

Create Your 2021 Vision

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Design Your Dream Decade

At the start of this New Year, I'd like to invite you to move through 2021 as the hero or heroine of your own life. I'd like to invite you to prioritise your visions and dreams and the desires of your heart and to stand up for them – to stand up for yourself. You get to play the leading role in your life and you get to write the script, so what story will you write this year? If you take each month as a chapter, what would each chapter hold?

And while we're looking ahead, I'd also like to invite you to set your intentions for the rest of the decade. The decade began in January 2020 but last year didn't go to plan for any of us, so let's use this opportunity to draw up a roadmap for the remaining nine years, up to 2030.

As you look ahead into 2021, how can you see beyond the pandemic and its restrictions to all the wonderful things you could do, be, see, feel and create this year? I hope this workbook will help you to reach for your dreams and to spend your precious time, energy and resources on the desires of your heart.

You can either print out the PDF version of this workbook (ideally just the pages you need), edit the Word version on your screen or use your own notebook to answer the questions.

My year and decade

As I wrote in my 2020 Vision Workbook, this feels like a really significant decade for me. The last decade was pretty significant. I aged from 38 to 48. I changed my career, grew a [coaching business](#), ran retreats and published a book, [How to Fall in Love](#). I moved out of London to the seaside in Dorset. I ended a cycle of dysfunctional relationships, heartache and loss in my romantic life and I fell in love. I bought a home with my partner and then I married him on a gorgeous June day in 2019. I didn't have children, after many years of uncertainty and ambivalence. My mother developed dementia and became very unwell. I experienced huge waves of grief. I grew emotionally. I learned – and I continue to learn – to love the life I have rather than long for the one I thought I wanted. I accepted that I'll always be a work in progress.

Yes, it was a big one.

Over the coming decade, I'll move from 48 to 58. Wow. That feels significant.

I'm so aware of the ageing process right now, especially with my mum's condition. How long have I got? How long have any of us got? I'm aware of my aching joints and my soft skin. I'm aware of having less energy and needing more sleep. I'm aware of the importance of being healthy after a year of challenges with my physical health. I'm aware my mind and memory might deteriorate as my mum's have done and as my nana's did before her. I'm also aware of my ongoing emotional growth, my resilience and my determination.

In this decade – in about nine weeks, in fact, in March 2021 – I'll turn 50. I'm past the half-way mark of my life, unless I'm blessed with exceptionally good health. Every year counts. Every moment counts. At the same time, I deserve to be kind and gentle to myself. There is time. There's no rush. There's no need to panic. What's important is that I connect with my truth, with my authentic self, and allow her to guide my actions.

These are my intentions for the decade: I will publish more books, including a novel (which I am writing most days right now), because if I don't, I'll be sad. If I don't, I'll have abandoned one of my biggest dreams – to write and for my writing to be read. I'll grow my business into a truly sustainable, fulfilling and profitable venture that benefits lots of people and enables my husband and I to enjoy wonderful adventures together and appreciate some of the freedom that comes with not having children. I hope these adventures will help me to appreciate all that we have. We will also welcome a dog and perhaps a cat into our home. They are a few of my dreams for the decade. Now over to you.

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I have designed this process to be as gentle and self-loving as possible. This isn't about setting hard and fast goals or unrealistic expectations – and then using them to beat yourself up afterwards. This is about connecting with your heart and intuition and allowing the wise woman or man inside to guide you to your truth. This is about getting to know yourself even better and unearthing some of your deepest desires, so that you can honour those desires in coming years.

Use the questions below or the exercises I suggest to guide you as you look ahead into 2021 and beyond, or compose some different questions or alternative exercises that suit you better. This is your process.

Before we begin, I'd like to remind you of a few truths:

You are enough, exactly as you are.

Your body is enough. Your appearance is enough.

You have achieved enough. You have done enough.

You are worthy. You are valuable.

You are cherished and loved.

Your life is unfolding exactly as it is meant to be unfolding.

What we're doing here is some tweaking, some recalibrating. We are charting our course for the rest of the year and the decade so that we don't lose sight of where we're heading and so that we can adjust our route if we go off track at any point.

