

MAKE
2024
YOUR
BEST
YEAR

THE
MEL
ROBBINS
PODCAST

WELCOME!

IT'S TIME TO MAKE 2024 YOUR *BEST* YEAR YET.

As a thank you for helping make The Mel Robbins Podcast one of the most-followed shows in the world this year, my team and I put together a gift for you.

This workbook is designed using the latest research to help you get clear about what you want and empower you to take the next step forward in your life.

To make the most of this workbook, here are some tips to help you:



PRINT THIS WORKBOOK

To maximize your insights, print out a copy of this workbook and use it as a journal. Or, you can download this file and type your answers directly into it (Just be sure to save your work as you go!)



FILL OUT THE EXERCISES

Turn the page and get started now. Your first question is waiting for you! The first part of the workbook focuses on 6 powerful questions to close out the past year and step into the next. The second part of the workbook is grounded in the science of goal-setting.



LISTEN TO THE PODCAST

This workbook is a companion resource to The Mel Robbins Podcast and the episodes that we created to help you make 2024 your best year.

Take your learning deeper with these episodes of The Mel Robbins Podcast, which are available on Apple, Spotify, YouTube, and anywhere you listen to podcasts:

- How To Make 2024 The Best Year: 6 Questions To Ask Yourself
- If You Only Listen to One Podcast This Week, Make It This Episode
- 4 Important Life Lessons I Learned The Hard Way (So That You Don't Have To)
- 8 Small Habits That Will Change Your Life: The Best Expert Advice I'm Using This Year
- How To Set & Achieve Goals: 2 Surprising Science-Backed Steps You Must Follow
- Do This Every Morning: How To Feel Energized, Focused, And In Control



SHARE YOUR PROGRESS

I would love to hear about your insights and learnings as you fill this workbook out. Share your thoughts online and tag me @melrobbins. My team and I are keeping an eye out and we can't wait to hear from you.



COMPLETE THIS GUIDE WITH YOUR FRIENDS AND FAMILY

For the past 20 years, my husband Chris and I have taken an afternoon to complete these questions together, and we love doing it with our kids as well. Share the link melrobbins.com/bestyear with your friends, family, team, or coworkers to take this journey together.

xo, *Mel*

PART 1:

THE 6 QUESTIONS

It is mathematically impossible to get directions to a new destination if you don't know where you are starting from.


The same can be said about your life.

In order for you to create a set of directions to the best year of your life, you must know where you're starting from and where you want to go next.

So let's take a powerful look back on your past year using these 6 questions.

You have grown in the last 12 months. You've changed, developed your wisdom, and maybe even sharpened your intuition.

So let's use that new growth to set yourself up for success in the new year.



**“WHAT’S WORKING IN YOUR LIFE
RIGHT NOW?**

WHAT’S NOT WORKING?

**WHAT ARE YOU WILLING TO DO
THE WORK FOR IN ORDER
TO HAVE SOMETHING NEW IN YOUR LIFE?**

**AND WHAT ARE YOU NOT
WILLING TO DO THE WORK FOR?”**

QUESTION #1:

What were the highlights from the past year of your life?

Think back over the past 12 months. What highlights stand out to you?

Now, get some help from your camera roll or calendar.

Look back and write down the highlights of each month from the past year:

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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**“THIS WISDOM IS GOING TO
HELP GUIDE YOU
WITH WHAT YOU’RE GOING TO DO
IN THIS NEXT YEAR OF YOUR LIFE.”**

QUESTION #2:

What were the hardest aspects of the past year of your life?

If anything immediately stands out, write it here:

GO DEEPER INTO THESE 5 CATEGORIES:

Each question going forward is accompanied by 5 categories so that you have space to elaborate and consider which parts of your life may need more focus.

