

# FOUNDATIONAL FIVE 2024



*Suzanne Leydecker*



# CONTENTS

1. **My Vision**
2. **My Why**
3. **My Core Values**
4. **My Commitments**
5. **My Avatar**
6. My Highlights
7. My Challenges
8. My Daily Routine
9. My Long Term Intentions
10. My Books To Read
11. My Weekly & Monthly  
Planner





# Welcome!

I am a mother, philanthropist, speaker, and author. My vision is to encourage and support women to find their purpose and passion, practice self-care, and set appropriate boundaries in love and life. You can learn much more about my work on my website or following me on FB and IG.

I created this free workbook to help other women set their intentions and to proactively create a year that supports you in realizing your vision and keeping the commitments that will help you get there. Let's get started!

*Suzanne Leydecker*

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# V I S I O N

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A personal vision statement is a statement that describes your personal values, your strengths, and your goals. It can be focused on life or professional goals, and it is intended to orient you toward your long-term dreams.

Using the provided cues, write 1 - 8 statements that will guide you in the coming year.



# Crafting Personal Vision Statements

1. Contemplate Core Beliefs: Reflect on what matters most to you and your deepest interests. Identify principles guiding your choices. This understanding is key for a genuine vision statement.
2. Picture Your Ideal Future: Imagine success in life areas like career, relationships, and health. Think about the legacy you want and the person you aim to become.
3. Write Precisely and Motivatingly: Use clear, inspiring language in your vision statement. Be specific and use present tense for immediacy.
4. Aim High: Make your vision statement ambitious, pushing you beyond comfort zones towards greatness. It should evoke excitement and purpose yet without feeling overwhelmed.
5. Align with Values: Ensure your vision aligns with your core values, guiding your decisions and keeping you true to yourself.

**EXAMPLE:**

My Vision is to: help people find their Purpose and Passion.

MY VISION IS TO:

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## C O M M I T M E N T S

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A powerful way to ensure that you manifest your vision is to make articulate and clear commitments to yourself and to your support network which might consist of a coach, a close friend or family member or even a business partner.

Using the provided cues, write 1 - 8 precise commitments that will keep you on track in the coming year.

# Defining Your Commitments

1. Define Clear Objectives: Begin by setting a specific, detailed plan for yourself. These should be measurable. Clearly defining what you want to achieve helps create a roadmap for your commitments.
2. Break Down into Actionable Steps: Divide each objective into smaller, manageable monthly tasks. This approach makes your commitments more attainable and less overwhelming. Assign deadlines to each step to maintain momentum.
3. Align with Personal Values: Ensure that your commitments are in harmony with your core values and beliefs. This alignment keeps you motivated and ensures your actions are meaningful and fulfilling.
4. Regular Self-Assessment: Periodically evaluate your progress. Reflect on what's working and what's not, and adjust your approach accordingly. This self-assessment helps maintain focus and adaptability.
5. Foster Accountability: Create a system of accountability, whether it's self-check-ins or sharing your goals with someone you trust. This encourages responsibility and can provide additional motivation to fulfill your commitments.

**EXAMPLE:**

My Commitment is to: reach 20,000 people with my message. I will check in with my coach monthly to monitor my audience growth.

## MY COMMITMENT IS TO:

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# Long Term Intentions

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Long term intentions should be what we call a BBA (big, bold & audacious) Think big and work backwards from there. **For example**, aiming to **become a New York Times bestselling author** is a big, bold, audacious intention. It goes beyond writing a book, demanding a work that captures a vast audience and excels in the market.

This achievement requires outstanding writing, market savvy, and effective promotion. Attaining this status signifies not just literary skill but also market influence, positioning one among the elite in the literary community.

# My Why

## PART 1: FINDING YOUR WHY THROUGH SELF-REFLECTION AND EXPLORATION

Reflecting on past experiences where you felt content or fulfilled is key to finding your purpose. Identify activities and people in these moments to uncover your passions. Assess your talents and strengths, as they often indicate your purpose. Use tools like personality tests and feedback to understand your abilities better. Also, explore different interests and hobbies, as they can lead to discovering what truly resonates with you.

## PART 2: SYNTHESIZING INSIGHTS AND APPLYING THEM TOWARDS YOUR PURPOSE

Use your reflections and strengths to shape a vision of your ideal life, focusing on how you can contribute positively. Start taking small, purpose-aligned actions, noting their impact on you. Be ready to adjust your understanding of your purpose with new experiences, remembering that finding your 'why' is a continuous, evolving process.