***How to prepare:** Give yourself a good amount of time to go through this workbook - an hour or two - or plan to work through it over a few days. Find a calm, quiet, peaceful space. Play some music and/or light a candle. Sit in silence for at least five minutes before you start writing or listen to a guided meditation. Take a break when you feel tired and return to it when you're ready.*

A gentle reminder that you are in charge of this process. Answer the questions that speak to you and skip over the ones that don't. Or devise some different questions or exercises that are more meaningful to you. Print out this workbook or use your own notebook. You'll find some empty pages at the end of the workbook in case you run out of space to answer the questions.

Your Values

In order to chart a course for 2021 and beyond, it's important to connect with your inner compass so that you can head in the right direction. So what's guiding you? What values would you like to build your life around? Write your core, guiding values below. For example, my core values are authenticity, adventure, creativity, courage, love and service. Your values might be justice, community, harmony, balance, friendship, wealth etc. What values, or what things, are most important to you? By getting clear on what truly matters to you, you can make choices that fit with your values. Write your values below or in your own notebook.

Your heart's desires

You know what your heart desires. You have your answers deep inside. Let's step inside and explore those answers. Take a moment to close your eyes and to tune in to your truth. Spend a few minutes listening to your breath. Now place your hand over your heart. What does your heart want for you in 2021? What are your heart's desires? If your heart could speak, what would it say about the rest of this year? What do you hear? This is the big picture - the overview. We'll delve into the specifics shortly.

If you struggle to identify your heart's desires, think about what gave you the most joy as a child, what made your heart sing, or what gave you a feeling of ease and flow. Or think about the moments when you see other people achieving something and your heart aches because you really want to be doing that yourself (this happens to me when I see other people publishing books or going on amazing adventures). What makes your heart ache with longing? Also, think about how sad you'd feel if you got to the end of the year and you hadn't accomplished a certain thing. What would that thing be that would provoke such sadness and disappointment?

If your heart is hungry for something, it will communicate that to you, if you give it space and spend time listening to it. Write whatever comes to you below.

Now, can you promise yourself that you'll do your best to fulfill the desires of your heart?

Write out this phrase below and then say it out loud a few times:

"I promise you (insert your name) that I will do everything I can to fulfill the desires of your heart this year and beyond, specifically ... [you can insert your key desires here]"

Your guiding word

Would you like to choose a word or a phrase for 2021?

My word for 2021 is LOVE, which seems obvious since I'm a love and self-love coach, but it's also spot on for me right now. I especially need to show myself more love

and compassion, and also to my inner child. I need to bring LOVE into my work and my writing. I am writing a novel, which is quite a feat, but am I approaching it with LOVE? And does it speak of LOVE? As I grow my business, am I doing so with LOVE towards myself and towards my current and future clients and followers? Am I showing LOVE towards my partner, towards family members and towards friends? I can be guilty of isolating myself and getting tied up in my work, but our relationships need an investment of effort and of love. They need nourishing in order to blossom and flourish. If not, they may wither.

Over to you. Choose a word or two or a phrase for 2021. You could write: "The next year will be my time of ..."

Write your word or words below and then write them on a piece of card or paper and put them up somewhere prominent in your home, or inside your handbag. Keep referring back to them. Commit to checking in with your words at least every month. Are you living your life in a way that's compatible with those words? If not, how can you change that?

Once you've written your word or words, take a look at these questions.

If you were living in accordance with your words or phrase in 2021, what would that mean for key areas of your life? What would that mean for your relationships? For your love life? For your career? For your home life? For your health and wellbeing? Write what comes to you below, focusing on the areas of life that are the most important to you.

Your vision

I'd like to suggest a few options for you to create your vision for 2021. You can either create a vision board following the instructions below or work through the reflective questions in the next section and see where they lead you, adding some questions of your own if you'd like to. Or you can do both.

