

**FINISH STRONG**

**NO FLUFF, NO FRILLS—  
JUST REAL ACTIONS TO  
MAKE DECEMBER YOUR  
POWER MONTH.**



**AMBITIOUS  
HUMANS**

COACHING  
&  
ADVISORY

# DECEMBER WORKBOOK

**YOUR 30-DAY POWER  
PLAN TO END THE YEAR  
WITH A BANG**

# DECEMBER WORK BOOK

## SECTION 1: LOOK BACK, STEP UP

**Why This Matters:** You can't build a stronger future if you don't check in with the past. Let's take 10 minutes to unpack what worked, what didn't, and what deserves a mic-drop moment.

### EXERCISE 1: OWN YOUR WINS

#### 01

**Prompt:** Write down 5 things that made you feel like a total rockstar this year.

**Big or small—it all counts.**

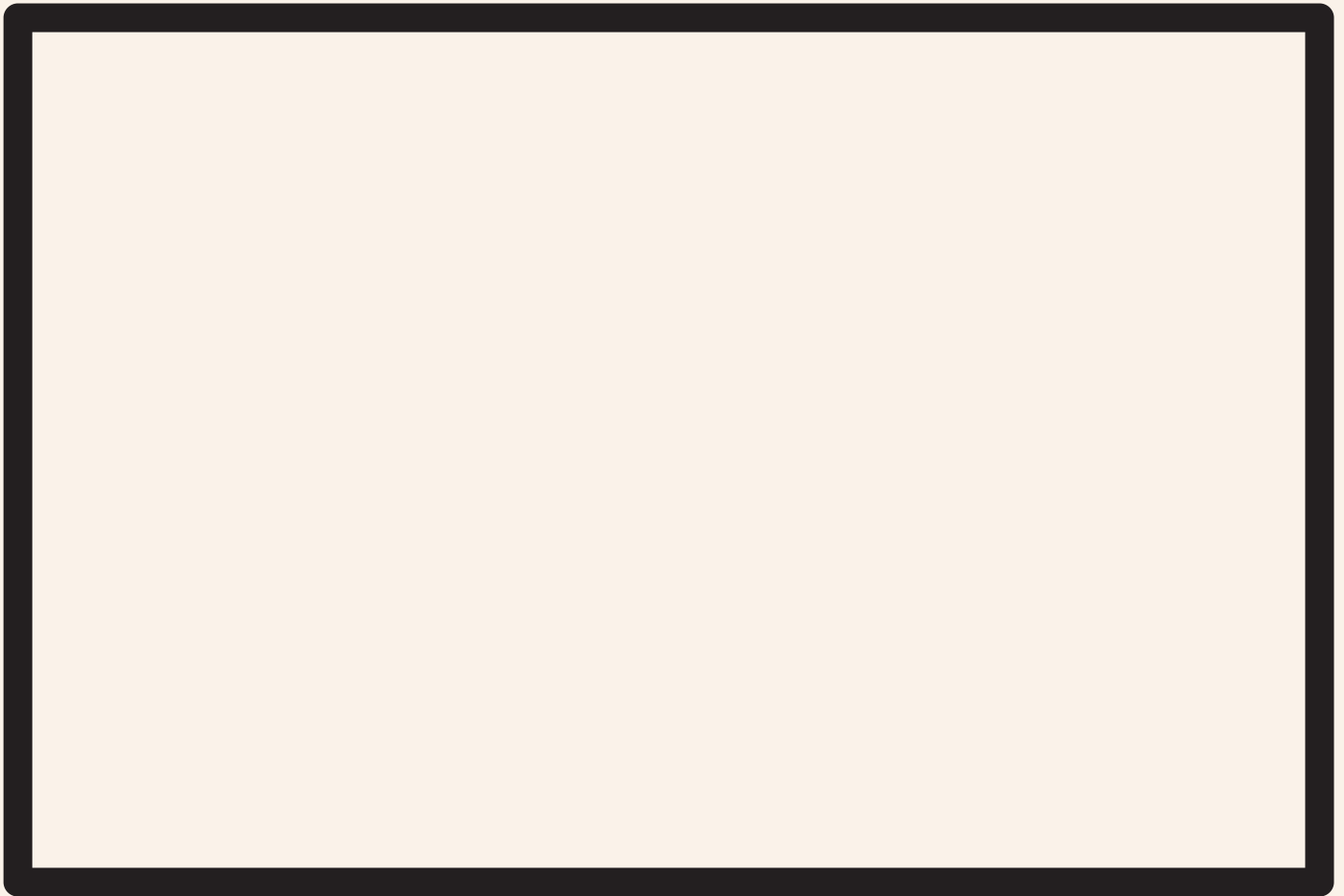
#### 02

**Next Step:** Circle the ONE win that reminds you how capable you are. How can you channel that energy into

**December?**

# I'M A ROCKSTAR BEACUSE...

List your 5 things

A large, empty rectangular box with a thick black border, intended for the user to list five things that remind them they are a rockstar.

