



*Your next
chapter*

Dream, plan and prepare for an incredible year using the lessons you've learned along the way to connect with your dream audience.

STORIES
from Home

It's all part of the story

Every brand, business and person has a story worth telling, including you.

Your voice, sharing the ups, downs and lessons learned along the way, how you got to where you are and where you're heading next, it's all part of your story.

Which is why it's good to reflect on the progress you've made and what you're wanting to bring to life in the next 12 months.

When you take time to reflect and dig deeper into the chapters you've experienced, it'll give you options as to what to share in your storytelling.

You don't have to use it all but by doing this work now, you'll quickly fill your content plan for the next year with lessons and anecdotes that will resonate with your dream clients and make them love you all the more.

No matter what chapter you're on in life or business, reconnecting with your foundations, values and vision will help guide you in the right direction.

Writing it down is the first step in making it real. Then, you can use your words to write content that will captivate and connect with your audience.

Remember, no one is you and when you reconnect with every part of you and your unique voice, your story becomes even more powerful.

Ready to get started?

Put your phone on silent, grab your pen and start writing. Your business and your future you will be grateful for it.

A YEAR IN REFLECTION

1. If you had to sum up 2021 in one word what would you choose?

2. List 10 things from the year that made you feel proud:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

A YEAR IN REFLECTION

2021

3. What was the hardest thing you dealt with in 2021 and how did you overcome this challenge?
4. What have you learnt or discovered about yourself this year?
5. Why were these life lessons or discoveries important?

2021

A YEAR IN REFLECTION

6. What brought you the most joy in 2021?

7. List 10 things you've felt grateful for in 2021:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

2022 THE YEAR AHEAD

10. How do you want this next year to feel? What words would you choose to describe the feeling you want to experience?

11. What does your dream 2022 look like? Write or draw it here. Go big!

2022 THE YEAR AHEAD

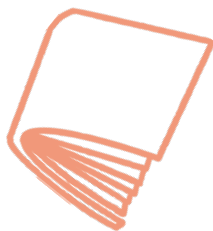
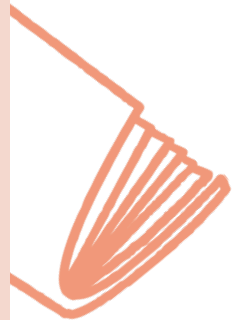
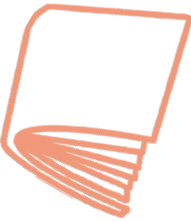
12. What's the big vision you have for your life?

13. Thinking about what you wrote on the previous page and the big vision you have for your life, what can you do in 2022 to move closer to this vision? From the small things to the big things, what can you do to move the needle?

Write your story

With so much insight filling these pages, use what you've written to write your story, revealing as little or as much as you like. Here are some prompts to get you started:

- 3 things I learned in 2021
- My big vision for 2022
- The book that influenced me the most last year
- How this one person made a difference to my business (and my life)
- Why I've chosen _____ as my word of the year
- Why my vision in 2022 is to _____
- Why THIS is my biggest achievement.
- The biggest discovery I made in 2021.
- What 2021 taught me about business, life and _____
- I'm most scared/excited about THIS in 2022.



Need more help to uncover and share your best stories? We're your women.

Known for our eagle-eyed story spotting skills, we'll help you share your story with power and purpose, call in the clients you dream of and get your business making more money in 2022. Lets get you the words and stories that'll captivate and connect.

Head to the website and **book a free discovery call** to see how we can help.