



# REVIEW YOUR YEAR WITH NO FEAR

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15 QUESTIONS TO HELP YOU COMPLETE  
AND REMEMBER 2016

PAUL COPCUTT

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THE REVIEW YOUR YEAR WITH NO FEAR IS THE FIRST PART OF THE GETTING YOUR YEAR IN GEAR PROGRAM.

TO PRE-REGISTER AND ADD YOUR NAME TO THE LIST GO TO;  
[WWW.PAULCOPCUTT.COM/GYYIG](http://WWW.PAULCOPCUTT.COM/GYYIG)

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# INTRODUCTION

How do you feel at this time of year when people start to talk about new year's resolutions?

- **Fearful**, because you know that this year's one fell by the wayside mid-January.
- **Excited**, because it gives you a chance to kick off the year with a flourish.
- **Resentful**, because you are going to feel pushed into committing to something.

Regardless of the emotions that come up, one thing is certain, setting, reviewing and keeping accountable to goals, resolutions or commitments significantly increases the chances of being successful with them.

One of the barriers to having a successful year can be spending too much time looking back, either hoping for similar success or regretting shortfalls.

## INTRODUCTION (CONTD)

However, the first thing you need to do to be successful next year is remember fully this year and then be complete with it AND accepting that whatever you answer, you are okay with that, you cannot change it, but you can certainly take those lessons into next year with renewed awareness and focus.

That is the goal of this “Review Your Year With No Fear” workbook – remembering and completing this year.

Book some time for yourself, disappear to your favourite coffee shop or place where you can have time to yourself.

Don't be distracted by phones, e-mail or that first looming deadline of the new year.

Each question also has a set of sub-questions to help stimulate your answers.

# 1. WHAT ONE WORD SUMS UP THIS PAST YEAR FOR YOU?

Was there a theme to your year?

Was it more than one word?

Was there a phrase that captures it better?

## 2. WHAT WAS YOUR BIGGEST TRIUMPH THIS YEAR?

What did it mean to you, personally or professionally?

What was its impact?

Have you celebrated this?

### 3. WHAT THE SMARTEST DECISION YOU MADE?

What was happening before?

Who or what did it involve?

What has been the outcome of the decision?

## 4. WHAT WAS THE GREATEST LESSON YOU LEARNED?

Who taught you that lesson?

How has it made a difference?

Is this something you can teach others?

## 5. DESCRIBE THE MOST LOVING SERVICE THAT YOU PERFORMED?

Who was it for?

What did it mean to them?

How did it make you feel?

## 6. WHAT WERE YOU MOST HAPPY ABOUT COMPLETING?

What did you do differently?

How did you feel after completing?

What impact has it had going forward?

## 7. WHAT IS THE BIGGEST PIECE OF UNFINISHED BUSINESS THIS YEAR?

What did not finishing it mean?

What actions could you have taken to complete it?

Can you do those now?

8. WHO WERE THE THREE PEOPLE THAT HAD THE GREATEST IMPACT ON YOUR LIFE?

What was that impact?

Have you taken the time to acknowledge them?

What impact are you having on others?

## 9. WHAT THE BIGGEST RISK THAT YOU TOOK THIS YEAR?

How has it made a difference?

Is this something you can teach others?

Was it a big enough risk?

## 10. WHAT WAS THE BIGGEST SURPRISE THIS YEAR?

Was it totally unexpected?

What made it come about?

How did it make you feel?

## 11. WHAT IMPORTANT RELATIONSHIP IMPROVED THE MOST THIS YEAR?

What was the improvement?

What did you do differently?

How do you feel about this person now ?

**12. WHAT COMPLIMENT WOULD YOU LIKE TO HAVE RECEIVED THIS YEAR?**

**Why is that?**

**What difference would it make to you and to others?**

**13. WHAT COMPLIMENT WOULD YOU LIKE TO HAVE GIVEN THIS YEAR?**

**Why did you not feel able to give it?**

**What difference would it have made?**

**Can you go and give the compliment now?**

**14. WHAT ONE THING DID YOU NEVER GET AROUND TO DOING AND WISHED YOU HAD?**

**What difference would it have made to your year?**

**Is this something you can teach others?**

**Can you still commit to getting it done, or at least be okay with it not being completed?**

15. WHAT ELSE DO YOU NEED TO SAY OR DO TO BE COMPLETE WITH THIS YEAR?

This might take some time and there might be a number of items. Make sure you take the time to get complete and cover everything, otherwise moving into next year might be much harder.

# SUMMARY

A BRIEF SUMMARY OF WHAT WE'VE  
TACKLED IN THIS LITTLE BOOK

Hopefully, you managed to get through all of the questions?

If not, make sure that you put some time aside before the normal onslaught of the new year demands hit you and there is less time for you.

As you finally conclude your review of this year and be really complete with it ensure that you put any regrets, unfinished conversations or incomplete thoughts or actions – even if they cannot be finished this year or perhaps ever, it is critical that you start the new year looking forward not looking back and what might have been.

Go back to the one word you chose to sum up this year.

## SUMMARY (CONTD)

As you continued to do the review process did that word stay strong in your mind and resonate more and more?

Wishing you a happy, healthy and most of all BRANDTASTIC 2017.

A handwritten signature in blue ink, appearing to read "Paul", with a horizontal line underneath.

P.S. Read on to find out how to apply the rest of this material to making 2017 brandtastic!

# WOULD YOU LIKE TO ENJOY THE NEXT YEAR LIKE NEVER BEFORE?

Do you begin each 1st January full of hope for the year ahead and then either settle back into last years hamster wheel or become overwhelmed with the never ending 'to-do' list?

Does each week start with great intentions but by the end of it, you realize that you never got around to do what you promised for yourself?

**BUT Instead**

Would you like to hit 2017 'running' and to set yourself up for the best start to a year you have ever had and have a proven system for maintaining that momentum?

Have you started making any of the changes you'd thought about or planned for the new year?

If you're like most people, you probably did some thinking and planning about work and your career over the holidays.

You may have set some new goals for this year and made some new year resolutions.

Because like many people, you may now be struggling to turn those ideas and plans into real action and progress.

Look what others like you thought about how things are in a survey I sent out the results were pretty consistent.

Tell me if this relates to you;  
Almost 60% of you find that life or business gets in the way of having the year you thought you were going to have.

Over 35% of you only sometimes manage to find the time to plan for the upcoming year

And over 20% of you never get the time, or try to but don't manage to stick with the process.

The Review Your Year with No Fear is the first part of the Getting Your Year in Gear program.

# GETTING YOUR YEAR IN GEAR PROGRAM

For the last few years, I have run variations of a program that helps you get the best start to the new year.

These programs have been run with existing and new clients from a variety of backgrounds, levels, and experience, that has helped me to refine and discover what works best and also what you will find the most useful.

I am excited to be offering this year a totally redesigned and revamped program that is going to help you, not only get your year in gear like never before, it will also help and support you for the whole of 2017!

In order to deliver this, I am, for the first time, going to be limiting the number of participants

Pre-registration has already opened and a number of people have expressed interest. To add your name to the list go to;  
[www.paulcopcutt.com/GYYIG](http://www.paulcopcutt.com/GYYIG)

Thanks.

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**Paul Copcutt**

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