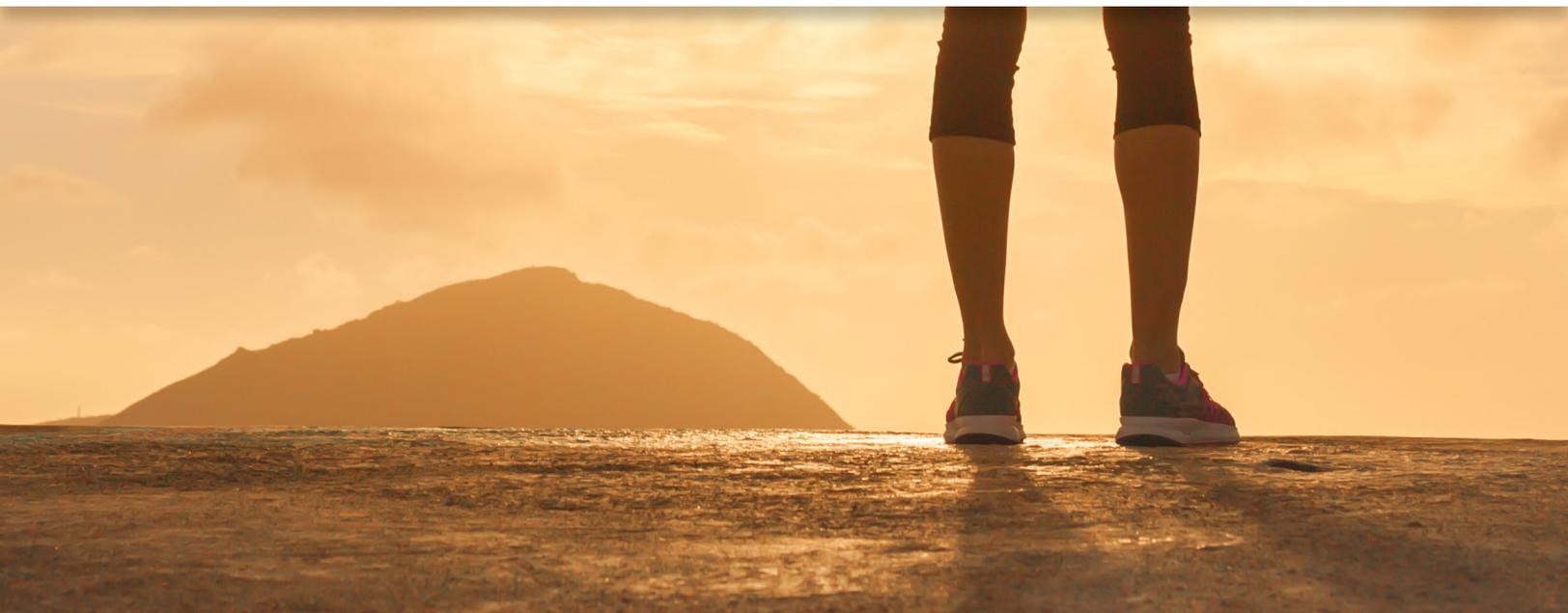


NUCIFIC®



REFLECT → VISUALIZE → GO!

The Nucific workbook for making 2023 your best year yet.



Ready to ACE the year ahead? It's 100% possible and all up to you.

This workbook is designed to get you thinking about the year behind us and eagerly dreaming up plans for the year ahead. Simply print these pages out, grab a pen, and let's dive in!

Before you get out of bed, ask yourself...
"I wonder what the best part of my day will be?"

PART I: REFLECTING ON 2022

Before you can jump into planning the future, it's vital to think about the year you just had. By recalling both your highlights and challenges, you'll be able to start 2023 off stronger than ever.

What 3 things are you most GRATEFUL for from this past year?

- 1.
- 2.
- 3.

What's something INCREDIBLE that happened in 2022?



Who have you HELPED in 2022?

Think outside the box. Maybe you inspired a student if you're a teacher, a neighbor who loves chatting with you, your company... and don't forget fur babies!

Write down a moment from this year you feel PROUD of:

When during this year did you feel you were EXPRESSING yourself the most?

