING THIS YEAR? WHY?

_____

_____

_____

07.

WHAT WORD OR PHRASE BEST DESCRIBES MY EXPERIENCE IN 2021?

_____

_____

08.

WHAT WORKED WELL FOR ME IN 2021?

_____

_____

_____

09.

WHAT WOULD I DO DIFFERENTLY IF GIVEN THE CHANGE?

_____

_____

_____

10.

WHAT WAS THE BEST... BOOK I READ? MOVIE I WATCHED? ARTIST/ SONG/ALBUM I LISTENED TO? PLACE I VISITED? RESTAURANT I DISCOVERED?

_____

_____

_____

_____

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LIVE IN SUCH A WAY THAT WHEN YOU DIE EVEN THE FLOWERS IN THE GARDEN WILL MISS YOU.

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Start with questions:

01.

WHAT DO I WANT TO SAY YES TO IN 2022?

_____

_____

_____

02.

WHAT DO I WANT TO LEARN IN 2022?

_____

_____

_____

_____

_____

03.

WHAT DO I WANT TO CROSS OFF OF MY "BUCKET LIST" IN 2022?

_____

_____

_____

_____

04.

WHICH RELATIONSHIPS DO I WANT TO CULTIVATE OR STRENGTHEN IN 2022?

_____

_____

_____

_____

05.

WHO DO I WANT TO BE?

_____

_____

_____

_____

_____

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Start with questions:

06.

WHAT DO I VALUE?

_____

_____

_____

07.

HOW WOULD IMPROVING MAKE ME FEEL?

_____

_____

08.

WHAT HAVE I ALWAYS WANTED TO DO BUT NEVER TRIED? WHY?

_____

_____

_____

09.

WHO CAN SUPPORT ME WHILE I AM WORKING ON MY GOALS?

_____

_____

_____

10.

WHAT ARE 3 AREAS I WANT TO FOCUS ON IMPROVING IN 2022? DO THEY ALIGN WITH MY VALUES?

_____

_____

_____

_____

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WHO AM I?

I am honored that your curiosity has led you to this page. In this opportunity called Life "Who am I?" is a question that I love to explore. After a lot of living, learning and training, I found the common theme in my life has been helping others live happier, more successful lives.

I am an empowerment coach, strategist, change agent, daughter, aunt, Godmother, friend, and sister. I am passionate about supporting other women to discover their purpose, define their destiny, and design the life they were created to live.

I know what it's like to work through the internal dialogue and self-sabotage to find your purpose, become a strong leader and woman. As well as the emotional tug of war of navigating major life changes like divorce, aging parents, and relocation.

In addition to coaching, I spent 15 years in corporate America managing teams, training and developing employees through change management and process improvement. I have worked with major corporations, non profits and independent businesses across the US.

I am constantly learning and training so I can share those skills and experiences with you. I earned a Bachelor of Arts degree in Sociology from Roosevelt University, a certificate in Family Mediation from DePaul University, a certificate in Coaching from iPEC Coaching and an MBA from Keller Graduate School of Management (DeVry).

I have spent over a decade connecting with women, supporting them to transform their limiting perspectives, develop new mental frameworks, and overcome setbacks to live authentic powerful lives. I founded Empowered for Success in 2015 with you in mind.

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Empowered FOR SUCCESS

ADRIENNE REYNOLDS

Chief Empowerment Officer

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