Vision board

Many of you will be familiar with a vision board. You can either create a vision board online, using images from Pinterest or by gathering your own photos onto a document, or you can create a vision board on paper using photos and words cut out of magazines. The latter method is my preferred option and it's something we often do on my retreats. It's really good to get down on our hands and knees, to spend time flicking through magazines, choosing pictures and words that speak to us, and then sticking them on a large piece of paper or into a booklet. You can also paint, draw or write on your vision board, alongside the images and words you've cut out. Allow plenty of time for this exercise. Put on your favourite music and give yourself lots of space.

After completing your vision board, take a look at the words and pictures on your board, which hopefully will represent some of your deepest desires, and choose your top vision, dream or goal from your vision board - the one that means the most to you. Now decide on **three actions** that you can take **this month** to move you closer to achieving that vision.

For example, say you've chosen a picture of a house in the countryside because one of your dreams is to move to a cottage surrounded by fields. Your three actions could be: spend one hour on a property website exploring house prices in your chosen area; book a weekend break in that area or a day trip; spend two hours looking through your finances or getting some financial advice so that you know where you stand.

Let's take another example. Say you have a picture of a book because you finally want to get your book written (this one speaks to me!). What three actions can you take to move you closer to your dream of publishing a book? Well, you could: take out your diary and schedule in regular writing sessions at a time when you won't be disturbed; phone a writing friend and arrange a writers' date once a week, when you meet to write together; contact a writing coach. Another action could be to start writing for one hour every morning.

Once you've taken those three actions or scheduled them in, take another look at your vision board and choose another dream. What three steps can you take **next month** to make that dream happen? Remember to keep your goals manageable and achievable.

One way to achieve our visions and goals and keep our promises to ourselves is to make sure we are supported and have some accountability. So who would you like to share your visions or goals with? To whom can you be accountable? If you'd like to explore working with me as a coach, please email katherine@katherinebaldwin.com.

Finally, remember to celebrate yourself when you take the steps you've promised to take. This will give you the incentive to keep moving forwards.

Pin your vision board where you can see it and keep looking at it, choosing goals and identifying your next steps.

Reflective Questions

Think ahead to the end of 2021. Imagine yourself at the end of the year in your dream scenario and then take a look at the questions below. When visualising your dream scenarios, try to connect with how that scenario looks and feels. How excited are you? How happy are you? How does it feel to have accomplished this dream? And when writing down the steps you'd like to take to make that scenario happen, try to be as specific as possible. And remember that small steps, when applied with consistency, can have a really big impact, so break your dreams down into baby steps and then find some form of accountability.

Relationships

In your ideal, year-end scenario, who are you with? Whom are you surrounded by? Are you in a new relationship? Do you have deeper friendships? Do you feel like you belong to a community? Imagine your ideal relationship scenario, notice how it feels then describe it below.

What three steps can you take in the next month or quarter to move you closer to this scenario?

For example, if you'd like to be in a romantic relationship, you could sign up to a new dating site, read my [How to Fall in Love book](#), join one of my [How to Fall in Love courses](#), sign up for my [Turkey 2021 retreat](#), get some headshots taken, sign up to a

new social activity or let your friends know that you're interested in meeting new people. Alternatively, if you'd like to feel part of a community, you could join a local choir or a different interest group (in person if you're not in lockdown or online). If you'd like better friendships, you could arrange to host friends for dinner or join a group of like-minded people (again, when you are able to – or do so on Zoom).

Home Life

Where are you living in your ideal, year-end scenario? Are you in a new home? Is your home cleaner with less clutter? Does it feel more homely?

What three steps can you take in the next month or quarter to move you closer to this scenario? For example, you could declutter a room, ask a friend to help you to sort your clothes, look up properties on the internet etc.

Your Career

At the end of 2021, what work are you doing and how are you doing that work? Are you working with balance? Do you feel fulfilled? Are you doing meaningful work? Have you been promoted? Have you gone part-time? Are you working for yourself?

What three steps can you take in the next month or quarter to move you closer to this scenario? Can you do some research into new careers? Can you draft a letter asking for some time off or to work part time? Can you start working on a new business in your free time (without over-doing it, of course!)? How can you grow your business if you own your own venture?

