

YOUR NEW KICK ASS NOW & TAKE
NAMES LATER, FILLABLE, TRACKABLE...

PERSONAL REVIEW

Before You Hit "Print!"

If you're printing, please think of the environment and maybe just print a couple of the most important sheets and hang somewhere where you can see and fill them in as you go, then use this digital document regularly to save a tree!



WELCOME

YOU FERVENT LITTLE BADASS.

YOU, MY FRIEND, ARE NOTHING LESS THAN A ROCK STAR!

Simply by choosing to take a deep look at your life, **you've grabbed life by the naughty bits** and applied a little bit o' pressure! You're clearly intent on not blindly floating through life, but to paying attention to the minutes and hours and working to get the most out of them! This deep dive will help you do that!

But don't get too comfortable. This isn't all about puppies and rainbows and blowing smoke, this is also about looking at the intermittent bummers that might have plagued your progress over the past year and learning from them!

For, to truly appreciate the sweet, we must also taste the sour.

So with that, before we dive into this past 12 months (on a journey to set some killer goals for the upcoming 12) **I'm going to throw down some ground rules.** Call them guidelines if you will, since this is really *your* show. But I feel that the better you can stick to them, the more you'll get out of this in the end.

OK. Onward and upward.

Noochies!



Protip

Save this document to your computer,
then save often as you fill it in!
Don't want to lose any progress!

Writer

Jeep Guy

Pisces

Graffiti Lover

Pyro-Adjacent

Graphic Designer

Wanderluster

&

Some may say that
I'm a dreamer...



(Jason)

STUPID

GOTTA HAVE EM' IF YOU WANNA BREAK EM.

DOYLE

1.

No wins or struggles are off limits; big or small.

Let that big ol' brain of yours wander. It's like brainstorming; no idea is a bad idea, and there are no stupid questions...just stupid people asking questions. Wait. *What?* Seriously though, dig deep and write it all down.!

2.

Get romantic, you sexy mutha f....

To really get the most bang for your buck, you're going to want to find a quiet spot, turn on some mood music, and really put in the time. We're only talking a few devoted hours one day to change your life. Is that too much to ask?

3.

Don't be cruel. I would never be that cruel to you...

(Yes. I'm *literally* listening to Bobby Brown right now.) But for realsies, if this is your first in-depth personal review, go easy. This is a lot to knock out. But it will get much faster and your baseline will be set when you're done. Easy peasy after that my friend.

4.

When in doubt, just break the damn "rules" & have fun!

Look. Life is too short not to throw in a few belly laughs and snorts here and there, so have fun with it. If you don't, you just might not make it through.

Protip You're doing the work. *Bravo.* **Now let's dig in.**

There's a resources section at the back end with links to some kickass books and motivation! Check it out!

WANDERLUSTING

GET YOUR HEAD OUT OF THE GUTTER, PERV.

TRAVEL, ADVENTURES & EXPERIENCES

On the next page... you're going to dig into all things wanderlusty. No, that's probably not a real word, but it's fun to say, so just roll with it.

These are all things travel and adventure or maybe bucket list related.

Ways you stepped out of your comfy little shell and really stretched your boundaries in the past 12 months. These can also be local; they don't have to be from some far off destination or adventure.

Start with any struggles you had and then work on the positives next, but feel free to jump back and forth. There are some ideas below to help you get your wheels turning!

Protip

It might help to pull up your calendar and see where you were at throughout the year!

DID YOU...

...jump off of anything that you shouldn't really have been jumping off of this year, like say a bridge or a turnbuckle?

...travel on any new mode of transportation, say a scooter, or a camel?

...finally grow a pair and try some crazy new dish or cuisine, or even cook one yourself?

...visit a new national forest or park, or even just a new park near your home?

...travel to any new, far-off destination or get a new passport stamp?

...simply visit a new part of your own town that you had been wanting to get around to?

...go camping, or stay in a hostel, or experience any other sort of alternative accommodation?

OK. Dig in!

WANDERLUSTING TRAVEL, ADVENTURES & EXPERIENCES

STRUGGLES

WINS! (YOU BADASS YOU.)

HUSTLES & FLOW

MONEY SHOULDN'T RULE YOUR WORLD, BUT YOU GOTTA EAT, YO.

SIDE-HUSTLES, WORK, CHARITY & THEM DUCATS.

On the next page... you're going to get into your finances a bit. Yeah, we started on a high note with travel and adventures, just in case this is a rough area, but we'll peak again, I promise.

These are all things financial and work-life related, with a side dish of charity or giving. Maybe you're a nine-to-fiver and you got a promotion and a raise. Or you're self-employed and got some highfalutin new client or project.

Maybe you branched out and started your side-hustle so that you can eventually break away from the man and walk off into the sunset John Bender style.

Or maybe you saved a shit-ton for emergencies and paid off some debt. Did you make it a point to give back financially or volunteer this year?

Protip

Some things may crossover to other lists in your 12-month review. Don't worry about that.

Just pick a page and make sure it gets in somewhere and we'll sort that out later!

DID YOU...

...get a raise at work or maybe a new position?

