



Elevate Success: Leadership Formula

Loading

2022 Upgrade



Welcome



Has anyone else wondered where the 2021 year has gone? Doesn't it feel like we've got from March 2020 to Dec 2021 in an instant? It certainly has for me.

During these past months we have all been through our own journey. For some it has been an adventure, for many others it has opened up pathways into healing and re-evaluating our priorities.

When we are able to close out the year with intentional reflection we are in the process of letting go in order to welcome in the new. You may have goals and things you wish to manifest in 2022, but this is more about what can you leave behind, before moving forwards.

This personal workbook is designed to allow you space where you can celebrate your wins. A place where you can reflect on the accomplishments, even the hard moments, and acknowledge how far you have come. You may not think you have come far, but you have and this is the tool to discover how far you've travelled. Opening this workbook alone is a sign that you are willing to learn, evaluate and progress.

I hope you are able to take this time to put down all your hearts desires, all the thoughts that may be ruminating in your head and step into the future with some space to welcome in the new.

From my heart to yours
Tulshi Varsani





How to...



This is aimed to find some space for yourself and your intentions so here are a few things to consider before you begin

- > Print this out so you can fill it in
- > Find a quiet space where you can feel comfortable & safe
- > Fix yourself your favourite drink of choice (mine is mulled wine)
- > Put some chill out music on or enjoy the silence
- > Let go of any expectations & Practice non-judgement
- > Allow yourself to be open & honest
- > Doodle or colour where you feel creative
- > Make room for anything that comes to mind, listen to your heart
- > Don't take yourself too seriously & have fun!





2021 recap



HOW WOULD YOU DESCRIBE 2021

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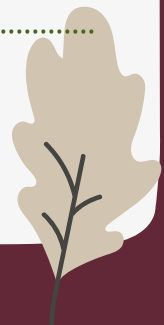
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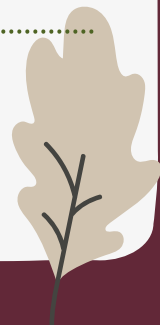


2021 recap



PICK YOUR FAVOURITE MOMENTS IN 2021

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2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.





2021 recap



WHAT DID YOU EMBRACE THIS YEAR?

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WHAT DID YOU OVERCOME?

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WHAT DID YOU DISCOVER ABOUT YOURSELF?

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2021 recap



WHAT DID YOU HOLD BACK FROM?

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HOW DID YOU PRACTICE COURAGE?

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WHAT SURPRISED YOU THIS YEAR?

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2021 recap



WHAT WAS THE BIGGEST IMPACT FOR YOU
GIVEN ALL THE RESTRICTIONS OF COVID-19?

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2021 recap



WHAT HAS HELPED YOU MOST DURING THIS TIME?

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2021 recap



HOW HAVE YOU TAKEN CARE OF YOURSELF PHYSICALLY?

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HOW HAVE YOU TAKEN CARE OF YOURSELF EMOTIONALLY?

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HOW HAVE YOU TAKEN CARE OF YOURSELF MENTALLY?

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2021 recap



WHAT ARE YOUR BIGGEST LESSONS?

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2021 recap



WHAT ARE YOU WILLING TO LET GO OF?

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2021 recap



WHAT ARE THE MOST IMPORTANT THINGS
TO YOU NOW?

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2021 recap



WHAT ARE YOUR MAIN PRIORITIES AT HOME?

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2021 recap



WHAT ARE YOUR MAIN PRIORITIES AT WORK?

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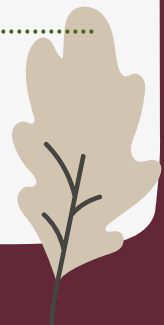
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2021 recap



WHAT ARE YOUR MAIN PRIORITIES IN
RELATIONSHIPS?

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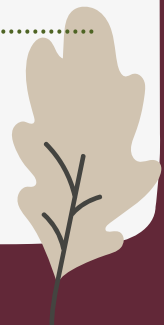
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2021 recap



WHO DO YOU NEED TO FORGIVE THIS YEAR?

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2021 recap



WHAT ARE YOU MOST GRATEFUL FOR?

1.
2.
3.

WHO ARE YOU MOST GRATEFUL FOR ?

1.
2.
3.

WHY I SHOULD BE GRATEFUL





Thank you!

Happy Holidays

Wishing you all the
happiness & success for 2022.