

New Year New Career



More
than
work



NEW

Anke Menzler

YOUR *heart's desires*

We all have so many desires and wishes in life that we sometimes lose track or create one after another and then forget some of them. But we never forget the ones that are super important to us and that is usually because they have big meaning for us.

Now is the time to dive into those super important ones and list the major 3 desires, wishes, dreams, goals you want to achieve in the next 12 months. They don't have to be in order but important to you.

If you are not sure which are 3 most important make a list and then feel into all of them by asking does it bring joy? Narrow them down to the ones that bring the most joy.

1.



2.



3.



7 LEVELS ...

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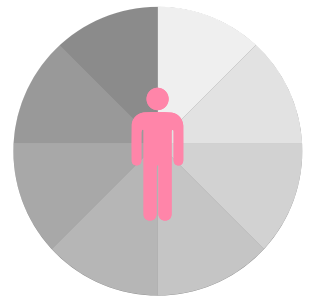
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Anke Menzler

YOUR *personality style*



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YOUR *motivational style*

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YOUR *helpers*

Now that you know about your personality and motivation it is time to bring everything together and determine which of them you want to use more. You are such a great person and it would be a pity not to use all of your strengths. Are you already to use all of them to make your dreams real?

Map out what personality and motivational characteristics you need to consider when you pursue your goal. What was missing in your past pursuits? What did you neglect? Which signs did you miss but are aware now? Make a list of those you want to use more.

Learnings

**To consider about
me in future**

YOUR *future self*



This is the most fun part of this work. Day dream about who you are when your dreams and desires are real.

Be as specific as feels good. If you cannot be specific without feeling good then be more general.

What do you look and feel like? Where are you with whom? What are you doing daily, for work, in your free time... Take notes below.

Tell the story how you want it to be.

