



Best Year Ever Workbook

FINDING PURPOSE IN A CHAOTIC WORLD

A 3-Step Process to Living with Peace & Purpose

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Steps to Your Best Year

01

YEAR IN REVIEW

- Successes, Failures, Lessons
- That One Thing
- Looking Back to Move Forward

02

SET THE STAGE

- Strengths
- The Right People
- Values

03

DEVELOP YOUR VISION AND MISSION

- What do you want?
- Develop a Mission Statement
- Cast a Vision



Welcome to Your Best Year Ever!

This workbook is divided into 3 Modules or Steps that you can take right now to live this year with intention and purpose. Module 1 will help you identify what may be holding you back from living your best life. What are the current pain points, lies we believe, and hurts we are holding onto? We can only heal if we first acknowledge. In Module 2, we'll discover the obstacles and pain in light of our relationships. And finally, in Module 3 we'll devise a detailed plan to move forward into freedom, peace, purpose, and our best year ever.



Roadmap of the Workbook

MODULE 1: WHAT'S
HOLDING YOU BACK?

MODULE 2: WHAT
RELATIONSHIPS DO I NEED TO
GET RIGHT?

MODULE 3: WHAT DO I WANT?
(MY VALUES & VISION)

HOW DO I GET WHAT I WANT?
(MISSION & GOALS)

FREEDOM: LIVING A LIFE OF
MEANING & PURPOSE

IDENTIFYING WHAT'S HOLDING YOU BACK

Looking at the past year, record all of your accomplishments - big and small. What lessons did you learn over the past year?

What's wrong? What's not working right now? Why are you seeking this type of learning?

What's the one change in thinking or habits that would bring about the most change in your life? What is one thing standing in your way of living the life you desire?

WHAT IS THE ONE THING THAT WOULD SET YOU FREE?



Module 2

SET THE STAGE:

STRENGTHS, RELATIONSHIPS, VALUES

Strengths Assessment

Our purpose in life can be described by the acronym “S.H.A.P.E.”
Spiritual Gifts, **H**eart (passion), **A**bilities, **P**ersonality, **E**xperience

We are all shaped in unique ways to add value to our lives and to the lives of others.

Answer the questions below to discover some of your strengths. Then spend some time thinking about your experiences throughout your life. These are all clues to your purpose and where you'd be most happy.

Heart - where you will apply what you are most deeply passionate about.

What one thing do you do with “all your heart”?

What do you want to take people by the shoulders and tell them?

What breaks your heart?

Abilities - things you are naturally good at

In what areas do you naturally excel?

What are you doing when you feel most fulfilled?

Personality - How you relate to others and how you respond to opportunities are a function of your personality.

Experience

Refer back to the timeline of your life and pull from your positive and negative experiences.

How have your experiences shaped you for your purpose?

Circle the words that BEST describe the way you relate to others.

Outgoing or Reserved

Self-expressive or self controlled

Cooperative or Competitive

High Risk or Low Risk

People or Processes/Task

Follow or Lead

Teamwork or Solo

Routine or Variety

How would you summarize your primary personality pattern?
What is the mix that makes up your unique wiring?

