



The Quarter Life
Coach

THE WISDOM CIRCLE

with Paula Coogan

'Being Brave and Living with more Passion in 2018'

2018

Let's be having you!

My Theme for 2018 is.....

**To honour my theme & to feel how I want to feel;
I need to be..... :**

1. _____

2. _____

3. _____

4. _____

My 4 Most exciting Goals for 2018 are:

1. _____

2. _____

3. _____

4. _____

Week One

Honour And Release 2017

This is the place that we mess it up every year! We set our NEW resolutions, our NEW goals, our NEW dreams...without ever taking stock, acknowledging or honouring the days and months that have just past.

It is so incredibly important for us to find the gifts, the magic, the medicine, the lessons, the challenges and successes from the year that has been. By deliberately holding a space for what has been, we can learn so much. We can take what has served us and we can let go of what does not fit us anymore, moving forwards into 2018 with a clear heart and mind..

Let's hold a space for 2017; to celebrate and let it go so we can clear the path for more good stuff to come your way!

Stick in pictures/images here that you feel represents your 2017! What was happening in the pictures? Why did you choose these images? What do these picture say about your year?

When I let go of what I am, I become what I might be.

When I let go of what I have, I receive what I need.

-Lao Tzu

R.E.S.P.E.C.T

Find out what it means to me . . .

**In what ways were you incredible in 2017? Respect yourself and write it down!
(Include goals achieved, milestones reached, adventures, opportunities, highlights!)**



You.Got.Back.Up

You've had shitty days, weeks or even months in 2017. That is life. It has its ups and downs but right now, take a moment and honour your personal strength and power.

Even in the middle of the chaos, the struggle, the messiness and hardship- you got back up. You are here, doing this personal work right now. You are open to learning, forgiving, practicing courage and compassion, moving forwards. That is absolutely amazing and I love you for it!

Gathering *Wisdom* from 2017

- I am proud of myself for....

- I surprised myself this year by

- Even though it was really tough to go through, I learnt a lot from.....

- 2017 led me to...

- I now understand why...

- I feel like myself in these ways.....

- I was transformed this year by...

- **Education/Growth/Development**

- **Friends**

- **Family**

- **Intimate Relationship/Sex Life**

- **Money**

- **Home/Physical Space**

- **Creativity/Expression**

- **Spirituality**

- **Lifestyle**

Week 2

Your **D**reams & for 2018 desires

The feeling you get from achieving your goals is incredible. **Who you become** in the process is what it's all about. Step up, honour yourself and become the woman you **dreamt** to be.

What would make 2018 a Magical year ✨ ✨ ✨

- **What do I want to achieve in 2018?**

- **What do I want to learn in 2018?**

- **What do I want to experience in 2018?**

- **Who do I want to become in 2018?** (What will your priorities be? How are you going to grow and stretch yourself this year? Who is the woman you are becoming?)

- Education/Growth/Development

- Friends

- Family

- **Intimate Relationship/Sex Life**

- **Money**

- **Home/Physical Space**

- **Creativity/Expression**

- **Spirituality**

- **Lifestyle**

Owning it in 2018

Choose a theme word as your power word for 2018! What word would express what you are yearning for in 2018? What would make you own it this year?

My Theme Word for 2018 is

For me, this word means

- **What was her response to any other question you asked?**

- **What gift did she give you and what does it mean to you?**

- **More gems of Wisdom from my Wiser Self.....**

Desires into Decisions . . .

The Beginning

My Theme for 2018 is....

To honour my theme and feel how I want, I need to be.....

1.

2.

3.

4.

My 4 most exciting Goals for 2018 are:

1.

2.

3.

4.

Week 3

DETERMINATION & DYNAMIC ACTION

I can.
I will.
End of story.

Don't wait until Later



So many of us go through life putting off our happiness and pleasure until a future date. It's so common, it even has a name - it's called 'When, Then' thinking. 'When I have my own business, Then I'll be happy', 'When I meet a nice guy, Then I'll be happy.' 'When I finish my masters, Then I'll be happy'.

From this perspective, setting goals means that you only get the hit of satisfaction and pleasure once you cross the finish line.

But have you noticed.....there is always something else.

As soon as that thing we have been working towards and striving for is achieved, we barely acknowledge it and we're onto the next goal.

But the truth is that if we decide to be happy now, we'll actually achieve more, be more productive and feel more joy, happiness, pleasure and meaning in our lives.

Goals are brilliant for providing direction and focus, but we need to strive to live each day to its fullest, squeezing all the pleasure and good stuff we can out of each moment. Instead of measuring our success and failure in life on our ability to achieve a specific goal, we need to remember that the direction we're heading, how we are choosing to feel, the Systems we're forming, the wisdom we're gaining and who we are becoming is more important than the specific results.

