### Make

2024

Your Best Year Yet: Set Yourself Up Now

by Kristina Karlsson





# One: one life. Just one. Why aren't we running like we are on fire towards our wildest dreams?

99

- Oscar wilde -



Why are you doing this workshop?										
Where are you at right now – rate yourself below 1-1 (10 being clear and 1 not being clear.)	10:									
I'm clear on my Dreams/Goals for 2024:	1	2	3	4	5	6	7	8	9	10
I know my top 3 Dreams/Goals for 2024:	1	2	3	4	5	6	7	8	9	10
I realise a year will go very fast & that life is short:	1	2	3	4	5	6	7	8	9	10

What are your biggest frustrations when it comes to not living your dream life?				
How will you feel if you don't change by end of 2024?				

How do you want to feel by end of 2024?					
What would you do if you knew you cou	ıldn't fail?				

What would you do if you had all the skills and knowledge you needed?				
What would you do if y	you had all the mon	ey and time you ne	eded?	

What would you do if you had all the courage you needed, all the self-belief you needed?				
What would you	ı do if you had all the hea	lth & energy you needed	d?	

What would you do if you had all the support you needed?				
In your dream life, wl	hat amazing experien	ices would you have?		

What would you buy?		
	 	 ······································
How will you feel and act?		
	 	 ······································

Who will be the key peop	le in your dream life?	•	



# In 10 years...

Your age?		
Partner's age?		
Children's age(s)?		
Parent's age(s)?		
Grand-Parent's age(s)?		
Ages of other important people?		



If someone told you how many years, weeks, hours you had left to live, would that change the way you live your life?





100 years old minus my age today of

\_\_\_\_\_ = \_\_\_\_ X 12 =\_\_\_\_

months ahead for me!

Choose 3 dreams for 2	2024:		
1			
		 	 ······
Why?		 	 
2			
Why?		 	 
3			
Why?			



What actions will you need to take in 2023 to get ready for 2024?					

### To live your dream life you need to be clear on:

Your Dreams

Your Purpose

**Your Passions** 

Your Values



What support do you need?	

One day you will wake up and there won't be any more time to do the things you've always wanted.

Do it now.

Paulo Coelho



Need more support? For more information scan QR codes.

Join my 12 months Dream Life Coaching Program:



The Dream Life Habit Club:



Listen To My Weekly Podcast:



GROW Personal Growth Book Club:



Inspiring products To Help You Live Your Dream Life:



or visit: **yourdreamlifestartshere.com** 

follow me:

follow me:

Love,



DREAM LIFE ©®

# Tips on making 2024 Your Best Year Yet


Where you are a year from now is a reflection of the choices you choose to make right now.

