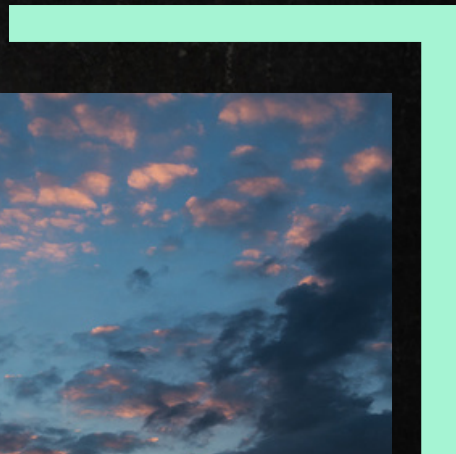


RevYOU:

**THE ULTIMATE
YEAR END REVIEW**



THE ULTIMATE WORKBOOK

“
YOU CAN'T REALLY
KNOW WHERE
YOU'RE GOING
UNLESS YOU KNOW
WHERE YOU'VE BEEN.
”

MAYA ANGELOU

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www.thekatelyst.com
www.renegaderesilience.com

MESSAGE FROM YOUR PILOT

WELCOME ABOARD

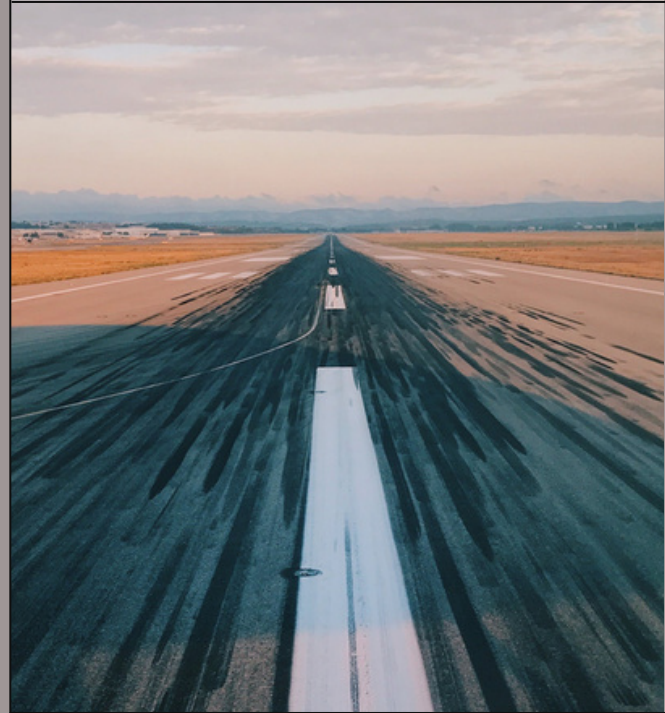
CONGRATULATIONS! YOU
HAVE TAKEN THE FIRST STEP
TO SOAR IN '24!!

I'D LIKE TO PERSONALLY
WELCOME YOU TO THE
REYOU RUNWAY.

THIS WORKBOOK WILL GUIDE
YOU THROUGH EVERY STEP
OF YOUR OWN PERSONAL
REYOU.

THOUGH WE'RE NOT GETTING
AIRBORNE YET, WE WILL BE
MAKING BIG MOVES AND
YOU MAY EXPERIENCE
SIGNIFICANT SHIFTS.

BUCKLE UP!



THE ULTIMATE WORKBOOK

This workbook will walk you through my failproof framework for looking back intentionally to uncover what's working, what's not, and what it is you're really after.

Once you integrate this practice into your life, other people's reviews, judgments, and assessments of you will always take a backseat to the revYOU you conduct for yourself.

You become the pilot. You chart your course. You fly the plane.

This process holds the keys to unlocking your rise from good to great, doubtful to determined, and stressed to success(ful).

Take your time. Try to remain honest, aware, and as objective as you can be.

Enjoy!

Need some support?



Your ticket on this flight comes with a complimentary discovery call with your pilot! Scan the code and grab your FREE flying lesson!

STEP 1

RATE YOUR YEAR

On a scale of 1-5, with 1 being your worst year ever and 5 being your best, rate 2023.

I know this is a broad ask. I promise we will dive deeper into this. Your rating just gives you a starting point to understand your general feelings about the past year.

