

STEP FORWARD FRAMEWORK

Date _____

WORD
for 2025 _____

Use with the STEP FORWARD with Terri Mullen
Podcast, Episode #116

*As you plan your vision for the coming year,
think about these things.*

Start Where You Are:

- What strengths helped me overcome challenges?
- What am I most proud of what I accomplished last year?
- What limiting beliefs held me back?
- What worked in 2024?
- What didn't?

Take Courageous Action:

- What bold steps can I take in 2025 to step forward ?
- What habits, routines, or commitments will help me grow?

Examples of Courageous Actions:

- Speaking up and using my voice
- Start the project I've been putting off
- Start a podcast or write a book.

STEP

Empowered Decisions

What decisions can I make that will move me closer to my vision for 2025?

- **Investments in Growth:** Courses, coaching, or skills.
- **Eliminate:** Activities, relationships, or habits that hold me back.
- **Empowering Commitments:** Say yes to opportunities that align with my goals.

Plan for Progress: NOT Perfection

- Create a plan for progress while staying aligned with my purpose.
- Use this STEP FORWARD FRAMEWORK by creating 4 areas of focus for 2025.
- Examples: Self, Travel/Fun, Empowered Relationships, Purpose/Businesss
- You can create 1 page or 1 personal & 1 business
- This is for you to edit as much as you need. Have FUN!

Step Forward

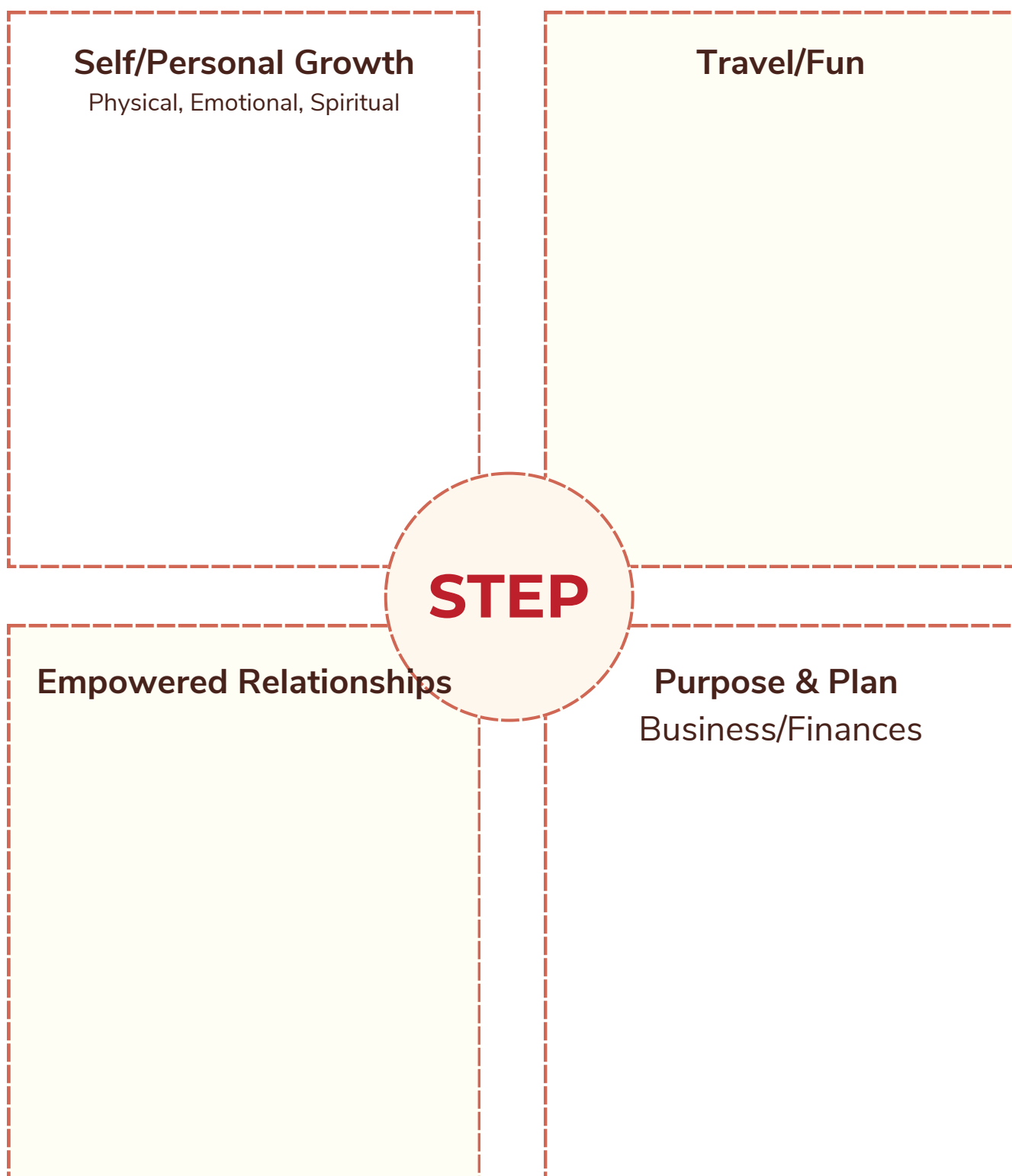
***"I am committed to progress, not perfection.
Each step I take moves me closer to my dreams."***

