

# AGENDA

Design Your Year is an interactive workshop where you magnetize your dreams and draw in the people, things, and events you desire in your life.

Workshop activities include self-reflective journaling, personal life assessments, group activities, and goal setting practices that tap into your inner purpose and serves as the compass to chart your course for next year.

Participants are encouraged to breakout in their careers, foster more loving relationships, pursue financial freedom, spiritually connect to the source within, and feel the full excitement of living.

Leveraging the Design You Coaching 3-D Coaching Model™ the following is a framework for what the day will bring:

**DREAM:** Use a *Wheel of Change* to create your dreams for 2016. Leverage your career core to build 1-2 other key areas of your life.

**DISCOVER:** Understand your intrinsic and extrinsic triggers that create success or roadblocks toward your dreams.

**DESIGN:** Establish your 1<sup>st</sup> quarter game plan including daily questions for personal assessment and tracking goals.

Want to know more? Great! Be sure to register for the **Design Your Year** experience @ <http://www.designyoucoaching.com>.