3 PARTS · ABOUT 1 HOUR 45 MINUTES

Next Version of Me (mini) programme

Your workbook

> You did not choose all of this. You can choose what comes next.

This workbook belongs to

I started on

HOW TO USE IT

- **Type or write.** Type into the boxes and save, or print it and use a pen.
- **Go in order.** Each part matches a page of the mini programme.
- **Then plan each week.** Your weekly plans (p. 12) keep you moving for 90 days.

START · 5 MINUTES

Before you start

Three short parts. At the end you'll have one goal for the next 3 months, the proof that shows you're getting there, and a first step for this week.

THREE TOOLS, ALL THE WAY THROUGH

- **Picture it.** Your brain learns from what you picture, not just from what you do.
- **Feel it.** A picture you can feel sticks.
- **Repeat it.** Doing it again and again is what makes it feel normal.

Part 1	See it	20 min	3
Part 2	Clear it	20 min	5
Part 3	Act on it	60 min	8
90 days	My weekly plans	10 min each Sunday	11

PART 1 · 20 MINUTES

See it

Picture an ordinary day a year from now. Your home, your time, your people. Not perfect. Yours.

WRITE 8 MIN

Dream life snapshot

Picture an ordinary day in that life. Write one line for each sense, as if it's happening now: "I wake up in…", not "I want to…".

I see
where I am, who's with me

I hear
the sounds, what people say

I feel
it in my body

I taste
the food, the drink

I smell
the air, the place

WRITE 7 MIN

Be, Do, Have

Your top 3 for each. Don't think too long. Your first answers are often the truest.

Who I want to BE

1, 2, 3

What I want to DO

1, 2, 3

What I want to HAVE

1, 2, 3

LISTEN 6 MIN

See it and feel it

Read what you wrote. Then play the Dream Life audio.

SCAN TO LISTEN

Dream Life • 6 min

SCORE IT

Dream life /10 **Probability** /10 **Achievability** /10

Out of 10 each, e.g. Dream life 9, Probability 6, Achievability 5

PART 2 · 20 MINUTES

Clear it

Make it fit real life. Then turn your worries into wants.

WRITE 6 MIN

Money, time, energy, giving

In your new life, how much of each do you have? One line each.

Money

e.g. enough to pay the bills and put a little away each month

Time

e.g. two evenings a week that are just mine

Energy

e.g. I wake up rested most days

Giving

e.g. I help out at something I care about

WRITE 7 MIN

Flip your fears

On the left, a worry you keep replaying. On the right, what you want instead. From now on, the right side is what you rehearse.

For example: “I'll be on my own forever” becomes “I have people I enjoy, and I like my own company”; “I can't manage money alone” becomes “I know what comes in, what goes out, and I'm in charge of it”; “The children will suffer” becomes “The children have two calm homes and know they are loved”

Write as many as you need. Getting them out of your head and onto paper is the first step to flipping them.

#	I WORRY ABOUT	I WANT INSTEAD
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Right now, do I have more of my... ☐ worries ☐ wants

READ, THEN LISTEN 7 MIN

Put it all together

Read Parts 1 and 2 out loud, start to finish. Then play the Next Version of Me audio.

SCAN TO LISTEN
Next Version of Me · 5 min

SCORE IT

My new life /10

How real does your new life feel now? Out of 10.

PART 3 · 60 MINUTES

Act on it

Turn your new life into one goal and one step this week.

A · WHAT STANDS OUT MOST 10 MIN

Read everything you wrote in Parts 1 and 2. Which 3 things stand out most for your new life? Put them in order, most important first. Next to each, write why it matters to you.

#	WHAT STANDS OUT	WHY IT MATTERS TO ME
1		
2		
3		

B · PICK ONE GOAL 15 MIN

Choose a goal for the next 3 months that will get you your **number 1**. If number 1 feels too big right now, choose a goal for number 2 or number 3. Make it specific, with a date.

