



UK COLLEGE OF PERSONAL DEVELOPMENT

New Year Goals & Outcomes Planning Workbook

Best used between October and November

This workbook helps you reflect, design, and prepare your goals for the upcoming year — aligning evidence-based psychology with structured reflection and planning.

ThinkBEG
The Journal of Personal Development



Section 1: Reflect & Review (October)

Purpose: Identify lessons, progress, and patterns from the current year.

- What were your three biggest achievements this year?

- What challenges did you face and how did you respond?

- What goals didn't materialise — and why?

- What did you learn about your strengths and values?

- Which habits or environments supported (or hindered) your success?

- How would you summarise this year in one sentence?

Section 2: Define Your Focus (Late October)

Purpose: Narrow your focus to what truly matters in the coming year.

Area of Life	Desired Outcome	Why This Matters
Career / Business		
Health & Wellbeing		
Relationships		
Personal Growth / Learning		
Financial / Lifestyle		

Section 3: Design SMART Goals (November)

Purpose: Turn your intentions into measurable, actionable outcomes.

Goal Statement	SMART Breakdown	Key Milestones

Section 4: Backward Planning (Mid-November)

Purpose: Build a realistic roadmap using reverse-engineering logic.

Goal	Imagine It's December Next Year — What Has Happened?	What Steps Got You There?

Section 5: Resource & Support Mapping (Late November)

Purpose: Identify what and who you need for success.

Goal	Resources Needed	Support Partner	First Action Step

Section 6: Pre-Launch Preparation (December)

Purpose: Finalise logistics and set up systems for January launch.

Task	Status	Deadline
Confirm final goal list		
Set up progress tracker		
Plan your January kick-off ritual		

Section 7: Commit & Visualise (End of November)

Purpose: Anchor motivation through mental imagery and commitment statements.

Visualise your goals and write your personal commitment statement below:

“I commit to showing up daily for my growth, even when motivation fades.”

Section 8: Launch Plan (January)

Purpose: Begin execution with clarity and momentum.

Focus Area	Launch Date	First Action	Review Date