RATE YOUR YEAR

1	2	3	4	5
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WORST YEAR EVER

BEST YEAR EVER

Rating for 2023 ____



STEP 3

PICK YOUR PILLARS

Looking at your explanation for your rating (from step 2), identify the areas of your life that come up most often. For example, are the actions, events, or experiences you've included in your explanation related to your job, your relationships, your physical health, etc.?

We call these your pillars because if they are solid, your structure can stand strong. But, if they are out of place or wobbly, the integrity of the whole house is compromised. The pillars you identify reflect the things that are most important to you right now.

If 4 pillars are not represented in your explanation, just work with what you've got. If everything revolves around one area of your life right now, then focus on that one. It may be easier to allow your pillars to be broad at first, but for some, your areas of focus may be specific. I've included some examples below.

1	2	3	4

Examples of pillars:



Broad

- Profession/Career
- Personal
- Physical
- Spiritual
- Emotional
- Relational

Specific

- Starting a biz
- Finances
- Weight-loss
- Finding Purpose
- Opening up
- Finding a Partner

STEP 4

PAINTING THE PILLARS

The following four pages are identical. You have one for each pillar you have identified.

You're going to take that explanation of your rating a step further and drill down into the specifics for each pillar.

We do this with a tool called the "**Shit, Shine, Shelf**" assessment.

So, instead of just saying "I hate my job," instead, under your Professional Pillar, you will get specific about:

- (1) **The Shit:** the things that have not gone well with work this year
- (2) **The Shine:** the stuff that (despite the shit) has gone well, and
- (3) **The Shelf:** The stuff about work that you may not be ready to digest or don't want to just yet.

You may not have anything to put on your shelf for some or all of your pillars. That's fine.

We just want to leave room for ourselves to get it all down, even if there may be stuff we still feel too emotional about or stuff that we need help to address.

The shelf can also be a place to put things that haven't panned out just yet and could end up on the shitty side or the shiny side.

SHIT, SHINE, SHELF ASSESSMENT

PILLAR 1: _____

Fill in the blank above for your first pillar and then get busy getting specific about the good, the bad, and the other.

SHIT	SHINE	SHELF

SHIT, SHINE, SHELF ASSESSMENT

PILLAR 2: _____

Fill in the blank above for your first pillar and then get busy getting specific about the good, the bad, and the other.

SHIT	SHINE	SHELF

SHIT, SHINE, SHELF ASSESSMENT

PILLAR 3: _____

Fill in the blank above for your first pillar and then get busy getting specific about the good, the bad, and the other.

SHIT	SHINE	SHELF

SHIT, SHINE, SHELF ASSESSMENT

PILLAR 4: _____

Fill in the blank above for your first pillar and then get busy getting specific about the good, the bad, and the other.

SHIT	SHINE	SHELF

STEP 5

NEEDS BENEATH THE SURFACE

Once we get going, it's usually not too hard to identify the shitty stuff and the shiny stuff...

We are very tuned into what we want and what we don't...

What's less obvious [but more important] is **why?**

Why do we want more of that and less of this?

The answer lies in our needs. Needs drive wants.

So, we better understand them for ourselves.

American Psychologist Abraham Maslow famously defined the hierarchy of human needs, so we'll use his definitions of human needs as a starting point

So, acquaint yourself with these, but we are going to make this our own:

Physiology	The basics: food, water, shelter, sleep
Safety	Personal safety and security, health, resources, home
Social	Love and belonging, community, relationships, intimacy
Esteem	Recognition, thanks, value, respect, admiration, status
Self-Actualization	Becoming or pursuing the best version of us: growth, evolution
Cognitive	Learning new things, challenges, curiosity, wonder, connection
Aesthetic	Experiencing or creating beauty through art, literature, other creative pursuits
Transcendent	Feeling connected to something larger than ourselves: greater good, nature, higher power, spiritual practice

MAKE IT YOURS

BUILDING OUT OUR NEEDY COLOR WHEEL

Maslow's definitions are helpful to start understanding these needs generally, but what matters more is how WE feel these categories of needs are fulfilled. Use the table below to create your definition for each category of need. You can start by listing things/experiences that help that need feel fulfilled for you. For example, under "esteem" you might include promotion, salary, praise, love, etc.