Ideas: Have my own bank account and a monthly budget by [date]; One evening a week that is just for me; A calm, simple handover routine with the children; My home feels like mine: one room sorted by [date]

This goal gets me my ☐ number 1 ☐ number 2 ☐ number 3

My 3-month goal

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

C · THE PROOF 10 MIN

How will you know you're getting there? Write 3 things you can measure, each with a date (write dates like 16 Oct). These are the proof of your goal. From now on, your goal and its proof always go together.

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

D · FIRST STEP 5 MIN

One small thing this week. So small you'd feel silly not doing it.

My first step

Do by

E · IF-THEN PLANS 10 MIN

What might get in the way? Write a plan for each one, e.g. If I'm too tired after work, then I'll do 5 minutes at breakfast instead.

If I miss a step or feel I'm not getting there, then I

If **then**

If **then**

If **then**

F · DAILY PRACTICE 7 MIN

Daily Goal Practice, first go

Read your goal, its proof, your first step and your if-then plans. Then try the audio once now. You'll use it every day for the next 90 days.

SCAN TO LISTEN
My Daily Goal Practice · 7 min

WHAT HAPPENS NEXT

Every Sunday, take about 10 minutes to fill in your weekly plan (p. 12). You write out A to E again, plan your steps for the week, and tick each day you do your practice.

Writing it out again each week is the repetition. It keeps your goal fresh and makes it feel normal.

AFTER THE MINI PROGRAMME

My 90 days

You have your goal and its proof. Now plan it week by week, and practise it every day.

EVERY SUNDAY · ABOUT 10 MINUTES

1. **A · What stands out most**
   Write your top 3 again. Has the order changed?
2. **B + C · My goal and its proof**
   Write your goal and the proof together. Do the honest check.
3. **D · My steps this week**
   Start with this week's first step. Give each step a "do by" date. When it's done, tick it and write the date.
4. **E · If-then plans**
   What might get in the way this week? Plan for it.
5. **Goal score**
   How likely am I to reach my goal, out of 10?

F · EVERY DAY · 7 MINUTES

1. **Step into my new life**
   30 seconds.
2. **See the goal done**
   30 seconds. How does it feel?
3. **Rehearse my next step**
   2 minutes. Where, when, how it feels when it's done.
4. **Meet the bump, and handle it**
   2 minutes. Then watch yourself do your plan.

SCAN TO LISTEN
My Daily Goal Practice · 7 min

Then tick the day on this week's plan. Missed a day? It doesn't undo anything. Your plan for that is already written.

Need more weeks, or want a fresh page? Download a blank weekly plan from the "Your 90 days" page of the mini programme, and print or save as many as you like.

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 1

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 2

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 3

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 4

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 5

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 6

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 7

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If ____ then ____

If ____ then ____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 8

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 9

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 10

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 11

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 12

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

MY WEEKLY PLAN · EVERY SUNDAY, ABOUT 10 MINUTES

Week 13

Week starting

A · WHAT STANDS OUT MOST FOR MY NEW LIFE

1

2

3

B + C · MY GOAL AND ITS PROOF

My 3-month goal

It gets me my ☐ number 1 ☐ number 2 ☐ number 3

#	THE PROOF: WHAT I CAN MEASURE	BY WHEN
1		
2		
3		

Honest check: ☐ it's mine ☐ I'll know when it's done ☐ doable in 3 months

D · MY STEPS THIS WEEK

	STEP	DO BY	DONE	DONE ON
First step			☐	
2			☐	
3			☐	
4			☐	
5			☐	

E · IF-THEN PLANS

If I miss a step or feel I'm not getting there, then I

If _____ then _____

If _____ then _____

F · DAILY PRACTICE: TICK EACH DAY

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Goal score ____ /10

KEEP GOING

Well done. Your next version has started.

Keep planning your weeks, ticking your steps and scoring your goal, and celebrate your wins along the way.

WANT THE FULL PICTURE?

The full Next Version of Me course takes each part deeper, over seven stages, at nextversionof.me. Your answers here carry straight over.

Want support on your journey?

Scan a code with your phone camera to message me. On screen, you can just tap it.

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