What made you feel PURPOSEFUL this past year?

What 3 WORDS best describe your past year?

- 1.
- 2.
- 3.



What do you want to be THANKFUL for one year from today?

Circle which area you GREW the most in this year:

Emotionally

Physically

Mentally/Spiritually

Financially

Socially

Write down 5 of your favorite SELF-CARE activities:

1.

2.

3.

4.

5.

How can you fit MORE of these activities into your next year?

If you could go back in time to January 2022 and tell yourself one piece of ADVICE for the year ahead... what would it be?

Not the winning lotto numbers ;)



Is there anything about this year which feels INCOMPLETE?

List 3 things you wish you could CHANGE about this year:

- 1.
- 2.
- 3.

What RELATIONSHIP would you like to improve moving forward?

This could be your relationship with yourself!

What CHALLENGE did you face this year and how did it help you grow?





Saying "I get to"
instead of "I have
to" makes a MAJOR
difference in how you
treat a task

PART II: VISUALIZE YOUR IDEAL 2023

2023 is just around the corner, and the intentions you set now will affect your entire year. Let's dream up your best year yet, and create goals you'll *actually* want to keep.

What are you most **EXCITED** about for 2023?

What **CREATIVE** projects would you like to dive into next year?

What 3 **WORDS** best capture your intention for the new year:

- 1.
- 2.
- 3.



What's something you've always DREAMED of doing but haven't done yet?

Could you find a way to make it happen this year?

Did you know...

These are 10 most common New Year's resolutions:

- | | |
|-------------------------------|--|
| 1. Exercise more | 6. Save more / spend less money |
| 2. Lose weight | 7. Quit smoking |
| 3. Get organized | 8. Spend more time with family and friends |
| 4. Learn a new skill or hobby | 9. Travel more |
| 5. Live life to the fullest | 10. Read more |

And while there's nothing wrong with those...

Here are more creative resolutions to get your gears turning:

- | | |
|---|--|
| 1. Perfect a signature recipe | 6. Make a new friend |
| 2. Move more, sit less | 7. Try to do a weekly act of kindness |
| 3. Volunteer for a cause you care about | 8. Do a daily feel-good stretching routine |
| 4. Pick one bad habit to ditch | 9. Spend twice as much time outside |
| 5. Eat slowly with fewer distractions | 10. Redecorate a room in your home |



Ok your turn!

I want to know what YOU want to achieve this year:

Can be just a few or all 10!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

*Don't underestimate
the power of saying
NO — it can allow
other, greater doors
to open.*



Whenever you feel overwhelmed, grab a pen and paper and do a “braindump”. Then, prioritize as needed to gain clarity.



PART III: STRATEGIES FOR 2023 SUCCESS

To make 2023 amazing, we recommend “refueling” your tank regularly and approaching your goals in a realistic way. Here’s a few ways to make sure your resolutions become reality.

“Fill Your Cup” Challenge

Twice a week, do at least 15 minutes of something mindless, enjoyable, and just for YOU. This could be doodling, looking up inspirational quotes, exercising, meditating, or going for a walk.

Whatever you choose, make sure it takes you out of your daily routine... and mix it up!

Date:	What you did:



Date:

What you did:

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GOAL MAPS

Goal Maps are my favorite tool to make sure my goals actually happen. Because let's face it: Goals can be intimidating. This is often why goals fall by the wayside. So keep things "doable" by breaking your goal down into more attainable steps, then breaking those steps down once more.