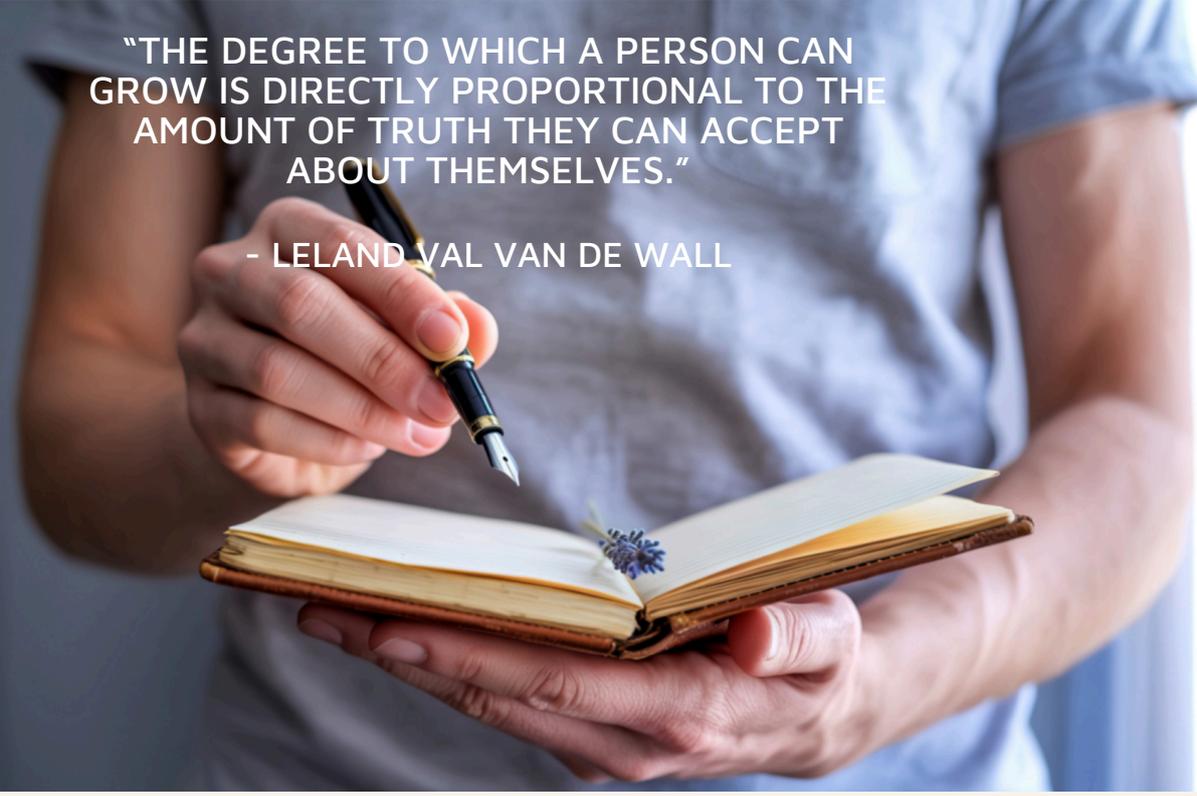


THE RIGHT PEOPLE

What are you angry, sad, anxious, and happy about?
Which of those feelings can be attributed to a person or a relationship?

What relationships are important to you, give you energy, or fill you up?
Which ones will you invest your time and energy?

What relationships are draining you that you may need a new boundary with? What is the
new boundary and how will you implement it?



**"THE DEGREE TO WHICH A PERSON CAN
GROW IS DIRECTLY PROPORTIONAL TO THE
AMOUNT OF TRUTH THEY CAN ACCEPT
ABOUT THEMSELVES."**

- LELAND VAL VAN DE WALL

To discover your values, answer the questions below. You should see a certain theme emerge and end up with 3-5 core values that inform how you want to live your life. Some examples are faith, honesty, generosity, authenticity, creativity, collaboration, etc. (see more examples next page).

What are your values?

**WHO DO YOU
ADMIRE?**

**WHAT TRAITS DO
THEY POSSESS?**

**LIST A FAVORITE
EVENT**

**LIST A FAVORITE
VACATION**

**WHY DID YOU
LOVE THOSE?**

03

Module 3

CRAFTING YOUR UNIQUE VISION

Once you've identified the challenges, your strengths, and your values, it's time to make a plan to move forward with the life you've dreamed of. There is likely more work to be done in Module 1 and 2, but for now, let's cast a vision for a more purposeful life.



YOUR PAST STRUGGLES ARE NOT A LIABILITY. THEY ARE YOUR UNFAIR ADVANTAGE, YOUR SUPERPOWER.

Designing Your Best Year

List your strengths, passions, and values from the previous exercises.

I'd love to look back on my life and know that I did something about _____.

If I asked your close friends what you're really interested in and passionate about, what would they say?

What causes am I most passionate about?

The people I most enjoy helping are....

Write your Mission Statement:

"I exist to..."

"My purpose is to..."

"I will use my gifts to..."

"God has called me to..."

Write multiple versions of your mission statement.

Share drafts with trusted friends or mentors.

Ask if it sounds authentic to who you are.

Refine and Revise:

Choose your favorite elements from each draft.

Combine into a final version.

VISION: The Dream

MISSION: The What and the Why

GOALS: The How

STRATEGY: The Action Plan

Write a Mission Statement

Using your answers from the last page, write a few iterations of a mission statement for the life you've always dreamed of.

Cast a Vision for Your Life

If a mission statement is what you'll do, a vision is what the future will look like. The vision is stated in the present tense.



**I HOPE YOU HAVE THE
BEST YEAR EVER!
I AM CHEERING YOU ON!**

If you'd like to reach me to explore ways we could continue working together, please visit my website or email me. I'd love to hear from you!



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