



WHOLISTIC
PERSPECTIVES

STEPPING INTO PURPOSE



LOOKING BACK ON THE PAST YEAR

What goals, if any, did you set over the last year ?

If you did set goals, to what extent did you accomplish them?

LOOKING BACK ON THE PAST YEAR

What, for you, were your biggest achievements
in the past year ?

Who do you need to appreciate for their role in your achievements (this can include yourself and God!)?

Please take time over the next few days to express your appreciation.

What were your biggest disappointments in the last year ?

Who do you need to forgive for their role in the disappointments (again, this can include yourself and God)?

Please go through the process of forgiving as shown in the Forgiveness is multilayered diagram on the next page.

**FORGIVENESS IS
MULTILAYERED**

01

What the person did,
said or didn't

02

How it made
you feel

03

Effect(s) it had
on you

04

Effect(s) it may still
be having in your
life

05

Who they are

06

Hatred

If relevant, what were the reasons why you either didn't set goals or you struggled to achieve them?

What things do you need leave in the past where they belong to enable you to run with love, joy and ease into your future?

Choose to let go now

TAKING HOLD OF YOUR FUTURE

Who would you like to become over the next year? Take time to describe a picture of what you think your best self a year from now would look like.

Core beliefs

Values (Your principles about what you believe is important in life)

Identity (i.e., who do you believe you are)

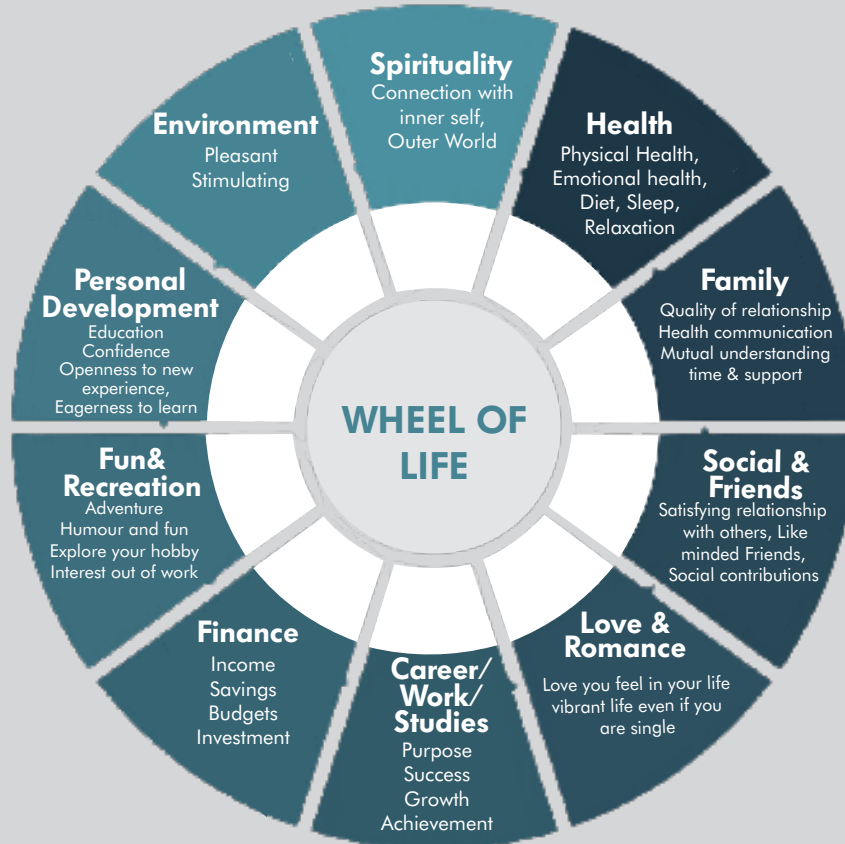
TAKING HOLD OF YOUR FUTURE

Thought patterns

Emotions

Behaviours (actions and words)

WHAT OUTCOMES DO YOU DESIRE IN THE VARIOUS ASPECTS OF YOUR LIFE?



TAKING HOLD OF YOUR FUTURE

What actions will you need and when to take to make these goals possible?

Whose help will you need to enable you to achieve these goals?

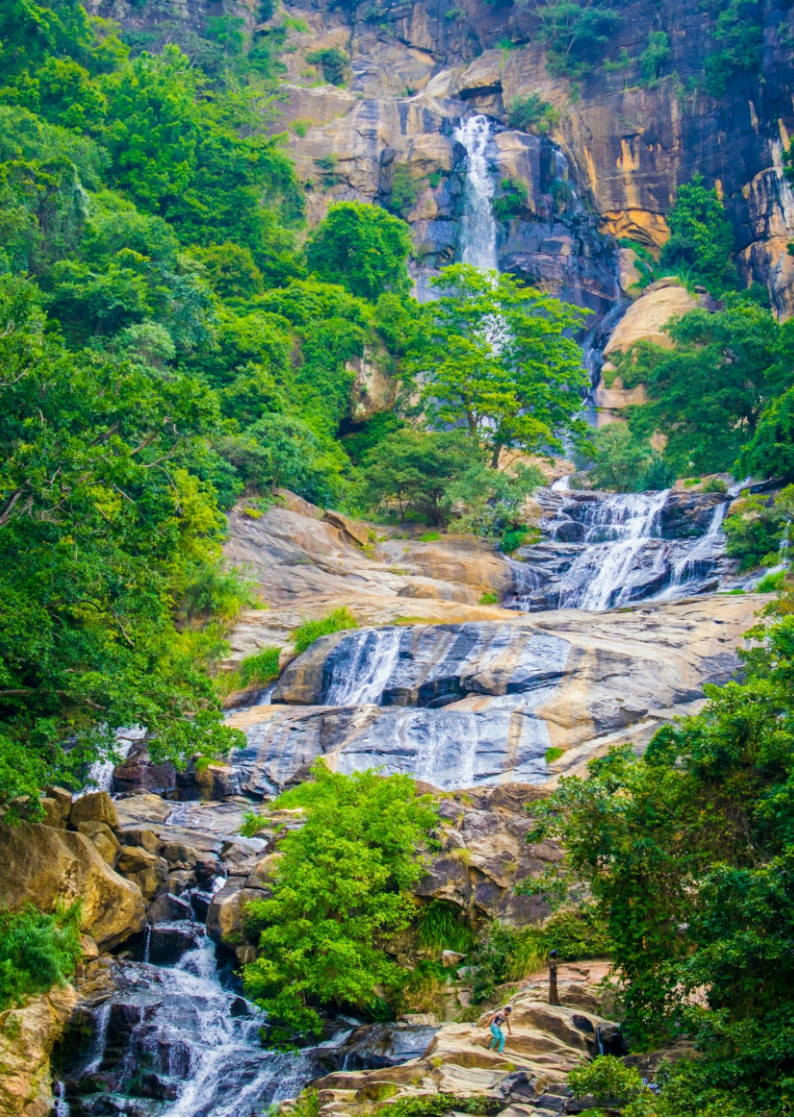
TAKING HOLD OF YOUR FUTURE

What promise will you make to yourself today regarding your future ?

What one thing will you remind yourself going forward when you face disappointment and/or discouragement?

TAKING HOLD OF YOUR FUTURE

If the next year of your life was to be a film,
what would be the title?



BEST WISHES

Wishing you all the
very best in your pursuit
of wholeness and purpose

From all of us at
Wholistic Perspectives

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