

4 UNIQUE STEPS TO

*Make 2023  
Your  
Best Year.*

HAL\_ELROD

A Simple Workbook to implement these  
**4 Unique Steps** to have the Best Year Ever!

Catholic Wellness Mom

Hello, Maria Cecilia, from Catholic Wellness Mom, I created this simple workbook to go along with Hal Elrod of "**Achieve Your Goals Podcast**", episode:  
**4 Unique Steps to Make 2023 Your Best Year.**

I was inspired to create this simple workbook to make it easier to implement these steps.

Best is to listen to **His episode** first and then use this simple workbook to filled out those steps.

Print out pages 3 & 4 to how many Values you want to implement this year.

Thank you **Hal Elrod**

**Please visit Hal Elrod to get fullest of his work that has blessed thousands of people for better.**

As you work through this workbook, call upon the Holy Spirit to inspire you to seek the areas where you need to value, the goals to reach the height of those values, and perseverance to continue at all cost so to make this the best year of your life!

For more on living out a Catholic Wellness life, visit us at **[www.catholicwellnessmom.com](http://www.catholicwellnessmom.com)**

*God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*  
*Serenity Prayer*



STEP ONE: IT'S TO IDENTIFY YOUR VALUES.  
IDENTIFY YOUR VALUES IN THE FORM OF AN AFFIRMATION.

***Hal Elrod***

Example: I value Faith.

VALUE

VALUE

VALUE

VALUE

VALUE

VALUE




STEP TWO: SET VALUE-ALIGNED GOALS. WHAT ARE THE MEASURABLE, SPECIFIC ACTIVITIES, HABITS, AND OUTCOMES THAT YOU WILL COMMIT TO THIS YEAR THAT ARE MEANINGFUL FOR YOU TO LIVE IN ALIGNMENT WITH YOUR VALUES? ***Hal Elrod***

I VALUE \_\_\_\_\_ AND IN ORDER TO LIVE IN ALIGNMENT WITH MY VALUES THIS YEAR,

I WILL \_\_\_\_\_

And that's where you set your goals that are in alignment with your values.



**STEP THREE: CREATING A VALUE-ALIGNED SCHEDULE TO ENSURE THAT YOUR DAYS ARE ALREADY PLANNED AHEAD OF TIME AND YOU'VE GOT ALL OF YOUR VALUES INCORPORATED.**

***Hal Elrod***

**IT'S SIMPLY CREATING A RECURRING SCHEDULE THAT INCORPORATES YOUR VALUES TO ENSURE THAT YOU KNOW EXACTLY WHAT YOU'RE COMMITTED TO DOING TO LIVE IN ALIGNMENT WITH YOUR VALUES.**

I VALUE \_\_\_\_\_ AND IN ORDER TO LIVE IN ALIGNMENT

WITH MY VALUES THIS YEAR, I WILL \_\_\_\_\_

Monday	Tuesday	Wednesday
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Sunday	Notes	
<input type="checkbox"/>		
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STEP FOUR: STICK TO YOUR SCHEDULE EACH DAY AND REFLECT ON WHICH VALUES YOU LIVED IN ALIGNMENT WITH.

**Hal Elrod**

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AS A CATHOLIC, THIS IS WHAT WE CALLED AN EXAMEN PRAYER AT NIGHT.

I HAVE ATTACHED OUR CATHOLIC WELLNESS MOM EXAMEN PRAYER.

Thank you **Hal Elrod**

***Please visit Hal Elrod to get fullest of his work that has blessed thousands of people for better.***

I pray that this simple workbook will help you to seek the values, set the schedule, reach your goals and make this 2023 the Best Year ever!

That all you do, you do it for the Glory of God.

For more support, for challenges such as our 75 Days Holy & Hard Challenges, head over to **Catholicwellnessmom.com** and let us work together to make this your Best Year Ever!



# NIGHTLY EXAMEN

**1. Be Still With God:** Come, Holy Spirit, calm my soul as to be enlightened with God's merciful love to transform myself.

**2. Gratitude for the Day:** What blessings have I received today from God that have help me implement my goal-valued schedule?

**3. Review & Reflect:** Holy Spirit, show me how God saw my day. How were my thoughts? My words? My Actions? How did I treat myself? My children? Husband? Strangers? Did these things reflect the values that I have set for myself this year?

**4. Repent:** How did I fail in expressing merciful love for self and others that I beg God for forgiveness?

**5. Resolve:** What will I do tomorrow to be a better version of self in my body, mind, and soul? Where do I need to troubleshoot to help me to implement my goal-value schedule?

**6. Prayer:** Come, Holy Spirit, give me the courage to nourish my body, wisdom to inspire my mind, and the humility to grow my soul with a merciful love shown to me by His unending mercy.