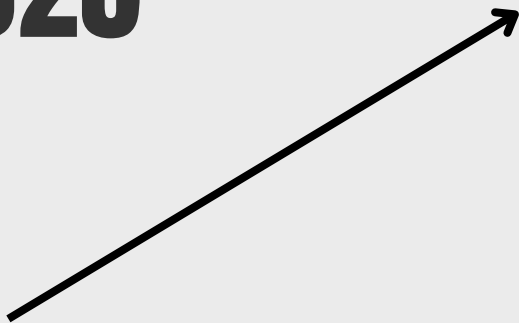


THE CAREER VIGILANTE'S GUIDE TO 2025



A WORKBOOK THAT WILL
HELP YOU CRUSH IT ALL
YEAR LONG

Make 2025 Your Best Year Yet.

SO GLAD YOU'RE HERE!

MORE IMPACT. MORE INFLUENCE. MORE INCOME.

As year end approaches ***gulp*** it's easy to get caught up in deadlines, life's daily demands, and holiday plans.

Make sure you don't miss the opportunity to pause, reflect, and shape your year ahead. **You can make sure 2025 is your Best. Year. YET!** And it starts with this workbook.

Inside, you'll find thought starters and tools to help you stay energized and focused on reaching your goals throughout 2025.

Doing the practical and actionable activities inside the workbook will build momentum and habits that will make you an even **better and stronger version of you for years to come.**

Each section has been designed with **real growth** in mind.

Here's what you can expect:

- **Remembering 2024:** Spot the lessons, own your wins, and high-five yourself for how far you've come.
- **Setting 2025 Goals:** Pin down what actually matters, then break it down into simple steps.
- **Find Your "Sweet Spot":** Aim high but don't go overboard —let's make sure growth happens without the burnout.
- **Stack Up Small Wins:** Knock out quick wins that build momentum like a snowball, reminding yourself you're crushing it with every step.
- **Keep the Fire Going:** Track it, celebrate it, adjust it. Keep your goals alive and kicking all year long.

Let's make 2025 a year of intentional growth, fueled by a plan that's as ambitious as it is achievable.

Clarity. Confidence. Joy. This is your year to design!

Grab a pen, get comfortable, and let's dive in.

~ Colin



ON-RAMP

Make 2025 Your Best Year Yet

SELF REFLECTION

Reflection isn't about reviewing the past—it's about learning from it. Repeat what worked and adjust what didn't to build on success instead of starting from scratch. Approach next year with insight and confidence.

1

DEFINE NEW GOALS

Well defined goals will help avoid the trap of busy-work. Clear objectives provide a roadmap to decision-making and action-taking, making it easier to prioritize, stay consistent, and see real progress.

2

ENGAGEMENT ZONE

In the engagement zone, you push yourself hard enough to experience growth without losing energy or focus. Staying in the engagement zone builds momentum and resilience as you work toward meaningful change.

3

STACKING THE WINS

Accomplishing small wins builds confidence and establishes a routine of forward momentum. This section will help you create a series of achievable actions that lead to meaningful results.

4

TRACK PROGRESS

Keeping your goals visible prevents them from slipping into the background and ensures you stay on course. This practice helps you adapt to the unexpected with confidence and a strong sense of purpose.

5





SECTION ONE

Understanding Where You've Been

Before we set our sights on new goals, it's essential to understand where we've been.

Reflecting on 2024 allows you to identify patterns, celebrate your progress, and uncover the obstacles that held you back. This section will help you see the strengths you've built and the areas ripe for improvement.

By looking back with intention, you'll create a solid foundation to move forward, allowing you to start 2025 with clarity and purpose.

Important questions to answer in the space below:

- What were your proudest accomplishments in 2024?
- Which goals did you set but not fully achieve? What were the barriers?
- Which skills or experiences brought you the most value or growth this year?

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Understanding Where You've Been

IMPLEMENTATION & ACTION

- **Identify Patterns:** For each accomplishment and setback, look for patterns. Did certain habits, people, or environments lead to success? Jot down what worked and didn't.
- **Action Step:** Write down 2-3 behaviors or choices to repeat in 2025, and 2-3 you'll avoid.
- **Celebrate the Wins:** Take the achievements you're proud of and choose a meaningful way to celebrate them—whether that's a treat, a night out, or just a moment to bask.
- **Action Step:** Schedule your celebration by a specific date so it doesn't slip by. (Yep, celebrating is an action step!)
- **Reframe Setbacks:** For each goal that fell short, jot down one thing you learned and one way to approach it differently next time.
- **Action Step:** Choose one setback to tackle in January, but with your fresh approach. Write down what you'll do first.

