



Dike Drummond here at TheHappyMD.com. Let's get started making 2015 your best year yet. Welcome to the 2015 Breakthrough Process.

This is a worksheet you print off and fill out with your favorite pen - ideally with your favorite cup of tea as well. The entire process will take less than an hour and set you up for much more success and happiness in the year ahead.

Our goal is to do two things

1) LOOK BACK

- Harvest the learning and celebrate your accomplishments in 2014

You did a lot, learned a lot and accomplished much in 2014, I am certain of it. However, most of us are so busy in our day to day lives that we don't notice these things until you slow down and look back.

The holidays are a natural time for most of us to get this break. This worksheet will help you recall, document and celebrate all the good things in 2014 ... and remember the lessons you had to learn the hard way ... so you don't have to repeat them in the months ahead.

2) LOOK FORWARD

- Set some goals to make 2015 your best year yet

This worksheet will help you set down some concrete goals to build more happiness and fulfillment into the coming year. The simple act of writing your goals, dreams and desires down on paper does two powerful things ...

- a) It is the first step in making them real. Putting a pen to paper is the first translation of your thoughts into physical reality.
- b) It dramatically increases the chance that you will achieve your goals. Write your goals and desires down, save the lists and review them every month in the year ahead. Even if you do nothing else, you will notice some of your goals will be met on what seems like autopilot.

POWER TIP #1:

To increase the fun and power of this process I encourage you to do this with other people ... as a group. Take the steps in this process with your spouse/significant other, with your children, with your whole family, with your



office staff or even with the partnership group of your clinic. You will be surprised at the things you learn and the relationships you deepen by sharing accomplishments and dreams with the important people in your life.

POWER TIP #2:

Have some fun here. Use your favorite pen. Brew a cup of your favorite tea. Put some holiday music or other favorite on lightly in the background. Sit in your favorite chair. Use several different colored pens. Draw in the margins. Make a vision board out of your answers. Pretend you are in 3rd grade arts and crafts. Setting goals is more powerful when you use all of your senses in the process.

Ready? Let's get started ...

How this process works

Write your answers to the questions below in as much detail as possible. If you need more paper, grab some blank sheets and keep writing until you feel done for now. In some cases there is an immediate action step required before you can continue. Often this is to schedule a meeting or activity. In this case I have put a checkbox that looks like this.

Scheduled?

I encourage you to schedule these completion activities as part of this process ... get them on your calendar now. Then pat yourself on the back and make sure you keep that appointment.

Do not throw these worksheets away. They are your strategic plan for 2015. When you are done with the Breakthrough Process, keep these sheets in a folder and put it in a place where you won't forget.

At the end I will give you a structure for using this folder and your answers from the breakthrough process to create lasting and positive change for yourself in 2015



LOOKING BACK

2014 Acknowledgements

What do you feel are your top 5 achievements in 2014?

Have you celebrated them adequately?

If not, how will you celebrate and/or acknowledge your accomplishments and when will do you complete your celebration.

(Power Tip: Do this before the end of the year)

Scheduled?



2014 Gratitude

What three things are you most grateful for this year? ... things that happened in 2014?

Who are three people you are grateful for here at the end of 2014?

Have you thanked them personally?

If no, when and how are you going to do that.

(Power Tip: Think about thanking them in a special way ... both of you will love it)

Scheduled?



2014 Learnings

What are the three biggest lessons you learned in 2014?

(What do you know now that you did not when the year began?)

What does knowing this make possible for you now ... that was impossible before?

How will you remember these lessons - so you do not have to learn them again?



2014 Incompletions

What are three important things you started in 2014 that are incomplete and/or unfinished?

What is the next step in your #1 incompleteness and when will you get it done?

Scheduled?



LOOKING FORWARD

2015 - My Three Top Goals Are

Write down your top five goals for the coming year ... in no particular order and in any and all areas of your life.

The first step towards my #1 goal is ...

Scheduled?



2015 – Key People to Get Closer To

Who are three people who are (or could be) most important in your life in the year ahead ... the ones with whom you would like to have a closer relationship?