IN THE AREA OF HEALTH AND WELLNESS:**IN THE AREAS OF CAREER, MONEY, OR SCHOOL:****IN THE AREAS OF RELATIONSHIPS, LOVE, AND, FRIENDSHIP:**

IN THE AREAS OF FUN AND HAPPINESS:

IN THE AREAS OF PURPOSE, SPIRITUALITY, AND MEANING:

“

**“WHEN YOUR GOALS
ARE INFORMED BY THE THINGS
YOU’VE STRUGGLED WITH,
THOSE GOALS TAKE ON
A RICHNESS OF MEANING.”**

QUESTION #3:

What did you learn about yourself over the past year?

Write what you learned in each of these 5 categories:

IN THE AREA OF HEALTH AND WELLNESS:

IN THE AREAS OF CAREER, MONEY, OR SCHOOL:

IN THE AREAS OF RELATIONSHIPS, LOVE, AND, FRIENDSHIP:

IN THE AREAS OF FUN AND HAPPINESS:

IN THE AREAS OF PURPOSE, SPIRITUALITY, AND MEANING:

GO DEEPER: WHAT DID YOU DO THIS YEAR THAT YOU'RE PROUD OF?:

BONUS QUESTION: ASK A FRIEND OR FAMILY MEMBER:

How do you think I have grown this past year?

**“YOUR CHALLENGES ARE TRYING
TO TEACH YOU SOMETHING”**

BONUS SECTION:

YOUR *PERSONAL* AUDIT

Write down or circle the number that best describes how you feel about each part of your life in 2023 and then explain why you feel that way.

| | HATE IT | | | | | | | | LOVE IT | |
|--------|---------|---|---|---|---|---|---|---|---------|----|
| HEALTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | | | | LOVE IT | |
|-------------|---------|---|---|---|---|---|---|---|---------|----|
| WORK/SCHOOL | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | | | | LOVE IT | |
|-------|---------|---|---|---|---|---|---|---|---------|----|
| MONEY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | | | | LOVE IT | |
|-----------|---------|---|---|---|---|---|---|---|---------|----|
| LOVE LIFE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | | | | LOVE IT | |
|-------------|---------|---|---|---|---|---|---|---|---------|----|
| FRIENDSHIPS | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | LOVE IT | | | | |
|------------------|---------|---|---|---|---|---------|---|---|---|----|
| HAPPINESS | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | LOVE IT | | | | |
|------------|---------|---|---|---|---|---------|---|---|---|----|
| FUN | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | LOVE IT | | | | |
|---------------------|---------|---|---|---|---|---------|---|---|---|----|
| SPIRITUALITY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | LOVE IT | | | | |
|----------------------------------|---------|---|---|---|---|---------|---|---|---|----|
| MEANING & PURPOSE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

| | HATE IT | | | | | LOVE IT | | | | |
|------------------|---------|---|---|---|---|---------|---|---|---|----|
| SELF-LOVE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

WHY:

LOOKING *FORWARD*

In this next section, we are pulling in a business transformation model called

STOP-START-CONTINUE

QUESTION #4:

What are the things you are going to STOP doing in the next year of your life?

IN THE AREA OF HEALTH AND WELLNESS:

IN THE AREAS OF CAREER, MONEY, OR SCHOOL:

IN THE AREAS OF RELATIONSHIPS, LOVE, AND, FRIENDSHIP:

IN THE AREAS OF FUN AND HAPPINESS:

IN THE AREAS OF PURPOSE, SPIRITUALITY, AND MEANING:

QUESTION #5:

What are the things you will CONTINUE doing in the next year of your life?

IN THE AREA OF HEALTH AND WELLNESS:

IN THE AREAS OF CAREER, MONEY, OR SCHOOL:

IN THE AREAS OF RELATIONSHIPS, LOVE, AND, FRIENDSHIP:

IN THE AREAS OF FUN AND HAPPINESS:

IN THE AREAS OF PURPOSE, SPIRITUALITY, AND MEANING:

**“WHAT ABOUT DOING MORE
OF WHAT IS WORKING
AND LESS OF WHAT ISN'T?”**

QUESTION #6:

What do you want to START doing in the next year of your life?

