YEAR AND DECADE REVIEW WORKSHEET

THIS REVIEW WILL TAKE YOU 30-60 MINUTES TO COMPLETE.

1. DECADE IN REVIEW (2010-2019)

What are your biggest accomplishments in the past decade? Accomplishments here refer to any results you are proud of. Write 10-30 things that really stand out.

EXAMPLE:

Significantly improved my mindset, outlook and psychology
Found and married the love of my life, Marius
Became healthier (plant based diet, sports, supplements)
Started my own business, passed US$ XYZ mark
Became a 3-time Amazon bestselling author

YOUR DECADE IN REVIEW:

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2. 2019 IN REVIEW

A. What are your biggest accomplishments this year? Accomplishments here refer to any results you are proud of. Write 30-100 things in various areas such as work, growth, love, family, mindset, money, etc.

EXAMPLE:

Maintained a positive outlook on all happenings and had fun in business and life
Moved to my dream apartment
Swam with horses
Took my in-laws on holidays to Russia
Started working with Disney, Coca Cola and MindValley
Gave keynotes in Prague, Munich, London, Singapore, Shanghai and Hong Kong
Became a LinkedIn Top Voice and an Asia Top 25 Guru
Launched **FIRE** 🔥 and had 2 successful intakes
Published 4 mini books
Reconnected with uncle Lesha and his family
Took care of myself with massages, facials and manicures
Invested in a great phone and a professional office camera
Hired a great financial controller
Had a team building holiday in Shenzhen with my team
and so on.

YOUR 2019 IN REVIEW:

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B. What are your biggest lessons this year?

EXAMPLE:

MINDSET is everything, it MUST be a DAILY ritual
FULFILLMENT = GROWTH + CONTRIBUTION
Dream bigger, always bigger
Personal brand is the power, keep growing it by giving

YOUR BIGGEST LESSONS IN 2019:

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C. On a scale of 1-10, how satisfied are you with how you have spent this year? Give your year a total score, but also score each individual area of your life.

EXAMPLE:

Mind, meaning, potential, dreams: 9/10
Love: 10/10
Health and vitality: 8/10
Self-love 8/10
Friends & Family 8/10
Personal growth 7/10
Business: 9/10
Wealth and lifestyle: 9/10
Celebration: 8/10
Contribution: 7/10
Overall score for 2019: 9/10 it was an awesome, fun and fulfilling year.

YOUR 2019 SCORE:

MIND, MEANING POTENTIAL, DREAMS:_____
LOVE:_____
HEALTHY & VITALITY:_____
SELF-LOVE:_____
FRIENDS & FAMILY:_____

PERSONAL GROWTH:_____
BUSINESS:_____
WEALTH & LIFESTYLE:_____
CELEBRATION:_____
CONTRIBUTION:_____
OVERALL SCORE FOR 2019: _____

3. YOUR 2020 OUTCOMES

A. What do you want to accomplish next year in order to make it your best year ever and make it a 10/10? Write 10-30 things that will make you totally fulfilled.

EXAMPLE:

Keep enjoying my life and business to the fullest, have tons of fun
Keep loving and building even deeper bond with Marius
Become physically stronger and healthier though tennis and boxing
Grow my business to make US$ XYZ
Make **FIRE** 🔥 a hugely successful and impactful program with 800 subs per intake
Grow personally, with a mentor, mastermind, books and trainings

WHAT DO YOU WANT TO ACCOMPLISH IN 2020 TO MAKE IT A 10/10?:

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B. What new habits can you cultivate to help you achieve your goals?

EXAMPLE:

Get up at 5:30 a.m. every morning
Read for 1 hour daily
Meet people on the plane, etc

YOUR NEW HABITS:

C. What are your immediate next steps to achieve these goals?

EXAMPLE:

Plan all my date nights with Marius for 2020
Research and reach out to a few potential mentors
Finalize our company revenue goal and step-by-step plan with the team
and so on.

YOUR IMMEDIATE NEXT STEPS:

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D. In 2020 I am ...

EXAMPLE:

In 2020 I am a/an ...
Extraordinary wife, friend and life partner to Marius
Fun haver and the most inspirational entrepreneur
Physical goddess: outstanding health, strength and energy
Outstanding inventor and provider of life-changing services
Extraordinary media personality and public speaker
Financial and cash flow guru
A phenomenal A-team leader and empowerer
Force for good in this world
and so on.

IN 2020, I'M A/AN:

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E. Your top 5 outcomes for 2020

EXAMPLE:

Enjoy every moment, always have fun in life and business
Make US$ XYZ in dividends
Grow my personal brand by a factor of 10 to the international level (TV, awards, eyeballs), and so on.

YOUR TOP 5 OUTCOMES FOR 2020:

OUTCOME 1: _____
OUTCOME 2: _____
OUTCOME 3: _____
OUTCOME 4: _____
OUTCOME 5: _____

Hello ladies!

I'm Ashley. Thanks for downloading this **FIRE** 🔥 year and decade review worksheet! Go through the exercises and prepare for your best year and decade yet! You're here for a reason. Only 1% of people in this world ever set foot on the path to personal development and growth so I want to acknowledge you for being here.

This **FIRE** 🔥 program came to you, which means you're searching for something and you're in the right place at the right time.

Three years ago, just like you, I started my own growth journey and made a commitment to tackle my psychology and fears and to dream bigger in order to enhance my business development. I've learned through over 40 online and offline courses and seminars, extensive reading, the help of coaches and mentors and, later in the journey, mentoring several high profile businesswomen myself. I learned from the best out there, including Tony Robbins, Les Brown, Gabrielle Bernstein, Robert Cialdini, Natalia Kholodenko, Tim Ferriss, Deepak Chopra, Lena Blinovskaya, Brian Tracy and many others.

All these courses and programs expanded my knowledge and brought me phenomenal results:

- 2 successful businesses in Hong Kong, working with some of the world's largest brands like Disney, Coca Cola, Jack Daniel's, BMW, etc.
- Becoming one of the biggest thought leaders in marketing and a LinkedIn Top Voice 2019
- Being named one of Asia's Top 25 Innovators in 2019 by the Holmes Report
- Becoming a global keynote speaker
- Being a 3-time Amazon bestselling author
- And doing it with fun, joy and happiness

After going on my own transformational journey, I felt that now it was time to give back and decided to distill the most important things I've learned over the past 3 years into this short 4-week course, I call **FIRE** 🔥: Find your Inner Road to Empowerment.

Fire represents energy, transformation, connection to your personal power and inner strength. That's what this program is all about. **FIRE** 🔥 is designed to help each of you find your own road to success, fulfillment and joy.

Over 300 ladies have already completed the course and made positive changes in their attitudes towards themselves, their career and their business development, completely transforming their lives.

If you're ready to join us, just drop us a WhatsApp or WeChat message using the number or WeChat ID listed at the bottom of the page. I'd love to see you in my next **FIRE** 🔥 intake!

Now, let's go get them!
Ashley