...pay off your student loans or some big debt?

...just get a handle on your budget moving forward or put some better practices in place?

...get an LLC or start a company?

...meet someone important in your industry, or maybe finally meet a mentor?

...consciously spend less on coffee and beers?

...start a blog or web site?

...get recognized for something you did at work or at your side-hustle?

...volunteer at a kid's camp or donate money?

...start a new job and leave a toxic one?

...pay off a vehicle, or a mortgage, or maybe get a roommate to help pay the bills?

...attend a conference?

HUSTLES & FLOW SIDE-HUSTLES, WORK, CHARITY & DUCATS

STRUGGLES

WINS! (YOU BADASS YOU.)

YO BAD SELF

ROCK ON WIT IT.

PERSONAL, PHYSICAL & EDUCATIONAL

On the next page... you're going to dig into the personal side.

These are all things personal or emotional, but also ways you might have strengthened yourself mentally or physically. It's important to not only look externally for things we did in the world, but to look inward and respect how we dealt with those things internally.

Keep in mind that you might have some combos here. A physical win of doing your first 5k might come with the struggle that you didn't train as well as you wanted. Those things will be important as we get to planning for the next twelve months in later exercises!

DID YOU...

...finally confront that family member that is always uber-negative and try to inflict some joy on their negative-Nancy ass?

...choose to invest in positive relationships while stepping away from those that were too negative?

...get...and use...a new gym membership?

...go back to school or start taking classes?

...struggle with eating proper portions or doing things that help keep you in proper form?

...read more books than usual?

...show your emotions more or break down some emotional barriers?

...waste too much time playing video games?

...did you make it a point to #TreatYoSelf!?

YO BAD SELF! PERSONAL, PHYSICAL & EDUCATIONAL

STRUGGLES

WINS! (YOU BADASS YOU.)

RECOGNIZE

WE GET BY WITH A LITTLE HELP FROM OUR FRIENDS.

THE ROLE OF FAMILY, FRIENDS & NINJAS

This is a part of typical personal yearly reviews that I felt was a little lacking! On the next page you're going to make sure to think and reflect on those people that helped you slay it in the past 12 months.

Your homework will be to reach out to at least 5 of them (from each group) in the next week, starting with one today. Hell, feel free to reach out to them all today, you little overachiever you! Text or email is good, handwritten note is better, but a phone call or video conference is rockstar status!

Friend or family is pretty self-explanatory, while fringe is someone that isn't friend or family, or may not even know they were helping you out in some way.

Covert, *inspirational ninjas* you might say.

Protip

Think about your daily path or weekend rituals to help you get outside of the box and spot those inspirational ninjas in your life!!!

FAMILY OR FRIENDS:

Did a friend lend an ear during a difficult time?

Did you become closer with a family member that had been distant in the past?

Did you create a new friendship with someone that has become pivotal or an inspiration in your life?

Is there someone you've taken for granted that just deserves to be told that they fucking rock?

INSPIRATIONAL NINJAS:

Did the smile on your bartender's face always put you in a better mood?

Did someone's "hello" on a gloomy day in May raise your spirits?

Did someone inspire you from afar to take an interest in a sport, class, or start a new habit?

Did a friend's child teach you something important about life through their unfiltered lens?

RECOGNIZE FAMILY, FRIENDS & INSPIRATIONAL NINJAS

FAMILY & FRIENDS	HOW THEY HELPED

INSPIRATIONAL NINJAS	HOW THEY HELPED

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THE BIG GUNS

PEW. PEW. PEW...

STRUGGLES, EPIC WINS & GOAL SETTING.

Time to review, reflect, and plan on making the 12 months your proverbial bitch! You've done a lot of work up to now, but it's time to hone in on the big guns from the last 12 months and up it a notch for the next 12!

Look over the past few pages and just put a big old bunch of "!!!!!!" next to the Big Ones! Both struggles and epic wins. Just soak those in for a second.

Then dig into setting up some goals for the next 12 months! Just make sure that those goals are as specific and actionable as possible. There are some hints below for setting well-intentioned goals with trackable results!

Don't Forget

Pick the ^{big} biggest, most personally and emotionally gratifying wins. The ones that really make you feel proud of yourself. That feeling should super-charge your goal setting for the next 12 months!

NO BUENO GOALS VS MUY BUENO GOALS...

"I'm going to get in better shape." vs. "I'm going to get in better shape. I will increase my workouts each week from 2 to 4 and concentrate on eating proper portions at meals, which has always been a struggle."

"I'm going to travel more" vs. "I traveled 2 weeks in the last 12 months, so in the next 12 months I will travel no less than 4 weeks, 2 in the next 6 months and 2 in the 6 months after that. And at least one international trip!"

"I'm going to get on a budget and stop wasting money" vs. "I'm going to do a full personal budget audit over the next four weeks, then cut out \$100 of frivolous spending and put that money towards my student loan."

"I'm going to be a more positive person" vs. "I'm going to consciously look for 5 people every day to compliment, and I'll also review the day, before bed, to reflect on the positives."

