

Life by Design

A Year in Review

To design the life you really want, you've got to be super-clear on what it is you want. You've gotta know where you are so you can get where you wanna go.

So, before you dive right into the New Year continuing to do what you've always done, may I suggest you do some reflection and evaluation on how the past year went. Then, I invite you to give some intentional thought to what you want the New Year to hold for you. Below are a few questions to guide you in this.

In the next few weeks before the end of 2019 (or shortly after), carve out 30 minutes to an hour to sit down and answer these questions. Just ponder them and allow them to reveal to you some answers. Then, allow these answers to guide and even shift you as you think about the New Year.



Life can only be understood
backwards; but must be
lived forwards.

-Soren Kierkegaard

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What lessons did you learn?

How did you grow?





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Who invested in you, supported you, helped you achieve your goals?

Did your choices and behaviors get you closer to the life you really want? Explain.

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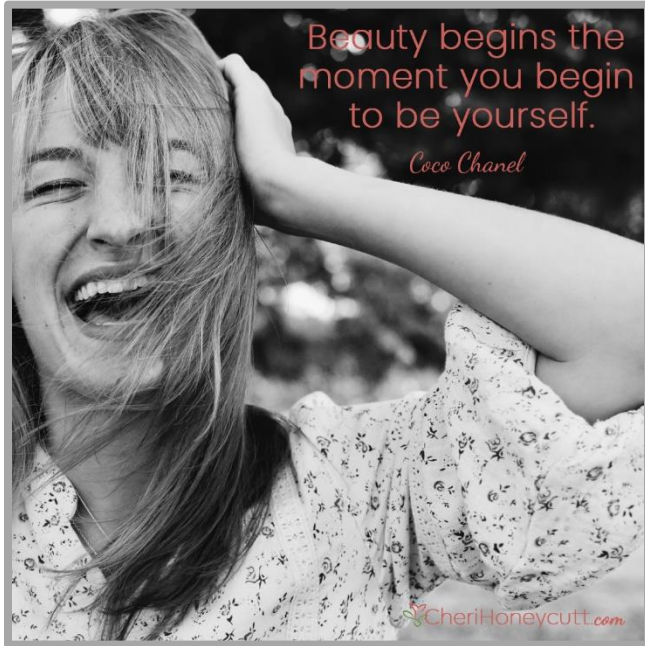
If time or money were no issue, what would you like to do next year?

Imagine it's December 31, 2020. How do you want to feel?



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To feel this way, what can/will you do?

What can you commit to right now, that will bring you closer to the life you want?

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Congratulations, you did it!

You're clearer about what you want. *How can I help?*

I work with people who want their day-to-day life to reflect their truest desires. People who want to make every day count and create a beautiful life, inside and out.

I know firsthand that having the desire is often not enough. We need tools and strategies and accountability. We often need someone outside ourselves to point the way.

That's where I come in. I'm here to help you in a variety of ways.



Podcast: , A Well-Designed Life† is available on my site as well as wherever you like to listen. (iTunes, Google, Spotify, Stitcher & more)

Facebook: LifebyDesignwithCheriHoneycutt

Instagram: cheri.honeycutt

Pinterest: Cheri Honeycutt, Life by Design Coach



And of course, coaching. Are you ready to create a beautiful life, inside and out? Then let's get started. For about the cost of a quality haircut and color or a new dress & earrings, we can have a conversation that I guarantee (really, I do) will change the trajectory of your life. I guarantee it! Coaching: <https://www.cherihoneycutt.com/get-started>.