STEP FORWARD FRAMEWORK

4 AREAS OF FOCUS (EXAMPLE)

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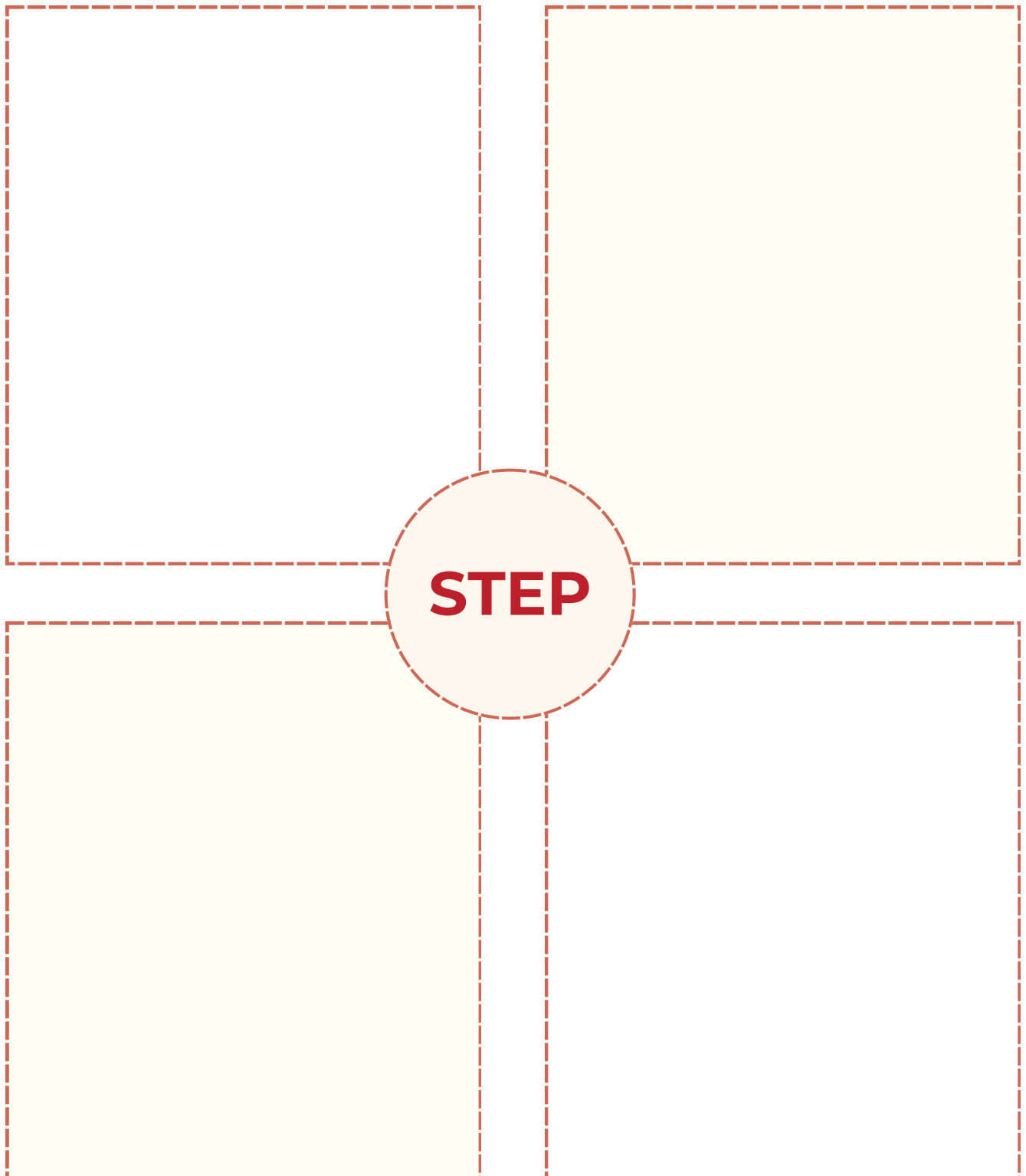


STEP FORWARD FRAMEWORK

MY 4 AREAS OF FOCUS

Date _____

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for 2025 _____



A LETTER TO ME I AM...

Put it all together and write a letter to yourself. Include your strengths. This is your blueprint- a detailed outline of your long-term goals and aspirations across various areas of your life, like career, relationships, health, and personal development.