12-MONTH GOAL SETTING

Categories: Travel, Adventure, Experiences, side-hustles, work, charity, money, personal, emotional, educational, recognition of f&f (family & friends)

CATEGORY	BIG OL' BADASS GOAL &... THE NITTY GRITTY DETAILS	

Don't Forget to Treat Yo Self!

12-MONTH GOAL SETTING

Categories: Travel, Adventure, Experiences, side-hustles, work, charity, money, personal, emotional, educational, recognition of f&f (family & friends)

CATEGORY	BIG OL' BADASS GOAL &... THE NITTY GRITTY DETAILS	

VISUALIZING

BE THE BALL. NAH NAH NAH NAH NAH NAH...

CREATING A VISION STATEMENT

OK. Let's get a little bit "use the force for good" for a minute.

You've gone through a lot of soul searching and have set up some redonkulous goals for the next 12 months, but not it's time to look into the future.

Visualizing is an important part of making shit happen. So on the next page, you're going to make a statement that you can start saying in the present, but it's really a reflection of how you'll feel when you knock these goals out of the park.

Stick with me here. If you've never done an exercise like this, give it a try. Craft your best future statement, then repeat it (out loud for extra credit) and see how you feel. Visualize the victories. Then say/use this throughout the next 12 months.

Deep Thoughts.

Most great visionaries didn't rely on what they had done, seen or created. They relied on a vision of what they thought the future could bring. But, if you want to disregard the smarts of the likes of Martin Luther King Jr., or Gandhi, or Marie Curie, etc., you're more than welcome. Noochies.

EXAMPLES OF BALLER VISION STATEMENTS...

I feel amazing, because in the past few months I have...worked my ass off and lost those extra 15lbs. I donated \$500 to that children's charity I love, and I've finally solidified that mentorship at work!

I fucking rock because in the past few months I have...finally distanced myself from that poisonous relationship and surrounded myself with more positive friends. I've paid down \$3000 on my student loan while building up my emergency fund to the equivalent of 6 months living expenses!

Damn. I'm a baller! This visualization shit really works! In the past few months...I've gotten a promotion and raise at work and started a real side-hustle on my way to being self-employed! I've paid off my credit cards and now I only have my mortgage! I even ran a 5k, which I never thought I would do! Time for a celebratory beer!

Don't Forget

These are statements as if you've already accomplished all your badass goals!

CREATING A VISION STATEMENT

I AM A BADASS BECAUSE IN THE PAST FEW MONTHS I HAVE...

Be the ball.
Nah nah nah nah nah nah nah...

TO INFINITY... AND BEYOND!

PLANNING & TRACKING THE NEXT 12 MONTHS

You've made it my friend! Now to be actionable and crush it!

Well, we're really pretty much wrapped up, and you're a rockstar for spending the time to really dedicate to a stellar year ahead!

Let's make sure you're following up and tracking though! The next few sheets are for your three month follow-ups. **Put some dates and reminders in your calendar now** and really spend an hour or so keeping on track every quarter.

Use the Monumentous Moments sheets to enter, **at any time**, the big or small things in your life that are keeping you fueled for victory! I love adding things to my monumentous moments sheet throughout the year, and it makes looking back on the year so much cooler!

If you're printing, please think of the environment and maybe just print a couple of the most important sheets and hang somewhere where you can see and fill them in as you go, then use this digital document regularly to save a tree!

That's it! You Rock! Would love to hear from you on the facebook chat!

Until Next time, go slay it my friend!

Protip

I actually have a standing time slot every Monday morning where I look over my review and goals. I update then, and it sets my eyes on the prize for the days ahead!



MONUMENTOUS MOMENTS!

[illegible]

MONUMENTOUS MOMENTS!

[illegible]

Protip: There's a resources section at the back end with links to some kickass books and motivation! Check it out!

REGULAR CHECKUPS - DATE:

Protip: Use these sheets to check in on your progress, wins, and struggles throughout the year and redirect your efforts! You got this!

WINS OR STRUGGLES	WHAT'S NEXT, NOTES, OR HOW YOU'LL ADAPT

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WINS OR STRUGGLES	WHAT'S NEXT, NOTES, OR HOW YOU'LL ADAPT

RESOURCES

FOR EVEN MORE BADASSNESS

INSPIRATION,
MOTIVATION, &
TOUGH LOVE.

I wouldn't leave you hangin' without setting you up with some of my favorite sources of motivation. There's also links to gear and companies I suggest you take a look at. Enjoy!

BOOKS TO READ FOR INSPIRATION, MOTIVATION, AND NUTTING UP...
BUTTERCUP go.TheNomadExperiment.com/MadReads

ARTICLES ABOUT LEARNING TO TRAVEL AND GETTING ON THE ROAD
go.TheNomadExperiment.com/LearnToTravel

TRAVEL BOOKING, ACCOMMODATION, INSURANCE & OTHER RESOURCES go.TheNomadExperiment.com/TravelTools

GEAR & GIFTS FOR TRAVELERS THAT LIKE TO TRAVEL LIGHT
go.TheNomadExperiment.com/TravelGifts

Sharing is Caring...

And "following" is a nice word for "being a stalker," but I would still love it if you did both!