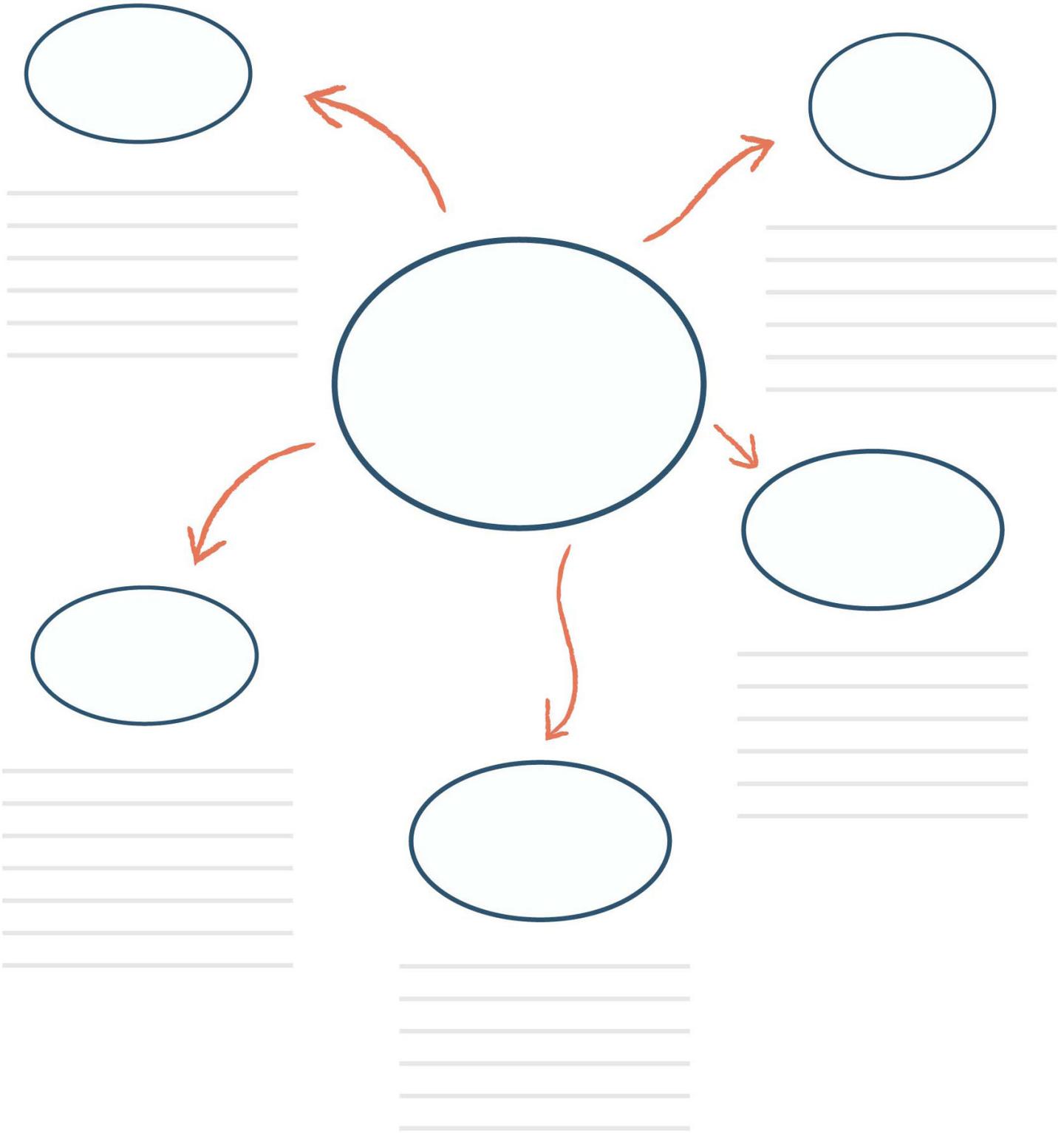
To make a goal map, start with your BIG GOAL at the center ➡ then branch into SUBGOALS ➡ then lastly, the BABY STEPS required to achieve the subgoal.

Here's an example Goal Map I made for the goal of "Make 2023 the year of me!"



Now it's your turn!