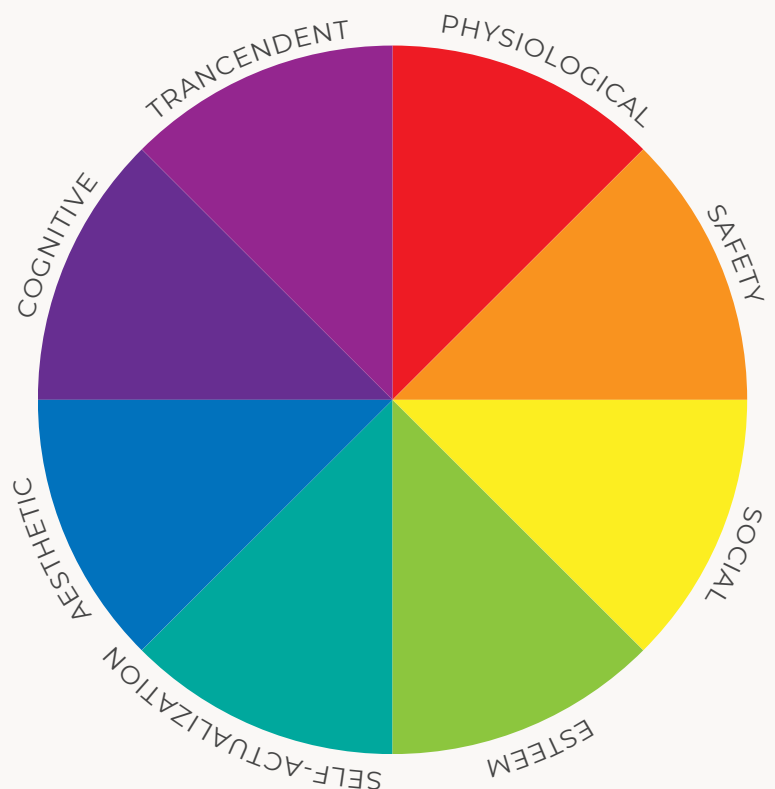
PHYSIOLOGICAL	SAFETY	SOCIAL	ESTEEM
SELF-ACTUALIZATION	COGNITIVE	AESTHETIC	TRANSCENDENT

NEW NEEDS ASSESSMENT

NEEDS BENEATH THE SURFACE

In the next exercise, you will be using your Needy Color Wheel to help you better understand your “Shit, Shine, Shelf” assessment. Specifically, you will identify:

- **For the Shitty stuff:** Which needs were not met, or not sufficiently met for each of the things included in your list for each pillar?
- **For the Shiny stuff:** Which needs were met, for each of the things included in your list for each pillar?
- **Overall:** After doing this exercise, which of your needs do you feel has been sufficiently met this year, and which needs would you say have been most neglected?



NEEDS ASSESSMENT

PILLAR 1:


For each entry on your Pillar 1 shit list, identify what needs were NOT met. Check the box(es) of the needs categories that feel most neglected in connection with each entry.

NEEDS NOT MET	SHIT
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 1: _____

For each entry on your Pillar 1 shine list, identify what needs were met. Check the box(es) of the needs categories that feel met (or close to met) in connection with each entry.

NEEDS MET	SHINE
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 2:



For each entry on your Pillar 2 shit list, identify what needs were NOT met. Check the box(es) of the needs categories that feel most neglected in connection with each entry.

NEEDS NOT MET	SHIT
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 2: _____

For each entry on your Pillar 2 shine list, identify what needs were met. Check the box(es) of the needs categories that feel met (or close to met) in connection with each entry.

NEEDS MET	SHINE
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 3:





For each entry on your Pillar 3 shit list, identify what needs were NOT met. Check the box(es) of the needs categories that feel most neglected in connection with each entry.

NEEDS NOT MET	SHIT
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 3: _____

For each entry on your Pillar 3 shine list, identify what needs were met. Check the box(es) of the needs categories that feel met (or close to met) in connection with each entry.

NEEDS MET	SHINE
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 4:

For each entry on your Pillar 4 shit list, identify what needs were NOT met. Check the box(es) of the needs categories that feel most neglected in connection with each entry.

