

# Create Your 2023

## EMPOWER YOUR VISION FOR THE YEAR

Here at Team Marcher, we always use first part of every year to plan out our big visions + goals. We also take a lot of time to reflect on the previous year and celebrate all that transpired. We've created a 2-part process to help us remember all the wins and dream about the future. It's a rewarding effort that will fill you up and get you re-energized for the new year! So, take an hour for yourself and use this tool to reflect and create your 2023.

### PART 1: Reflecting on 2022 + celebrating all your wins!

One of the techniques we love is using "themes" to map out all of our successes. The themes below are a great way to think through the many aspects of your multi-faceted life. Plan to take about half an hour to write down all of your 2022 wins in these areas. Don't feel you have to fill every box...use the below as a guide, and feel free to change the "theme" if you have a different one that better fits your life.

*\* Pro tip: review your 2022 calendar as a prompt to remember all that you accomplished! \**

<b>CAREER/PROFESSIONAL</b>	<b>HOME</b>	<b>WELLNESS</b>
<b>BIG PROJECTS</b>	<b>FAMILY</b>	<b>FRIENDS</b>
<b>ADVENTURES</b>	<b>FINANCIAL</b>	<b>FUN</b>

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Yay! Look at all the wonderful things that have transpired this past year. It's incredible to look back and see all of the wonderful successes and wins you had! Now that you've had a chance to reflect on all the good that has happened over the past year, let's awaken those dreams for the new year.

### PART 2: Mapping out your big dreams + goals for 2023

This next part is a bit more broad and broken down into five overall themes. We love to keep it simple with envisioning 3 goals per theme...but use this only as a guide and if you don't have 3, that's okay! Have fun with it, don't be afraid to think BIG and see what spills out from you.

**What are your top 3 dreams + goals for your career + professional life?**

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**What are your top 3 dreams + goals for your overall physical + mental wellness?**

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**What are your top 3 dreams + goals for your relationships?**

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**What are your top 3 dreams + goals for your financial wellness?**

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**What are your top 3 dreams + goals for your adventures and experiences you want to have?**

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**NEXT STEPS:** Revisit this tool every three months as a reminder and refresher of your beautiful vision for 2023!