Pick one and schedule a meeting, date or alone time with them in the next two weeks. Get it on your calendar now and consider scheduling a regular time for you two to get together throughout the next three months.

Scheduled?



2015 - New Skills to Learn

What three new skills would make a big difference in the year ahead?

What is the first step to learning the #1 most important skill on your list?

Scheduled?



2015 - One Fabulous Adventure Would Be

What something you have dreamed about doing for a while (it's on your "bucket list") that would be a fabulous experience this year?

POWER TIP:

Put it on your calendar – look out as far into the future as you need to - make the reservations and BUY THE TICKETS NOW!

Reality Check: When you have made the reservations and bought the tickets, the odds of you completing the trip are nearly 100%. You will look back this time next year and smile because YOU DID IT! It's time for an adventure, don't you think?

Scheduled?



2015 - Three Problems to Resolve

What are three nagging issues/problems you are ready to resolve now?

What is the first step you would have to take to resolve the biggest of these?

Scheduled?



2015 - Three Things I will Let Go Of Are

What are three things you have worked on or been bothered by for a long time ... that you can simply let go of now?

How will you remember to let go when you find yourself holding on?

POWER TIP:

Notice where items on this list are the same ones on the previous one ... problems you would really like to resolve, where the answer is simply learning how to let go.



NEXT STEP:

Celebrate like crazy.

Pat yourself on the back, pump your fist and say “YES”, do your happy dance and say “WOO HOO”. You did it. You completed the 2015 Breakthrough Process. Your foundation, and goals are set for the year. They are not rigid or stifling ... these are the goals that make the most sense to you at this moment.

Begin to celebrate all wins ... acknowledge yourself for the little things and you take your nose off the grindstone. This is a vitally important and research proven success tool. I call it “Treat Yourself Like a Dog”. [Here is a video training on the subject](#) that is actually taken from the [1 Minute Mindfulness Program](#).

Two more things have happened as well without you noticing ...

- 1) You writing these down on paper has completed the first step to making them real and created a file you can use to focus and motivate you throughout the year.
- 2) You have just tripled the chance that you will reach any one of these goals ... a massive increase in the probability of your success.

FINAL STEP:

Put this completed worksheet in a folder. Review your notes here at least once a month.

Each time you take out that folder and do your monthly review ... work on completing the next step on at least one of the items on the 2015 lists. Pick one and do the following ...

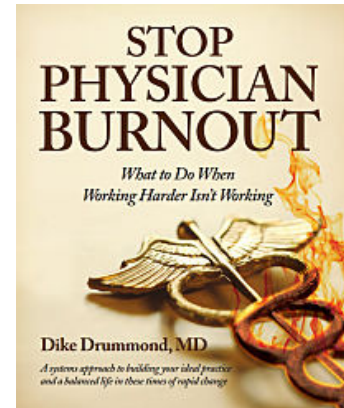
- What is the next step to be taken?
- When will you do that?
- Put it on your schedule.
- Complete the action.
- Come back to the lists, cross it off and celebrate.

POWER TIP:

Schedule your monthly planning sessions for the year now. Put them in your calendar.

Take the Shortest Path to Your 2015 Goals:

I encourage you to combine your goals from this breakthrough process with our book, “Stop Physician Burnout – what to do when working harder isn’t working”. It is the first step-by-step manual to create a more ideal practice and a more balanced life no matter what your specialty. [Use this link to learn more and get your copy.](#)

**All the best to you in 2015**

I sincerely hope this 2015 Breakthrough Process helps you make 2015 your best year yet.

If you have any questions about the Breakthrough Process, the book, any of the services we offer at TheHappyMD.com or would like to discuss live training for your group or hospital staff, please contact me at.

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<http://www.thehappymd.com/contact> - website contact form

Keep breathing, have a great rest of your day and a 2015 that is your best year yet.

***Dike***

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[Stop Physician Burnout Book](#)
[Burnout Proof Live Workshop](#)