Your Health & Wellbeing

By the end of 2021, how do you feel? How is your health? How do you feel in your body? What health and wellbeing goals have you accomplished?

What three steps can you take in the next quarter to move you closer to this scenario? For example, one of my dreams is to have a pain-free body (I'm full of aches and pains). Now, perhaps the pain won't go away entirely but I'm pretty sure that if I strengthen the muscles around my joints, the pain will ease. That's why I started working with a personal trainer just before Christmas and will continue to do so this month. How about you? By the way, if losing weight is one of your goals, please get in touch as I may be able to help. I have a number of coaching

programmes to help people to stop overeating on their feelings and make peace with food and their bodies.

Travel & Adventure

This category is compromised by coronavirus but let's hope things are looking up by the second half of 2021. (If you're female, take a look at my fabulous Turkey retreat holiday in October 2021).

By the end of 2021, what adventures have you been on? Where have you travelled to? What memories have you banked? Or what have you booked for 2022?

What three steps can you take in the next month or quarter to make your travel dreams happen in 2021? Can you book a weekend away or start saving for a big adventure? Can you put a deposit down on a trip or buy a guide book to somewhere you'd like to visit?

Financial & Material

By the end of 2021, how would you like your finances to look? How much money would you like to have earned and/or saved, and what have you saved towards? Are there any material possessions you'd like to have by the end of the year? For example, a campervan is always on my dream list!

What three steps can you take in the next month or quarter to move you closer to your financial or material dreams? For example, I'm going to make an appointment with an accountant to get some help with my business finances. I'd also like to keep a better track of my income and outgoings. Perhaps you'd like to open a savings account, ask for a raise or talk to an expert about investments

Personal & spiritual growth

By the end of 2021, how would you like to have grown personally, emotionally and spiritually? Would you like to do some specific personal development work or invest in yourself by working with a coach or a therapist? Would you like to feel stronger emotionally? In what ways?

What three steps can you take in the next month or quarter to move you closer to your personal growth goals? Why not book a discovery call with me (email: katherine@katherinebaldwin.com or book into my calendar directly [here](#)) or with a different coach? Would you like to sign up to a training course?

Making a difference

By the end of 2021, what difference would you like to have made in the world or in the lives of others? You might like to make a difference to the environment or help elderly or young people.

What three steps can you take in the next month or quarter to move you closer to your goal of making a difference to others or to the world? For example, sign up to support a cause, investigate a local charity, research a project on the internet.

Joy, Fun, Passion & Pleasure

I'd like you to dedicate this whole page to ways in which you can bring more joy, fun, passion and pleasure into your life over the next six months. It's time to brainstorm. If you can't come up with enough ideas on your own, ask your friends or relatives to help you, or reach out to me or post something in my free Facebook group for women, [Being Real, Becoming Whole](#).

Your Stumbling Blocks

It's all very well creating a long list of goals and dreams but all too often, we stumble and don't manage to make things happen. We procrastinate. We lose our focus. We lose sight of what's important. We get consumed by work or by other people's problems. We run out of steam. We end up feeling frustrated and disappointed. We are human, after all.

Let's take a moment to identify the blocks that might get in the way of us achieving our dreams.

External blocks

List any external blocks below. These might include lack of money, lack of time, family pressures, work pressures, opposition or resistance from others, physical limitations and so forth.

Internal blocks

List any internal blocks that may stand in your way below. Fear will likely feature here - fear of failure, fear of success, fear of being ridiculed, fear of being criticised or judged. Procrastination may feature too - that's linked to fear. A feeling of not being good enough or worthy, perhaps. Can you think of any other internal blocks?

Overcoming Your Blocks

The first step to overcoming our blocks is to identify them and become aware of them. We can only change what we acknowledge. So make sure you've made a thorough inventory of your blocks on the previous page. Now how are we going to overcome them?

