



Dike Drummond MD here at the home of [TheHappyMD.com](https://TheHappyMD.com) in beautiful Seattle, Washington. Are you ready to begin a simple, powerful set of exercises to *make 2023 your Best Year Yet?*

**Welcome to the 2023 Breakthrough Process.** This is our 10<sup>th</sup> year sharing this powerful set of questions with our clients, friends and colleagues.

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 and intentions on a 360-degree swivel**, so you can optimize all areas of your life in 2023. ( [Click Here](#) to see our Full Lineup of Support Services )

## Step One) LOOK BACK

### - Harvest the learning and celebrate your accomplishments in the year gone past

You did a lot, learned a lot, and accomplished much in the last 365 days; 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.

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 from the year past ... 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.

## Step Two) LOOK FORWARD

### - Set some goals to make 2023 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) This is the first step in making them real.** Putting a pen to paper is the first translation of your thoughts into physical reality.

**b) Writing your goals down, dramatically increases the chance that you will achieve them.** 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 the year ahead.*** You will want to review them in the Holiday Season of 2023 to celebrate your progress and accomplishments over the course of the year.

**LOOK BACK**

**Acknowledgements**

What do you feel are your top 5 achievements in this last year?

How have you celebrated them?

If you realize you have not celebrated (yet), how and when will you celebrate and/or acknowledge all that goodness?

**(Power Tip:** Do this before the end of 2022 if possible)

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

**Gratitude**

What three things are you most grateful for in 2022?

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

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 ;-)

**Learnings**

What are the three biggest lessons you learned over the course of the last 12 months?

What do you know/understand now that you did not when the year began?

What has become clear to you as a result of events in 2022?

What does knowing this make possible for you now?

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

**Incompletions**

What are three important things you started in 2022 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**

**My Three Top Goals Are**

Write down your top three goals for the year ahead ... 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 ;-)

**Key People to Get Closer To**

Who are three people who are (or could be) most important in your life in 2023 ... 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 2023.

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



**New Skills to Learn**

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

Circle what you feel is the most important skill on your list?  
What is the first step in learning/mastering that skill?

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

**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 ;-)

**Three Problems/Dilemmas to Resolve**

What are three nagging issues/problems/dilemmas you are ready to address 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 ;-)

**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? Breathe ... release ... just let them go.

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 2023 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 folder with your Ideal Job Description.** Review your notes here in your Monthly Review Process.

**ALL THE BEST TO YOU IN THE COMING YEAR !!**

**If you need any support in hitting your 2023 goals ...**

**Our contact information and a directory of our support options for your practice and your organization are on the next page.**

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

Questions? You can contact us in any of the following three ways.

[thehappymd@gmail.com](mailto:thehappymd@gmail.com)

206-430-1905 office

[TheHappyMD.com/Contact](https://TheHappyMD.com/Contact) - website contact form



**Keep breathing, have a great rest of your day,**

***Dike***

Dike Drummond MD  
CEO & Founder TheHappyMD.com

**MORE SUPPORT OPTIONS:**

[The MATRIX Report](#) - 235 Ways to Prevent Physician Burnout – FREE White Paper

[Our Team of Coaches is Here](#) – Your Discovery Session is No Cost or Obligation

[Burnout Proof LIVE Workshop](#)- for your whole organization

[Quadruple Aim Physician Leadership Retreat](#) – all the tools and support to be an effective *Physician Wellness Champion*

**Let's Create Our 2023 Breakthrough TOGETHER - JOIN US inside the  
*BURNOUT PROOF MD 3-Layer Physician Support Ecosystem***

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  - 2. Our Top 5 Online Trainings** – Power Tools from our 12 Year Physician Coaching Experience
  - 3. Private Online Community** of Like-Minded Doctors available 24-7 on the Web
- AND Up to 100 CME Credits/year**

[Learn More and Join Us at This Link](#)