



MAKING THIS MY BEST YEAR EVER!

This resource is for pet sitters, dog trainers, pet groomers, dog walkers and other pet business owners. It may be shared FREELY without alteration. After all, the more pet business owners who know what they want in life and business, the better for us all!

Starting out:

Pick a quiet, comfortable place away from distraction.

Tools you'll need:

A journal, a pen and the willingness to discover some new things about yourself and your new or existing business and your personal life.

Close your eyes. Begin by sitting quietly for a minute to get yourself really present in your desire to set clear goals for this year. When you are ready, begin writing.

In the last year, in the following areas of my business, what were my specific successes and accomplishments?

Financial _____

Marketing _____

Hiring _____

Accounting/Recordkeeping _____

Taxes _____

Customer Service _____

Promotional Materials _____

Commitment to the Business _____

Work schedule that works for me _____

Stress Level _____

Office Organization _____



In the last year, in the following areas of my *personal* life, what were my specific successes and accomplishments?

Family _____

Social _____

Romantic Relationship _____

Mental _____

Spiritual (if appropriate for you) _____

Physical _____

Home _____

Personal Possessions _____

In the following areas of my *business*, what were my biggest disappointments? Failures? Avoidances? Can I understand how/why these happened?

Financial _____

Marketing _____

Hiring _____

Accounting/Recordkeeping _____

Taxes _____

Customer Service _____

Promotional Materials _____

Commitment to the Business _____

Work schedule that works for me _____

Stress Level _____

Office Organization _____

In the following areas of my *personal life*, what were my biggest disappointments? Failures? Avoidances? Can I understand how/why these happened?

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What are my top five most important personal and business values and how can I live them more fully in my work and life? (honesty, dependability, love, courage, trustworthiness, etc.)

What roles do I play in my personal/business life and what were my major accomplishments in each role in the last year? (business owner, mother, father, wife, friend, son, daughter, etc.)

What were my major mistakes, failures or shortcomings in each role?

What is my major desire or focus for each role in the coming year?



What is my top goal for each area of my *business* this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Top Goal:

What I can do regularly:

Financial _____
Marketing _____
Hiring _____
Accounting/Recordkeeping _____
Taxes _____
Customer Service _____
Promotional Materials _____
Commitment to the Business _____
Work schedule that works for me _____
Stress Level _____
Office Organization _____

What are my top goals for each area of my *personal life* this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Top Goal:

What I can do regularly:

Family _____
Social _____
Romantic Relationship _____
Mental _____
Spiritual (if appropriate for you) _____
Physical _____
Home _____
Personal Possessions _____



