23 TIPS TO START 2023 NOW

- 1. List your 2022 wins
- 2. Organize your workspace
- 3. Clear your head
- 4. Read a book
- 5. Write a book
- 6. Phone a friend
- 7. Clean your desk

GO ON A VIRTUAL VISION BOARD SCAVENGER HUNT

8. Visualize your future
9. Name 26 things you want, A to Z
10. Narrow the list to your top 10
11. Find a photo for each item
12. Create a collage with those images
13. Give your vision board a title

14. Do a digital cleanse

15. Write your current bio
 16. Write your future bio
 17. Write your mission statement
 18. Create your motto
 19. Learn something
 20. Create something
 21. Take some me-time
 22. Write your 2023 professional goals
 23. Write your 2023 personal goals

Debra Eckerling is the award-winning author of Your Goal Guide and creator of the D*E*B METHOD® for goal-setting simplified. A speaker, corporate consultant, and workshop leader, she offers personal and professional planning, event strategy, and team-building for executives, entrepreneurs, consultants, and companies.



TheDEBMethod.com/Goals info@TheDEBMethod.com LinkedIn: LinkedIn.com/in/Coastbunny Social Media: @TheDEBMethod