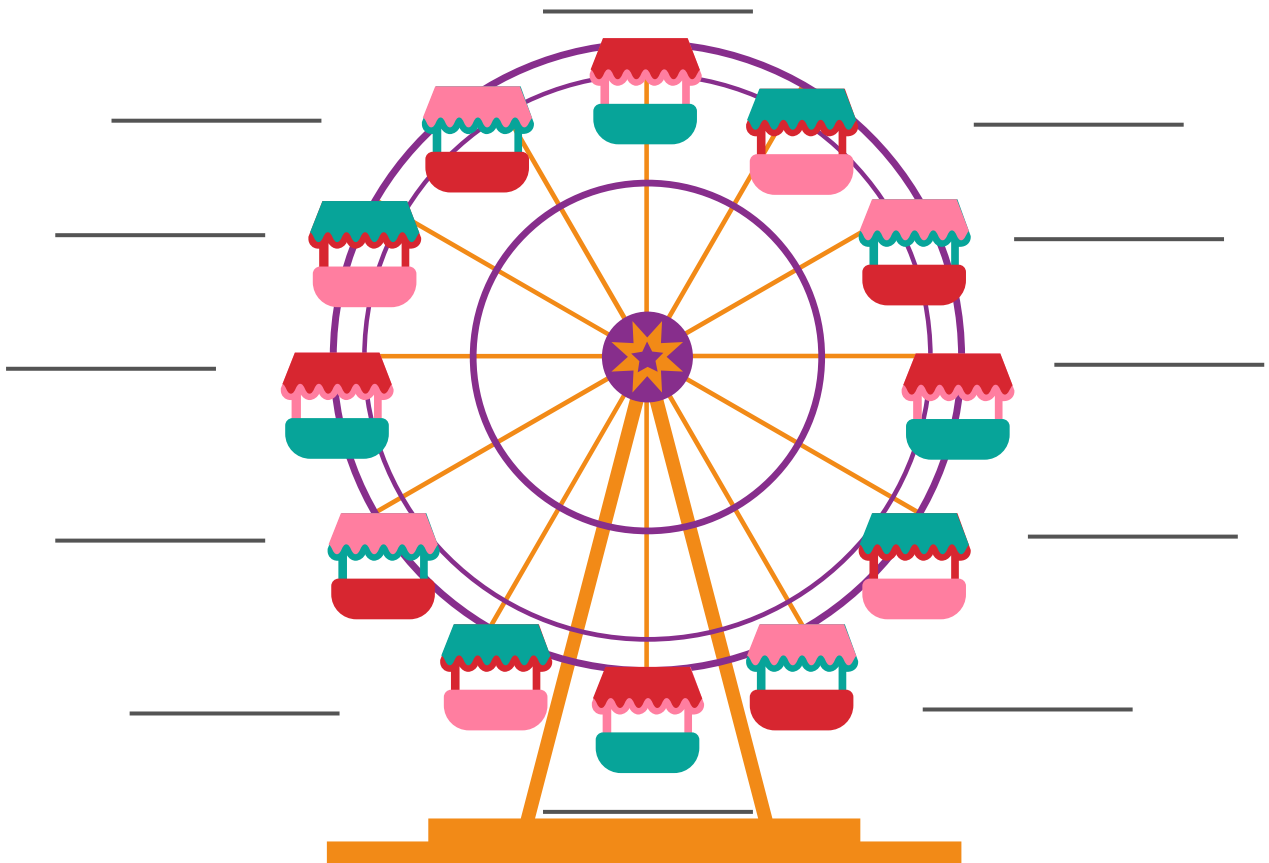
Future Me

YOUR *intentions*

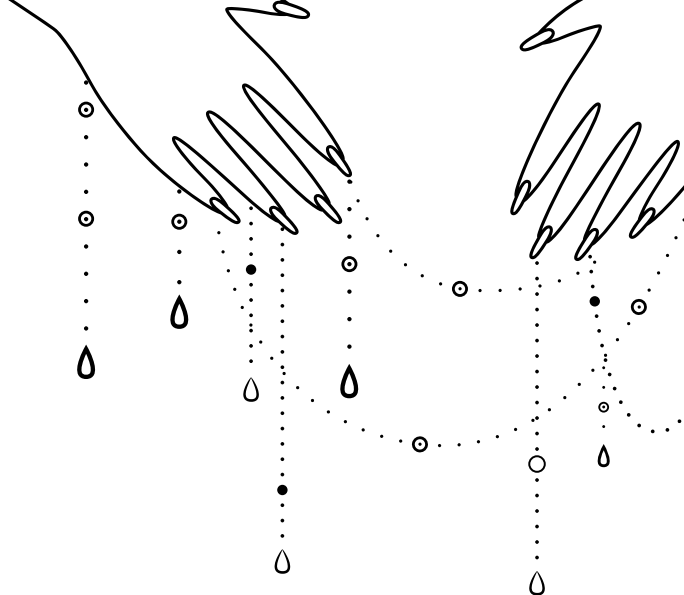
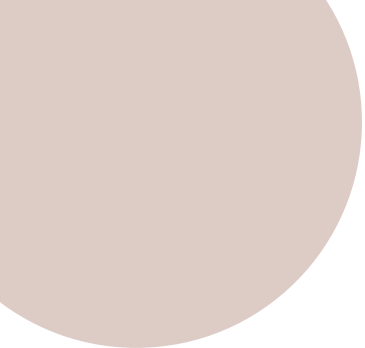
Where most people go through life on autopilot you want to be more intentional for yourself and your life.

Being aware and intentional will help you recognize and create faster. Watch out for the path of least resistance with others and yourself. You will understand what is needed, and wanted and what others are open for or when they are not much faster. Let's go through life with more ease and fun. Now It's your choice.

Pick areas of your life and state your intentions for it for the year. Which one intention will you have for this area for the year ahead? Make it simple, **chose one word**. You can fill all or just a few.



Anke Menzler



WEAVE IT TOGETHER

Making the Most of Everything.
Staying tuned in. Tapped in. Turned on. At a Glance.

Heart's desires	Intentions	Future Me	
♡			
♡			
♡			
Personality Traits That Help Achieve Everything			
● ● ● ●			
Motivational Traits I Want to Consider	Notes		
● ● ● ●	● ● ● ●		