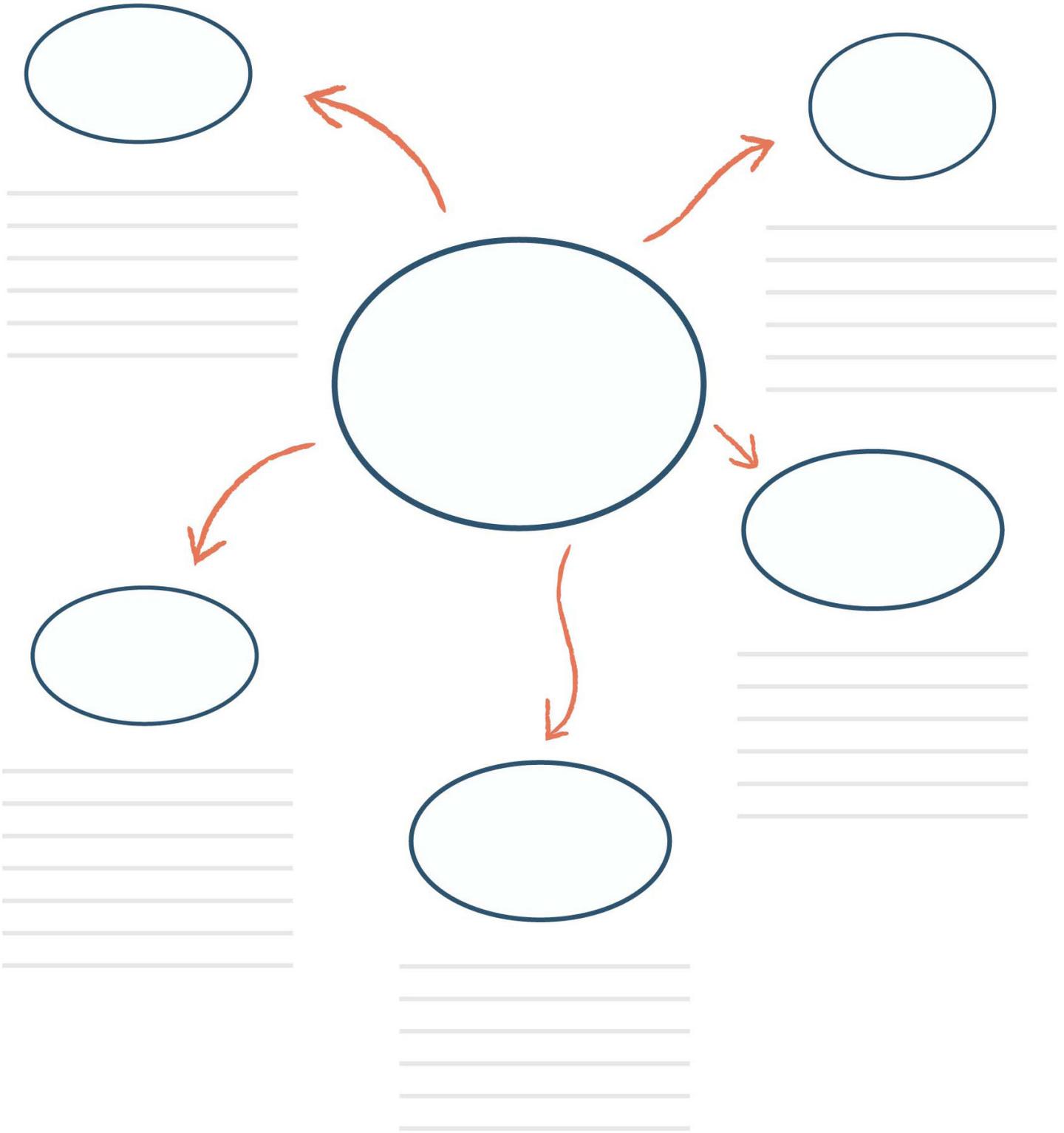
GOAL MAP



Notes:



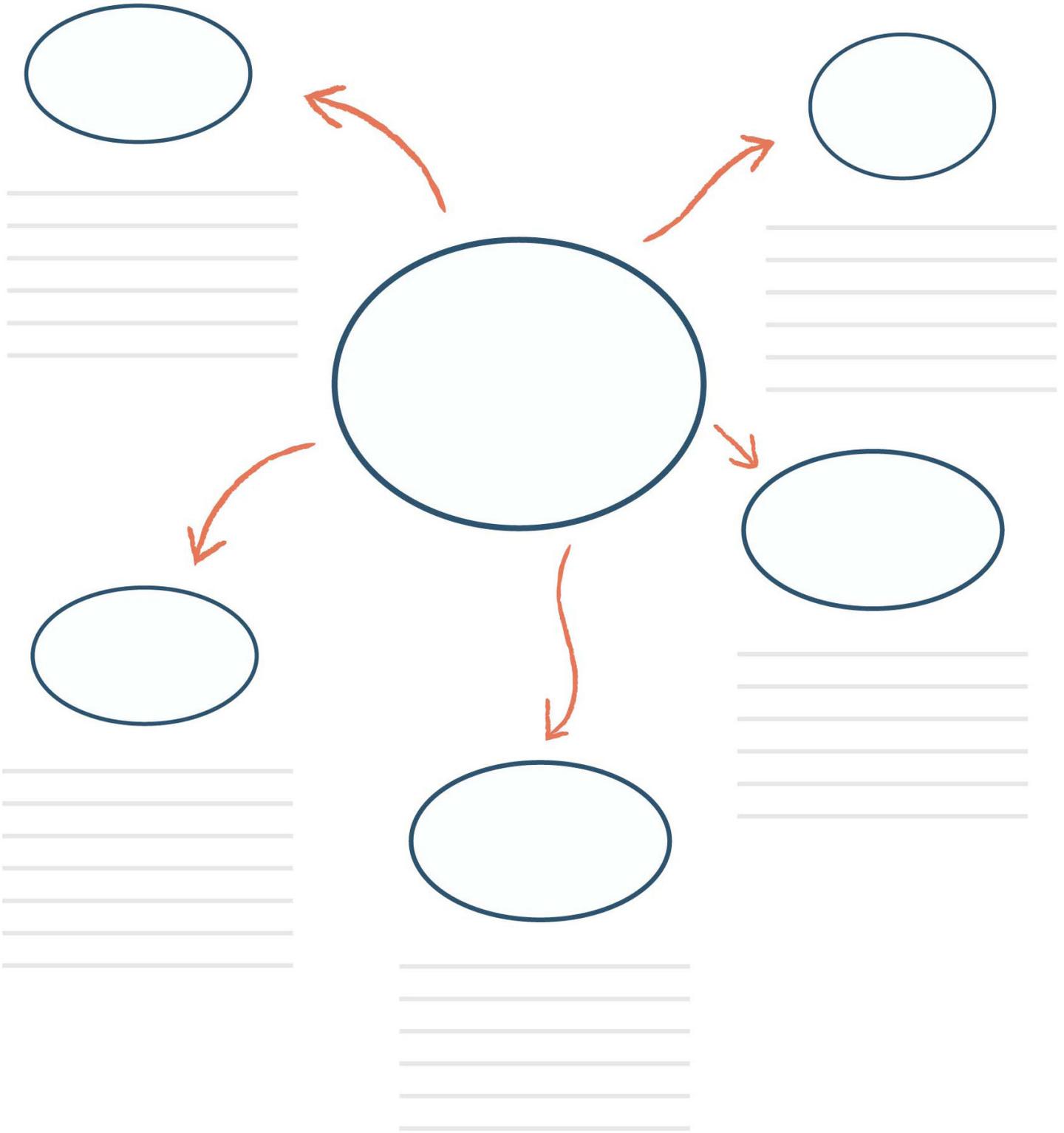
GOAL MAP



Notes:

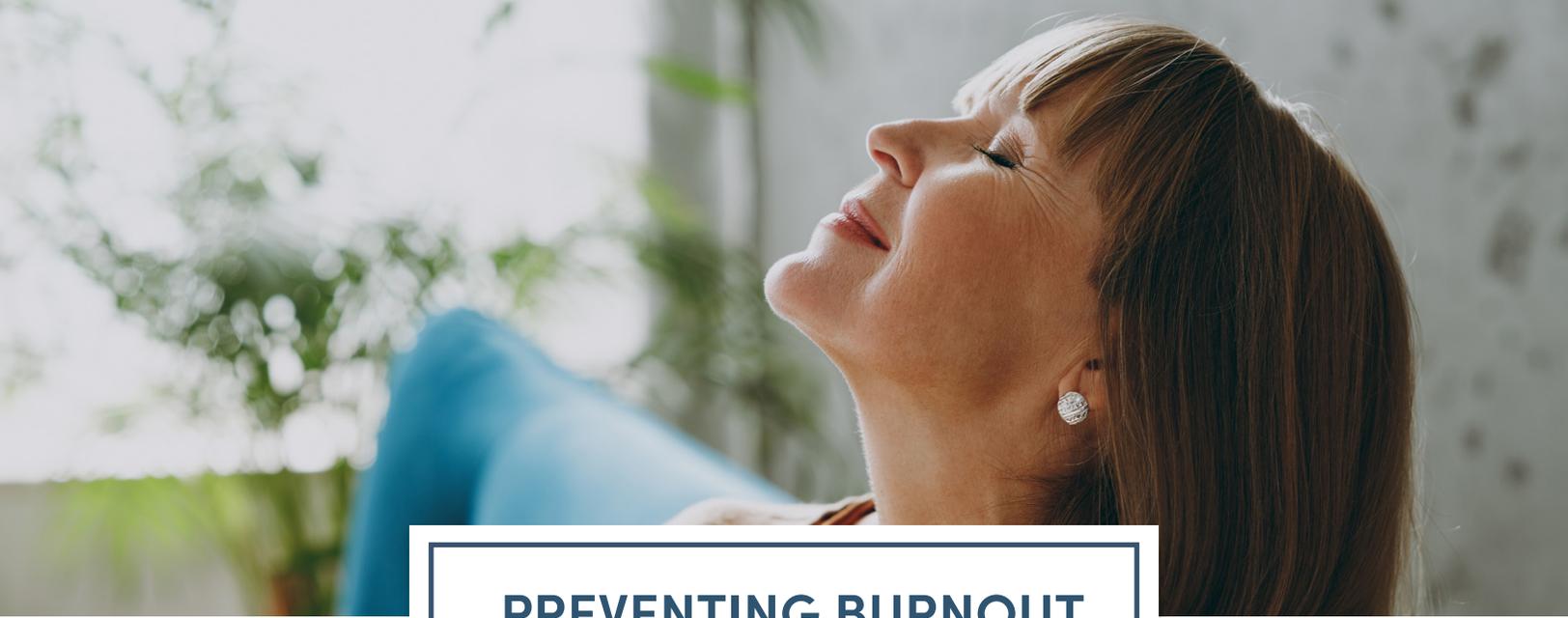


GOAL MAP



Notes:

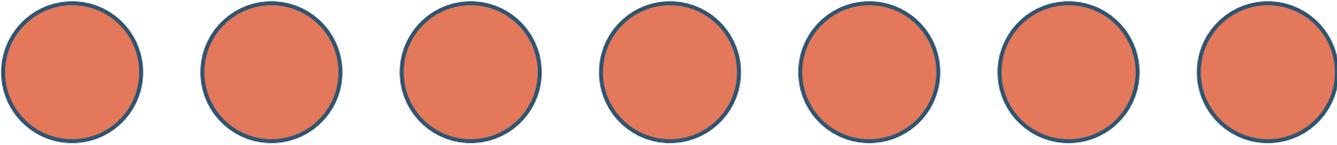




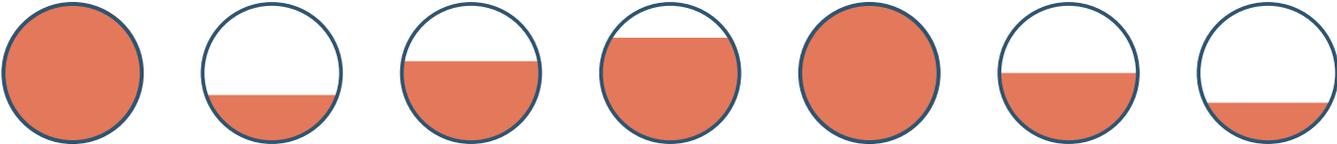
PREVENTING BURNOUT

Burnout is the surest way to let a good goal get away from you. So when you need a break, take one – and don't feel bad about it! After all, the tortoise beats the hare in the end.

We often think consistency means every day looks like this:



But in reality, it actually looks like this:



Celebrate ALL your progress and be patient with yourself.
With that attitude, there's nothing you can't do.

CHEERS TO YOUR BEST YEAR YET!