External blocks

How can you overcome blocks such as lack of money, lack of time, work pressures, family pressures etc? It's time to brainstorm again. Here are some ideas. What can you do in practical terms about a lack of money? Can you bring in money from elsewhere? Can you ask for a raise? Ebay some belongings? Start a side hustle business? Promote your services to a wider audience? Keep a track of your spending? With family pressures, can you ask for help and support from friends or relatives? If you have physical limitations, can you get support for those?

Internal blocks

How can you overcome your internal blocks such as fear or procrastination? I believe that getting support is key here. Find an accountability buddy or join a supportive network. Join one of my [groups or courses](#) or [book a free discovery call](#) with me to find out about coaching or explore working with a different coach or therapist. Invest in a personal development course. Plan your time and commit how you're going to spend your time to a friend (remember: how you spend your time is how you spend your life). Keep checking in with your goals every few months and if you're off track, ask for help. Write your ideas below.

Your Wonderful Abilities

When exploring how to overcome our blocks, it's important to remember and celebrate our abilities. You have come so far. You have achieved so much. You have so many wonderful qualities. What are those qualities? Some examples: determination, resilience, persistence, courage, optimism, ingenuity, intelligence, relationship-building skills, loyalty, generosity etc. List your qualities below. And then list some key moments in your life where you've exhibited some of these wonderful qualities. Describe when you showed true resilience or grit. Describe when you managed to solve a problem with your ingenuity and intelligence. Describe how you've forged incredible relationships.

Trade-Offs

In order to achieve some of our goals, we may have to make some trade-offs. The simplest example is if you want to finish writing a book, you may need to get up at 6 am rather than 7 am to write for an hour. That might mean going to bed earlier, which might mean less TV or sofa time. What trade-offs might you need to make in order to accomplish your heart's desires?

Will those trade-offs be worth it? Why?

Celebrating Yourself

OK, so we've explored our dreams and goals, the steps we need to take this month or this quarter to move towards them, our external and internal blocks, the support we'll need to overcome those blocks, our wonderful abilities and the trade-offs we might need to make. I'd now like you to imagine that it's the end of 2021. I'd like you to write a letter to yourself, thanking yourself for all you have done for yourself in the last year. Thank yourself for your commitment to your dreams (write down what they were and how you felt as you achieved them). Thank yourself for your determination and your courage (write about how you've shown courage). Thank yourself for your persistence. Thank yourself for investing in yourself and for asking for help (write about how you have done this). And promise yourself a gift. How will you reward yourself? You could print this letter out and put it up somewhere visible so you can remind yourself of that end-of-year celebratory feeling. This will help to motivate you when you run into blocks along the way.

Dear

Design Your Dream Decade

This is a similar process to Create Your 2021 Vision, only we're looking at a much bigger timescale.

Before we continue, take some time to ground yourself and to connect with your heart and intuition. Close your eyes, tune in to your breathing and sit in quiet meditation for a while, or listen to a guided meditation. Place your hand on your heart, chest or tummy and try to connect to your soul, spirit and intuition.

What age will you be at the end of the decade?

Why is the next decade significant for you? Any milestone birthdays?

What would you like to have accomplished? What are your big picture intentions and dreams? These may be an extension of your 2021 dreams.

What would bring you the greatest joy if you accomplished it over the next decade?

What would cause you the greatest sadness or disappointment if it didn't happen?

If you're struggling to identify your dreams, notice when you feel envious of other people's achievements - that's a clue to the desires of your heart.

As I've mentioned, whenever I see other writers publish a book, something shifts inside me. I desperately want that for myself - not so much the fame and fortune, which I used to crave, but I want to fulfill my calling, I want to be read and I want the freedom to spend time on my craft without worrying too much about money. I'd feel very sad if I got to the end of the next decade and hadn't published a few more books, especially as I have two books half-written already.

I'd also feel sad if I hadn't created a truly sustainable business, because I know I'm capable of doing so. I'd feel sad if I hadn't taken the plunge and got a dog. I'd feel sad if I hadn't joined a choir and stayed around long enough to feel like I belong. I'd feel sad if I'd struggled on for years with a painful body rather than doing my strengthening and stretching exercises and following an anti-inflammatory diet. I'd feel sad if I hadn't managed to buy and enjoy a campervan and to go on some foreign adventures with my husband. I'd feel sad if I hadn't made more time to hang out with the people I love.