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Define New Goals

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IMPLEMENTATION & ACTION

- **Define the “Why” Behind Each Goal:** Once you’ve written down what matters most, add a sentence for each goal explaining why it matters.
- **Action Step:** Revisit this “why” when motivation dips. Save it somewhere visible, like a journal, sticky note, or your phone.
- **Break It Down:** For each goal, list at least three actionable steps you can take to make it happen.
- **Action Step:** Pick one small action to start on right now. Then, put the next two on your January calendar to stay on track.
- **Set Deadlines:** Put target dates next to each action item so there’s no guesswork.
- **Action Step:** Use a digital or physical calendar to map these out, keeping it realistic but ambitious.

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IMPLEMENTATION & ACTION

- **Evaluate Each Goal's Challenge Level:** Further refine each goal's challenge level. If it feels too comfortable or too chaotic, adjust it.
- **Action Step:** Tweak each goal so it's challenging but not overwhelming—can you make it a bit easier or tougher as needed?
- **Make a "Stretch Plan":** If a goal is right in the Engagement Zone, list a few extra actions that will push you a bit further.
- **Action Step:** For each "stretch" action, add a date and a small reward when you complete it to keep yourself motivated. *Hint: the reward rhymes with "Ocklaht" and starts with a "Ch".*
- **List Resources:** Write down tools, people, or support systems that can help you reach your goals comfortably.
- **Action Step:** Reach out to one person, sign up for one resource, or set aside time for one tool by the end of the week.

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IMPLEMENTATION & ACTION

- **Choose 3–5 Quick-Win Actions:** Pick small, easy-to-accomplish tasks related to your goals and write them down below.
- **Action Step:** Complete your first win within 24 hours. Mark it done to build immediate momentum.
- **Schedule Weekly Check-Ins:** Set aside time each week to check off the wins and stack up more.
- **Action Step:** Use Sundays to review your wins and choose one small action to focus on for the upcoming week.
- **Celebrate Each Win, Even Small Ones:** It sounds simple, but taking a second to acknowledge your wins builds a habit of success.
- **Action Step:** Track each win and note how you'll celebrate—bonus points for a creative or unique reward.

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Your Crush-It-25 Checklist

This checklist is your fast-track to **kicking off 2025 with a plan that sticks**. First, take a hot second to **pat yourself on the back for what worked in 2024** (and maybe cringe a little at what didn't?). Next, get serious about **what you actually want to achieve**—no fluff allowed. Then, **find that sweet spot** between easy and crazy-hard goals, so you're motivated but not losing sleep. Finally, **knock out small wins every week**, and keep your fire going with regular check-ins. **Boom! You're set to crush it.**

Reflect on 2024

- ✓ List patterns of success and setback: 2-3 to repeat and 2-3 to avoid
- ✓ Celebrate your wins with a meaningful activity and set a completion date.
- ✓ For each setback, write down 1 lesson and how to approach it differently in 2025.

Setting 2025 Goals

- ✓ Define the "why" behind each goal and keep it visible for motivation.
- ✓ Break down each goal into at least three actionable steps.
- ✓ Schedule deadlines for each action item on a calendar.

Find Your Sweet Spot of Engagement

- ✓ Make sure your goals offer balanced opportunities of contribution and learning.
- ✓ Create a "stretch plan" for any goal that you'll focus on in 2025. A. Little. Bit. More.
- ✓ List helpful tools, people, or resources that you'll use as your guide.

Pile Up the Small Wins

- ✓ Choose 3-5 quick-win actions you can complete within 24 hours to build momentum.
- ✓ Plan weekly check-ins to track your wins and pick a new focus action each week.
- ✓ Celebrate each small win with a simple reward to reinforce progress.

Put a Log on the Fire

- ✓ Set a weekly goal review—use Sundays to check in and adjust as needed.
- ✓ Mark down monthly milestones to track progress and make any adjustments.
- ✓ Identify one area where flexibility may be needed and be ready to adapt.

Make 2025 Your Best Year Yet.

YOU'RE JUST GETTING STARTED!

You've done the work to design your goals, map out your priorities, and create a plan to **make 2025 your Best. Year. YET!**

Now, it's time to put this vision into action and **claim the success** you've set in motion and **that you deserve.**

Every big win starts with a single step, so dive into those first actions and **let the momentum carry you forward.**

Remember, this is your year to **grow, to gain influence, and to create a career that energizes you**—and this workbook is here to keep you on track. Come back to it throughout the year to stay focused and progressing in the right direction.

Whether it's **achieving more, spreading your impact, or just feeling that spark each day**, you have the tools to make it happen.

Go ahead, own 2025. Make it your year of **bold moves, unstoppable growth, and the kind of progress that lasts for years to come.**

You've got this! And I'm here to help, so let me know what you need.

~ Colin

MORE IMPACT.
MORE INFLUENCE.
MORE INCOME.



**Simply move
forward. Good
things are up
ahead.**