Knowing how you want to feel is the most potent clarity that you can have and generating those feelings is the most powerful thing you can do with your life.

- Danielle LaPorte



ALIGNING MY *Desires*

How are my 4 Most exciting goals in alignment with my theme and behaviours for 2018?

Big Goal 1:

Big Goal 2:

Big Goal 3:

Big Goal 4:

CREATING *Supportive* SYSTEM

What new systems can I put in place to support me in as I turn my desires into reality?
(Make sure your systems fit well with your theme and chosen behaviours!)

GOAL 1: _____

SYSTEM 1:

SYSTEM 2:

SYSTEM 3:

GOAL 2: _____

SYSTEM 1:

SYSTEM 2:

SYSTEM 3:

GOAL 3: _____

SYSTEM 1:

SYSTEM 2:

SYSTEM 3:

GOAL 4: _____

SYSTEM 1:

SYSTEM 2:

SYSTEM 3:

HAVING THE *Craic* IN 2018

Think of your top 4 behaviours that you want to demonstrate in 2018 and create your own list of new/amazingly fun and very 'you' things that you can do to honour that behaviour! Try come up with at least 10!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Winter/Spring Goals

JAN, FEB & MARCH 2018

GOAL 1:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Week:

Every Day:

Every Month:

GOAL 2:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

GOAL 3:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Week:

Every Month:

GOAL 4:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

Winter/Spring:

JAN, FEB & MARCH REVIEW

- 1. What worked really well?**
- 2. What was particularly challenging? What did I learn from that?**
- 3. Did I honour my theme word? In what ways?**
- 4. Did I honour my chosen behaviours? In what ways?**
- 5. How can I carry forward the wisdom I've gained in Winter/Spring?**
- 6. What am I yearning for next?**
- 7. What or who am I particularly grateful for the past 3 months?**
- 8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?**

Spring/Summer Goals

APRIL, MAY & JUNE 2018

GOAL 1:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Week:

Every Month:

GOAL 2:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

Spring/Summer

APRIL, MAY & JUNE REVIEW

- 1. What worked really well?**
- 2. What was particularly challenging? What did I learn from that?**
- 3. Did I honour my theme word? In what ways?**
- 4. Did I honour my chosen behaviours? In what ways?**
- 5. How can I carry forward the wisdom I've gained in Spring/Summer?**
- 6. What am I yearning for next?**
- 7. What or who am I particularly grateful for the past 3 months?**
- 8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?**

Summer/Autumn Goals

JULY, AUGUST & SEPTEMBER 2018

GOAL 1:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Week:

Every Month:

GOAL 2:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

GOAL 3:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Week:

Every Month:

GOAL 4:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

Summer/Autumn Review

JULY, AUGUST & SEPTEMBER 2018

1. What worked really well?

2. What was particularly challenging? What did I learn from that?

3. Did I honour my theme word? In what ways?

4. Did I honour my chosen behaviours? In what ways?

5. How can I carry forward the wisdom I've gained in Summer/Autumn?

6. What am I yearning for next?

7. What or who am I particularly grateful for the past 3 months?

8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?

Autumn/Winter Goals:

OCTOBER, NOVEMBER & DECEMBER 2018

GOAL 1:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Week:

Every Month:

GOAL 2:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

GOAL 3:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Week:

Every Month:

GOAL 4:

TIME FRAME:

Why it's important to me:

How I will know I'm on track?

Action Steps:

How will I reward myself?

My Powerful Systems: _____

Every Day:

Every Month:

Every Week:

Autumn/Winter review

OCTOBER, NOVEMBER & DECEMBER

- 1. What worked really well?**
- 2. What was particularly challenging? What did I learn from that?**
- 3. Did I honour my theme word? In what ways?**
- 4. Did I honour my chosen behaviours? In what ways?**
- 5. How can I carry forward the wisdom I've gained in Summer/Autumn?**
- 6. What am I yearning for next?**
- 7. What or who am I particularly grateful for the past 3 months?**
- 8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?**

Yay gorgeous!

You've done it! Time to crack open the bubbly and toast your success and commitment! This workbook is your personal, tailor-made guide to your incredible 2018!

You've taken the time out to honour yourself, your strengths, your dreams, your passions and your lessons! Keep doing that- make it a ritual to give yourself the time you need each day, week or month to work towards the life that you are yearning.

You are more than capable of making this happen! This is your life, your one and only life so go after your dreams with fierce passion and everything your soul can muster! You deserve it! Life will get tough and messy, it always does and that is fine! But when it does, lean back onto your supportive systems including your fellow Wisdom Circle crew -you know what you need to get yourself back on track. And I'm always here if you get stuck. To you and your amazingness!

It's been my honour to support you over the past 3 weeks!

Paula xx



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