Is there anything else that your heart longs for that you'd like to note below?

Achieving Your Goals

You may want to create a vision board for the next decade. Refer to the instructions in the earlier section of this workbook and allow yourself lots of time and space to do this. Once you've completed your vision board, identify some actions you can take in the next year and years to move yourself closer to that vision. Remember to be as specific as possible. And to take baby steps.

You may also want to go through the process I laid out in the Create Your 2021 Vision section of this workbook - identifying specific goals for certain areas of your life and then deciding on three actions you can take within a certain time frame to move yourself closer to those goals.

As a reminder, the areas we covered were: **Relationships; Home Life; Career; Health & Wellbeing; Travel & Adventure; Financial & Material; Personal & Spiritual Growth; Making a Difference.** Work through those areas in a separate notebook or using the notes pages at the end of this document.

Your End of Decade Party

I'd like you to imagine that it's early January 2030 (wow, how does that sound?) and you are 9 years older. I will be 58, approaching my 59th birthday. I'd like you to imagine that you are hosting a party to celebrate the end of the decade. Describe that party. Who is present? Who is by your side? In your speech, what will you express gratitude for and what accomplishments will you acknowledge? What will the other guests say about you? What achievements will you be celebrating? What memories will you be drawing on? Describe the party below or you may want to draw it on a blank piece of paper.

Your Letter to Yourself

Once again, imagine that it's January 2030. I'd like you to write a letter to yourself, thanking yourself for all you have done for yourself in the last 9 years. Thank yourself for your commitment to your dreams (what were those dreams?), for your determination to make them happen, for your courage (how have you shown courage?), for your service and generosity (how have you been of service and generous to others?), for the impact you have made on the world and on other people (what impact have you made?), for the joy and happiness you've experienced in the past 10 years, and so forth.

Dear

Congratulations! You have spent time exploring the desires of your heart so that you can build the future of your dreams.

If you'd like further support to make your vision happen and fulfil your heart's desires, please get in touch by email at katherine@katherinebaldwin.com or book one of my [free discovery calls here](#).

About Katherine



I offer transformational coaching, inspirational writing and motivational speaking. I work with courageous women and men who are ready to transform their relationship with themselves, create a life that they truly love and find love. I am the author of [How to Fall in Love - A 10-Step Journey to the Heart](#) and my writing on love and relationships has been featured in Psychologies magazine, Good Housekeeping, the Guardian, The Telegraph and other media. I've also appeared on Woman's Hour.

I work with clients one-to-one and host workshops, online courses and retreats in the UK and abroad. I offer free 30-minute discovery calls to anyone who would like to explore working with me. Please email katherine@katherinebaldwin.com or book a [discovery call here](#). Further details at <http://www.katherinebaldwin.com>

Dates for your diary

Want to be the first to hear about upcoming courses and retreats? Sign up at www.katherinebaldwin.com. You'll also receive the first chapter of my book, [How to Fall in Love](#), if you haven't read it already.

My flagship [How to Fall in Love – Laying the Foundations small group online course](#) for women starts on January 25th, 2021. Only 8 places and they're filling up!

My [Date with Courage, Clarity & Confidence](#) for women begins in early 2021 so if you've taken the Foundations course, attended a retreat or done the foundational work elsewhere, please book [a discovery call](#) to see if the course is for you.



[The Love Retreat, Turkey, October 2 – 9, 2021](#) – the ultimate mind, body, spirit holiday with personal development, yoga, boat trips and lots of laughter. Limited places! Please note this is a new date due to coronavirus.

My Dorset How to Fall in Love Retreat will be back in late 2021 or early 2022.

If you're an existing coaching client or have taken a How to Fall in Love course or been on a retreat with me, you're invited to join **The How to Fall in Love Collective**, a thriving group of women who are supporting each other on the journey to love. Please email me to find out more: katherine@katherinebaldwin.com

Wishing you a wonderful rest of 2020 and a fabulous decade.

Katherine x