



[Dike Drummond MD](#) here with a quick question: Are you ready to answer a simple, powerful set of 10 questions to *make 2022 your Best Year Yet?*

Welcome to the 2022 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 put your awareness *on a swivel*.

1) LOOK BACK

- Harvest the learning and celebrate your accomplishments in 2021

You did a lot, learned a lot and accomplished much in 2021, 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. COVID-19 had an enormous set of impacts as well.

It is important to pause, take stock of what you learned about yourself and your practice either in spite of or because of this whirlwind of a year.

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 2021 ... and remember the lessons you had to learn the hard way ... so you don't have to repeat them in the months and years ahead.

2) LOOK FORWARD

- Set some goals to make 2022 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 quotient – and the power of this process as well - I encourage you to *do this with other people ... as a group*. Take the steps in this process with your spouse/partner, with your children, with your whole family, with your office staff or even with your colleagues at work. You will be surprised at the things you learn and the relationships you deepen by sharing what you have all been through, your 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 your senses in the process.

Ready? Let's get started ...

Just Two Steps ...

1) PRINT OUT THIS DOCUMENT, grab your favorite beverage and pen.

2) 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? (*Do Not Continue* until this action is on your calendar ;-)

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 2022. 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 2022

LOOK BACK

2021 Acknowledgements

What do you feel are your top 5 achievements in 2021?

How have you celebrated them?

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 if possible)

Scheduled? (Don't move on until your celebration is on your calendar ;-)

2021 Gratitude

What three things are you most grateful for this year? ... things that happened in 2021?

Who are three people you are grateful for here at the end of 2021?

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? (Don't move on until your thank yous are on your calendar ;-)

2021 Learnings

What are the three biggest lessons you learned in 2021?

What do you know/understand 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?

2021 Incompletions

What are three important things you started in 2021 that are incomplete and/or unfinished?

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

Scheduled? (Don't move on until your next step is on your calendar ;-)

LOOK FORWARD

2022 - My Three Top Goals Are

Write down your top three goals for the coming year ... in no particular order and in any areas of your life – this does not have to be all about work.

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

Scheduled? (Don't move on until your next step is on your calendar ;-)

2022 – 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? (Don't move on until your connection time is on your calendar ;-)

2022 - 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? (Don't move on until your first step is on your calendar ;-)

2022 - One Fabulous Adventure Would Be

What's 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? (Don't move on until your Bucket List item is on your calendar ;-)

2022 - 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? (Don't move on until your first step is on your calendar ;-)

2022 - Three Things I will *Let Go Of*... Are

What are three things you have worked on or been bothered by for a long time ... things you could just choose to 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 shout “WOO HOO”. You did it. You completed the 2022 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, so give yourself a firm pat on the back right now.

Two more things have happened as well without you noticing:

- 1) Taking the time to answer these questions – in writing – completes the first step to making your answers real. These pages provide you with a file you can use to focus and motivate you throughout the coming 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:

If you are committed to what you have written here and ready to nail down a breakthrough in the year ahead, here is what we recommend. **Put this completed worksheet in a folder** and review your notes here at least once a month. Bring a pen and paper to your review session and notice how you will be able to quickly identify your next step on your biggest goal(s) in just a few minutes. This is how momentum is created and sustained. You are off the mark and in action right now.

ALL THE BEST TO YOU IN 2022

From all of us here at TheHappyMD.com, we sincerely hope *this 2022 Breakthrough Process helps You make 2022 Your Best Year Yet.*

Here at the end of 2021, we did our annual math and learned we have worked with 175 organizations and trained 40,000 doctors to date. COVID-19 did its best to take us out, knocking our training volume down by 50%. *AND we are sure 2022 will rebound to be our 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 us at.

Support@thehappymd.com **206-430-1905** or use [This Web Form](#)

Keep breathing, have a great rest of your day,



Dike

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CEO & Founder TheHappyMD.com

P.S.

Watch for our new 3-layer Physician Support Ecosystem we call *Burnout Proof MD*

- Our Top-5 Online Video Trainings
- Weekly Group Coaching
- Our Private, Exclusive Physician-Only Online Support Community
- Even 82 hours of CME

COMING SOON

