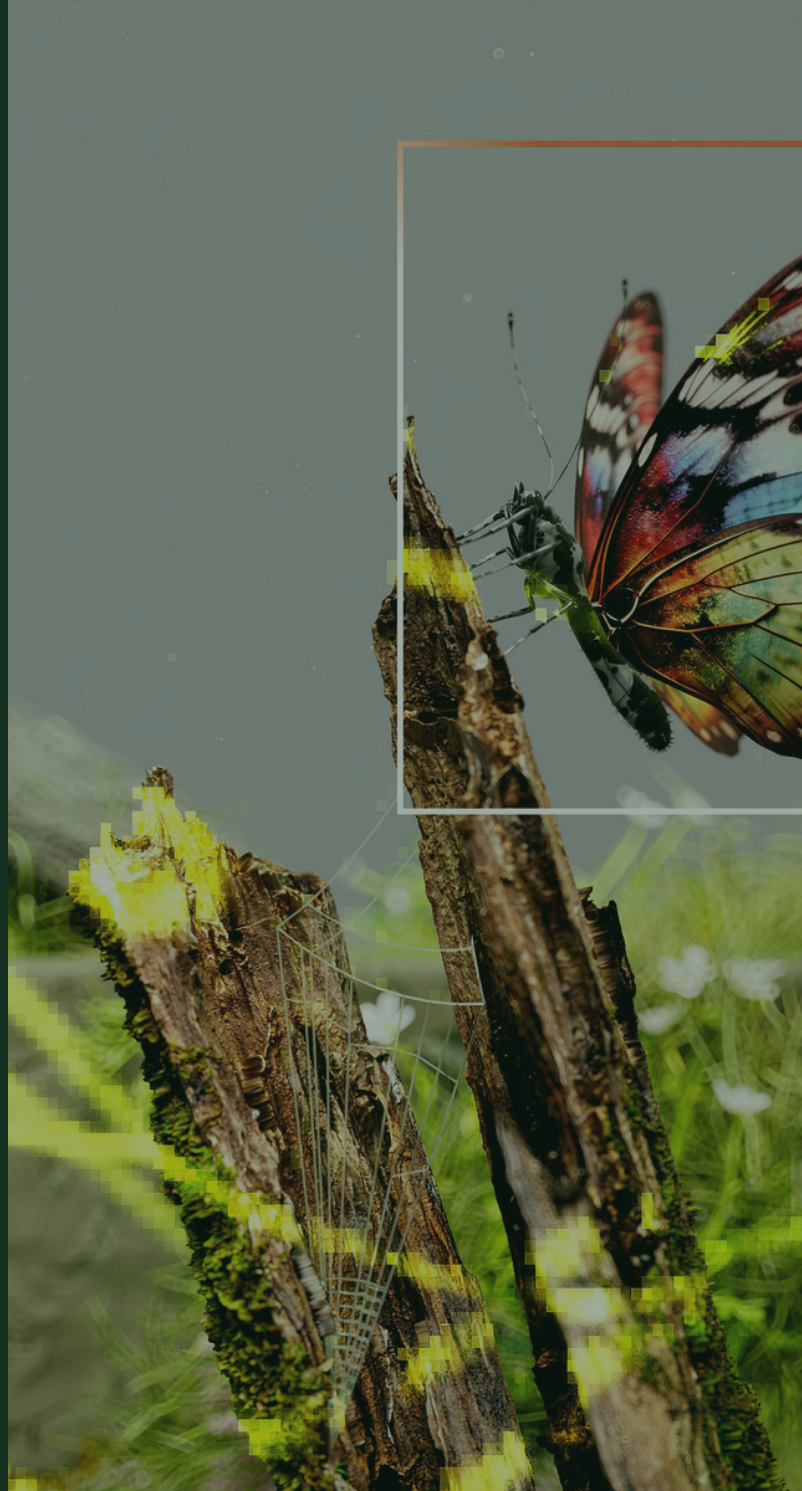


THE WHOLE SELF * BLUEPRINT



CONSCIOUS YEAR WORKBOOK

A guided year-end reflection and
conscious goal-setting experience

CONSCIOUS YEAR WORKBOOK

“When we set goals from the inside out, we stop striving and start becoming.”

– Dane Cornejo

I celebrate you for wanting to close this year with a little more consciousness and prepare for the new year with renewed energy – that’s rare.

This workbook isn’t just about creating goals. It’s about pausing long enough to celebrate all that this year has become, and to acknowledge what this year asked of you.

I wrote this workbook to help you:

- Review your year with energetic celebration
- Extract the lessons you don’t want to forget
- Identify the ins and outs of this year
- Set goals that actually align with your values, energy, and season of life

It’s also a small glimpse into the deeper work we do inside my coaching program, **The Whole Self Blueprint** – where we explore identity, direction, purpose, and conscious growth across every area of life.

For now, all you need is a quiet space. Get cozy & make it a proper ritual you deserve.

Light a candle. Pour your favorite drink. And enjoooooy 

CONSCIOUS YEAR WORKBOOK

1. What moments, big or small, shaped you the most this year?
What challenged you the most this year?

2. When did you feel most like yourself? When did you feel disconnected or drained?

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3. What are you proud of yourself for this year? What did you do that required courage?

4. What regrets, mistakes, or shortcomings do you want to make right, and what lessons do you want to remember?

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5. What emotions do you want to feel more next year? And what do you want to feel less in the coming year?

6. Who are you craving a deeper connection with right now? Think about who you want to feel closer to or spend more meaningful time with, explore why this matters, and how you plan to do that.

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7. How do you want people to describe you moving forward? What do you want people to feel when they are around you?

8. If you could choose one word to define the theme of your new year, what would it be? This is a word you want to embody - one that captures the energy you want to live by, receive, and give throughout the year.

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9. What adventures, projects and experiences would make you feel totally beyond excited about life?

Example:

- Adventure: I want to go to Lapland for Christmas.
- Project: Publish and promote the book I wrote.
- Experience: Bake a cake.

HERE'S TO YOU!

Notice how this work is less about doing and more about setting the tone for how you want to feel internally first. When your inner world is clear, showing up becomes easier.

This is where many of us stumble (my past self included). I used to believe that to feel better, I needed to do more. It's not.

My prayer for you:

May what you've written here be guided by God's wisdom, clarity, and courage.

May it lead you toward alignment, peace, and growth in the year ahead.

And may you trust God and yourself as you walk & work it out!

If this workbook resonated with you and want to go deeper

You will enjoy [The Whole Self Blueprint](#). It's 12-week coaching program designed to help you realign, rediscover, and reconnect with all parts of yourself – past, present, and future. This is where we create a life where personal fulfillment and professional success thrive together.

[Enquire here](#)