NEEDS NOT MET	SHIT
	
	
	
	
	
	
	

NEEDS ASSESSMENT

PILLAR 4:

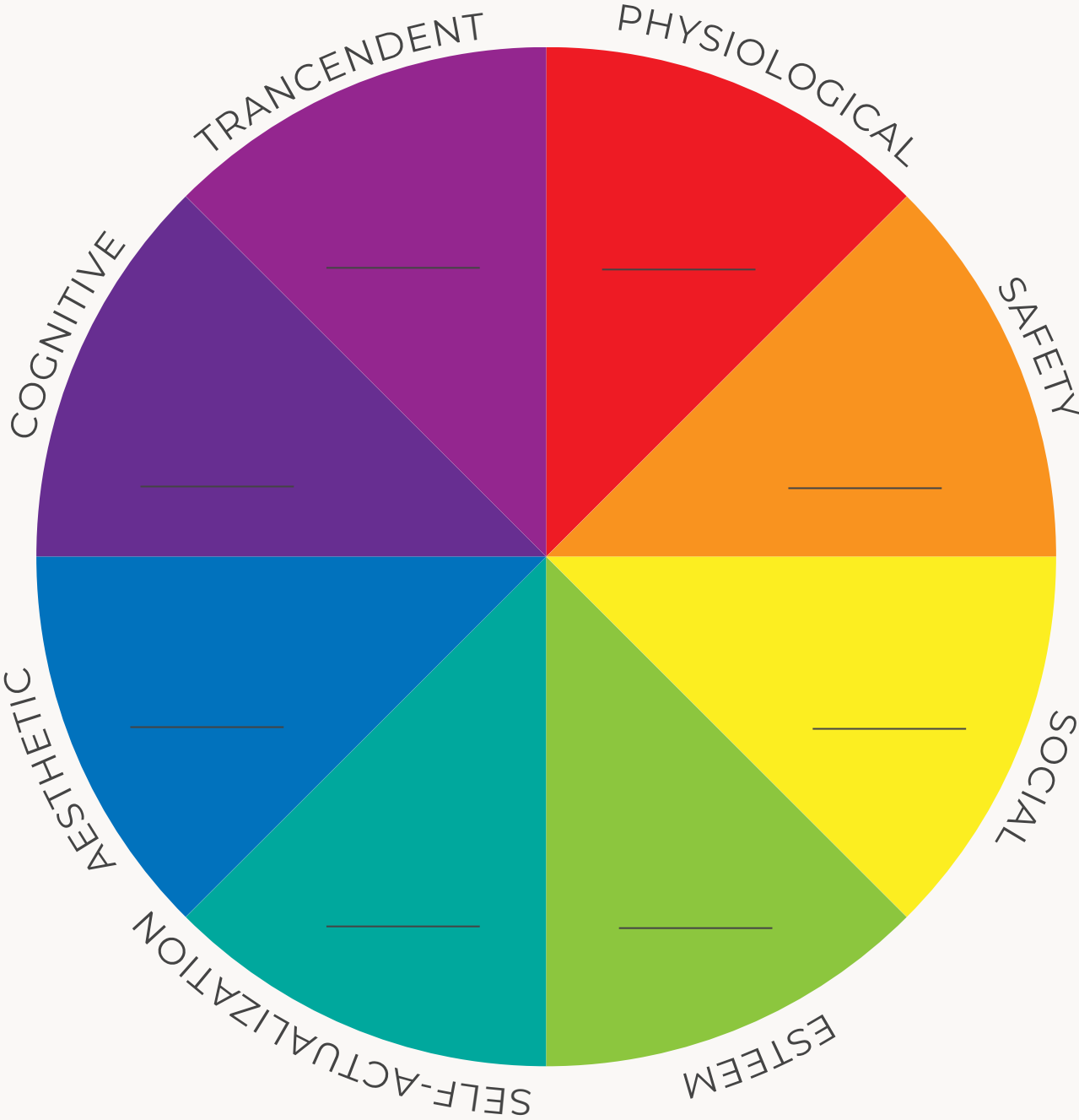
For each entry on your Pillar 4 shine list, identify what needs were met. Check the box(es) of the needs categories that feel met (or close to met) in connection with each entry.

NEEDS MET	SHINE
	
	
	
	
	
	
	

NEEDS ASSESSMENT

MET V. NOT MET


Use the needs assessment sheets you just completed, to hone in on the categories of need that feel met and those that feel the most neglected. The first step is counting the number of times you checked off each color in your tables above and entering that number into the wheel.



