

SOAR Ahead framework for new year/quarter

As we prepare for another year or quarter ahead of us, take some space to process the previous time that led us to where we currently are.

1. **Reflect: What can you celebrate & acknowledge from your past year or quarter?**

- a. Wins & accomplishments
- b. What are you most proud of?
- c. Lessons learned
- d. What are you grateful for?

2. **Releasing: What can you let go of that is no longer serving you? What is holding you back?**

- a. What didn't work as well as you wanted to? What could have gone better?
- b. Closure or forgiveness? Shedding any negativity?
- c. Any symbolic release? Anything to let go and move on?

3. **Reset: What can you adjust to prepare for the future or what's next?**

- a. Visioning and ambitions
- b. Setting new intentions
- c. Clearing physical space, declutter, resetting etc.
- d. What can you remove or adjust to enable better flow?

SOAR: Strengths, Opportunities, Aspirations, Results

Now, take time to plan for the upcoming year/quarter to best align to your goals.

1. Strengths: What strengths would you like to strengthen moving forward?

- a. What are your key achievements that you are most proud of?
- b. What acknowledgements did you receive or what qualities of yours are often complimented or recognized by others?
- c. Recalling significant challenges you've overcome, what strengths did you rely on to navigate those situations?
- d. What's your *zone of genius*? Where do you operate at your best?

2. Opportunities: What opportunity would you like to focus on leveraging moving forward?

- a. What are you most excited about?
- b. Where are you most likely to find success?
- c. What are your priorities? What is the one aspect that will have the most influence?

3. Aspirations: What are your clear and ambitious goals? Create the vision that will guide your decisions, actions, and mindset.

- a. What does your ideal situation look like? What do you envision?
- b. What does your ideal business/life look like moving forward? How do you define success?
- c. If you could make one change, what would it be?

4. Results: Focus on translating your strengths, opportunities, and aspirations into tangible results. This involves creating actionable plans, setting measurable and achievable goals, and implementing strategies to achieve them.

- a. What's your professional goals for the upcoming year?
- b. What is your personal growth goal?
- c. How will you measure progress? What is the action?

What is one word that you want to hold for the upcoming year that will support these intentions?

What is your most significant sticking point for the upcoming year/quarter?

What is your biggest focus to develop to achieve your goals?

Schedule a coaching session with me to work through these initiatives and ensure your success:

30-min discovery call: <https://calendly.com/thomas-ascendpropathways/30min>

1-hr coaching session: <https://calendar.app.google/NKMbR2Q7ddooghWi9>

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