*Trust yourself.*



# My Why

Using the insights you gleaned during the steps above, craft a statement or statements about your “why”.

**EXAMPLE:**

I want to make a lasting difference in the world and encourage others to share their stories with me, within my community/tribe, and with each other.



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# Core Values

Personal core values are deeply held beliefs that guide our decisions and behavior, reflecting what we hold most important in life. They shape our priorities, influence our actions, and define our character.

List your own core values below.

**EXAMPLE:** Commitment | Personal Responsibility | Honesty and Integrity no matter what others think, say or do especially upfront (Clear Honest Communication)

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## **M Y A V A T A R**

An avatar is a personification or  
embodiment of a concept, idea,  
or quality.



# My Avatar

Imagine yourself as the super heroine of your own story. What is your role and what are its qualities? How would you describe yourself?



**EXAMPLE:**

My avatar is your partner in crime.

WE ARE IN THIS TOGETHER.

Firmly in your corner, there's nothing I won't do to ensure your vision is realized.

MY AVATAR IS:

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# Highlights & Challenges

Reflect on the past year to recall your best moments and your biggest struggles. This exercise allows you to see how far you really came in 2023 and reminds you of your own resilience and personal power.

List your own highlights and challenges below.

**EXAMPLE:** Highlights: Creating a website Challenges: Healing my back

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## C H A L L E N G E S

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# Daily Routine

Micro actions are small, manageable steps that can be easily integrated into daily routines, facilitating steady progress towards larger annual goals. They reduce overwhelm, build consistency, and create a sense of achievement, effectively turning ambitious targets into achievable tasks.

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



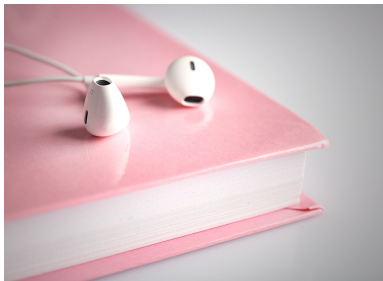
Write a list of daily micro actions you can take to support yourself as you realize your larger vision for 2024 through consistent rituals.

## **EXAMPLE:**

- 2 Mins of Meditation
- Daily Visualization
- Dry Brush
- Read 20 minutes each night

# Books To Read

Reading books is a powerful tool for personal development. It broadens perspectives, enhances knowledge, stimulates creativity, and encourages self-reflection. Regular reading cultivates mental growth and emotional intelligence, aiding in personal and professional advancement.



FICTION  
(NEW LIT &  
CLASSICS)

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DEVELOPMENT  
(PERSONAL &  
PROFESSIONAL  
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For some of my own book suggestions follow me on Instagram where I often post about my latest finds.

## MY CALENDAR

Carve out time each week for manageable tasks that will move you forward to realizing your vision.


### **EXAMPLE:**

- 2 blog posts on Mondays
- 30 minute strategy meeting on Thursdays
- Schedule 2 weeks of social posts on Wednesdays
- Use the monthly calendar to chart travel and larger events

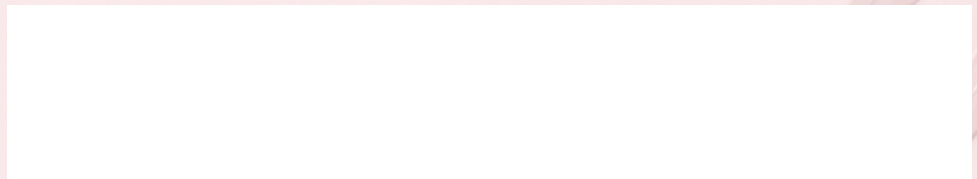


# Weekly Planner

MONDAY



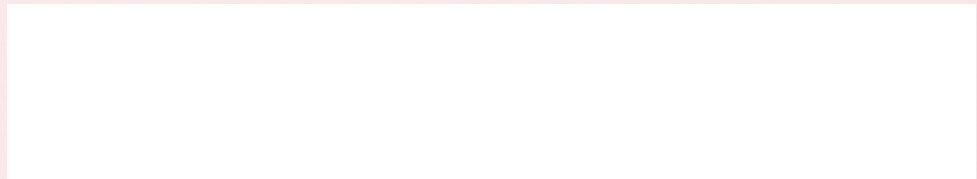
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



# Monthly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


Notes:

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# *Congratulations!*

You are on your way to a fabulous year of realizing your vision and living from purpose.

I would love to continue to support you on your journey of empowerment so let's connect again soon.



## **Stay in touch:**

[suzanneleydecker.com](http://suzanneleydecker.com)