NEEDS ASSESSMENT

A CLOSER LOOK


Use these two pages to go deeper and get specific things that occurred over the year that made you feel that each category of need was met or neglected (could be experiences, encounters, events etc.). The more you think about this, the better you will understand what it is you want.

	NEEDS MET	NEEDS NOT MET

NEEDS ASSESSMENT

A CLOSER LOOK (2)

Use these two pages to go deeper and get specific things that occurred over the year that made you feel that each category of need was met or neglected (could be experiences, encounters, events etc.). The more you think about this, the better you will understand what it is you want.

	NEEDS MET	NEEDS NOT MET

NOW WHAT??

READY FOR LAUNCH

Firstly, **congratulations!** You are now among an exceptional fraction of the population who have taken the time to meaningfully assess their past year.

I know it feels like you just filled out a simple workbook, but you have done SO much more!

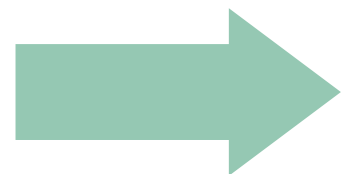
You mined your experiences for critical information that will allow you to understand yourself and your needs in a way you never have before.

You have also made a material investment in your own personal resilience by building your capacity to self-reflect, increasing your sense of self-efficacy, and embracing more of a growth mindset.

But wait there's more...

You now also have the perfect material to fuel your launch into next year!

FLIP AHEAD FOR A SNEAK PEEK
INTO WHAT LIES AHEAD



HOW TO FUEL YOUR JET

So, you've done your RevYOU, now what?

STEP 1: DON'T RUSH THE WIN

What you've just completed is significant. Give yourself time to bask in the positivity of it. Actively show yourself gratitude for investing this time in yourself and your growth.

STEP 2: RECOGNIZE THE VALUE OF THESE PAGES

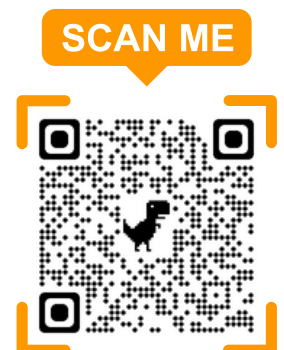
The information you have collected here provides a perfect blueprint for constructing the year you WANT. Your needs assessment shows you EXACTLY the things that make you feel fulfilled and the things that do not. That info It's up to you to use it as fuel.

STEP 3: IF YOU FAIL TO PLAN, YOU PLAN TO FAIL

Get clear and specific about how you will use this information to plan your year ahead. Do you have an existing practice this can enhance or plug into? Would it be helpful to work with a coach or in a group setting to develop your plan?

WANT MORE?

Ready to take this revYOU to the next level?
Want to start fueling your jet for the year ahead?
Set up your FREE discovery call to learn how 1:1 coaching can help you SOAR in '24!



SHELF STUFF

OH YEA! THE SHELF!



We put stuff on the shelf as a temporary placeholder.

After you complete the assessment, turn back to whatever is left on your shelf and ask yourself these questions:

- (a) What feelings come up when I think about addressing this experience?
- (b) Do I think I will eventually be able to face these things on my own?
- (c) Is there a friend, mentor, or coach in my life who can help me through this?
- (d) Is this issue something that I might consider bringing to a therapist?

Pro Tip: Answering these questions and finding ways to work through the shelf stuff can become part of your development plan for the year ahead. Don't feel rushed to address it all now.

THANK YOU

Thank you for joining me on the runway for revYOU. I hope this method serves you as well as it has served me throughout my career. Remember, it's here for you, anytime you need to look back with purpose.

YOUR FEEDBACK

Like it? Love it? Want more of it? Let me know! Your feedback helps me grow and learn to better serve you. Provide your feedback and be entered to win a FREE Coaching Session with me!

[**CLICK
HERE**](#)

STAY IN TOUCH

It's been my pleasure to cruise down the runway with you. I have no doubt that the work you have done here will fuel your best year yet!

I would love to hear about your adventures! Stay in touch!

 FIND ME HERE

 AND HERE

 *AND Here:*
KATIE@THEKATELYST.COM