IN THE AREA OF HEALTH AND WELLNESS:

IN THE AREAS OF CAREER, MONEY, OR SCHOOL:

IN THE AREAS OF RELATIONSHIPS, LOVE, AND, FRIENDSHIP:

IN THE AREAS OF FUN AND HAPPINESS:

IN THE AREAS OF PURPOSE, SPIRITUALITY, AND MEANING:

PART 2:

CREATING YOUR PLAN



**“WHAT DO YOU WANT
TO CREATE IN YOUR LIFE?”**

Look back at everything that you have journaled about and choose the one thing for each category that you want to focus on in the next year.

STOP:

CONTINUE:

START:

WHAT SCARES YOU ABOUT THE CHANGES YOU WANT TO MAKE IN YOUR LIFE?

WHAT EXCITES YOU ABOUT THE CHANGES YOU WANT TO MAKE?

You can let these insights guide your specific goals that you will now map out.

THE DEFINITION OF A GOAL:

A goal is any desired outcome that wouldn't otherwise happen without you doing something.

Now, I want you to pick one thing that you're going to focus on for the next 12 months.

Use everything you've journaled on so far to pick ONE GOAL you want to work on this year. Choose something that really matters to you.

THE ONE GOAL I WANT TO WORK ON THIS YEAR:

Let's tap into the research and turn it into a personal goal.

WHY DOES THIS GOAL MATTER TO YOU?

LET'S GO EVEN DEEPER.

WHY DOES THIS MATTER TO YOU RIGHT NOW, AS THIS POINT IN YOUR LIFE?

IS YOUR WHY STRONG ENOUGH?

If not, choose another goal to work on this year.

MY NEW GOAL: _____

WHY IT MATTERS TO ME:

While your dreams must be big, your goals should be ambitious – but still achievable.

Can you redefine your goal so that it's something you can realistically do this year?

When will you know if you've succeeded in your goal?

Research says this question is essential to setting the right goals.

Use the question "When will you know if you've succeeded?" to refine your goal even further. Write out your new, more specifically defined goal:

Who is someone that you really admire that you can tell about this goal?

Pick a person whose opinion you value.

Not everyone needs to hear about your goals.

HOW WILL YOU MAKE IT *HAPPEN?*

What can you do in the next 5 minutes to get started on this goal?

It can be the tiniest action possible. Research shows starting right away results in the most change.



**WALK AWAY FROM THIS WORKBOOK,
AND DO THAT THING RIGHT NOW.**

After you complete your first tiny action:

WHAT ACTION DID YOU JUST TAKE?

HOW DID IT FEEL TO GET STARTED?

Now, make a list of other small actions you can take that will help you reach your goal:

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EACH MORNING, SPEND 5-15 MINUTES WORKING ON YOUR GOAL.

If you can do that, you'll be amazed where your life goes this year.

How can you make it easier to remember to take action each day?

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YOU *DID* IT!

You gave yourself the gift of time and a pause for reflection.

BUT DON'T STOP HERE.

Keep coming back to what you've written, add on, or grab another notebook or journal so that you can start making journaling – and goal-setting – a regular part of your routine.

Remember: there is nobody else like you and the world is waiting for what only you can offer in the next year.

YOU DO DESERVE TO HAVE THE BEST YEAR OF YOUR LIFE.

YOU ARE BRAVE ENOUGH TO START.

YOU CAN GAIN THE CLARITY TO KNOW WHAT YOU WANT.

YOU DO HAVE THE COURAGE TO GO AFTER IT.

And when you do that, I promise you, this will be one of the best years of your life.

I will be here cheering for you every step of the way.

And finally, in case nobody else has told you yet today, let me be the first to say that I love you and I believe in you and your ability to create an extraordinary year.

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