Circle the one that reminds you how kick-  
ass you are

# FINISH STRONG

## EXERCISE 2: TAKE THE L (AND LEARN)

### 01

**Prompt:** What's one thing that didn't work this year? Now flip the script: What's the one thing it taught you?

### 02

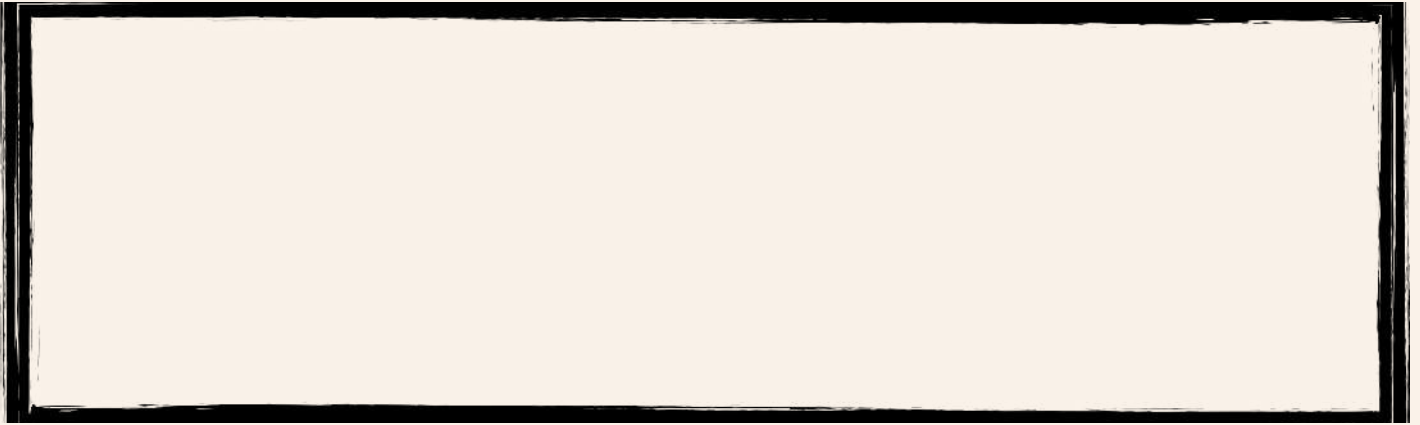
**Next Step:** Write down how you'll use that lesson this month. (Action beats regret every time.)

## EXERCISE 3: ENERGY CHECK-IN

### 01

- **Prompt:** On a piece of paper, split it in half:
- **Left side:** "Hell yes" energy sources (people, activities, habits).
- **Right side:** "Never again" energy-vampires.

One thing that didn't work this year



It taught me...



How I'll use that lesson right now



# Energy Check-in

Hell Yes Energy Sources

Energy Vampires

# DECEMBER WORK BOOK

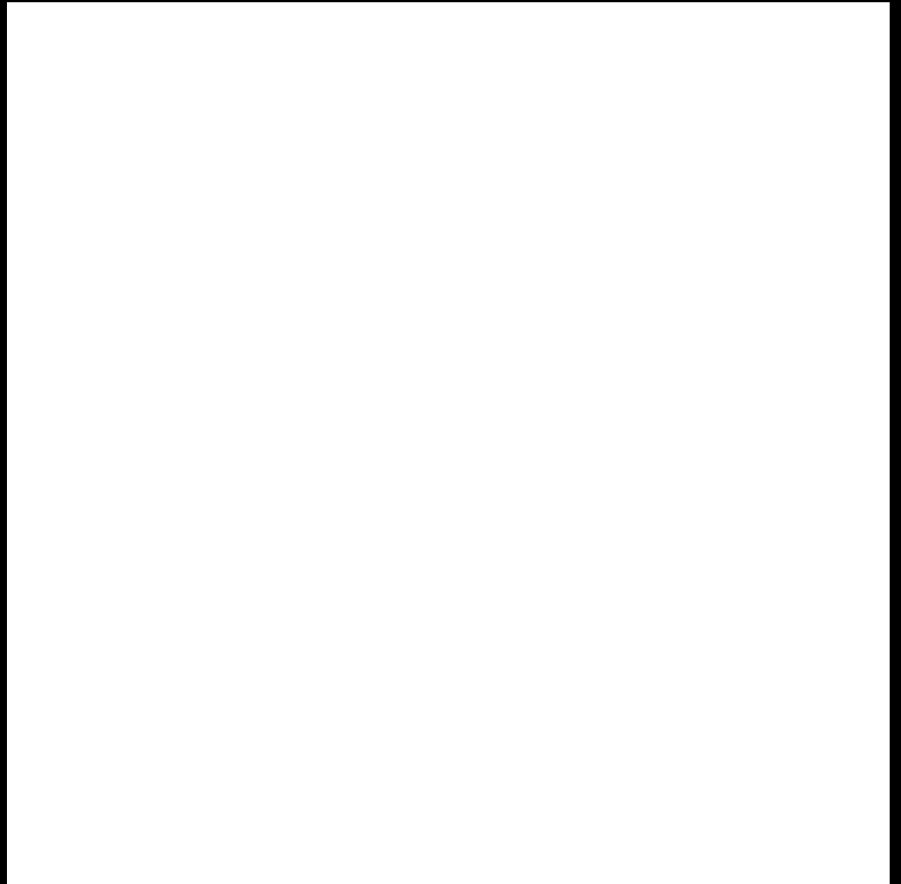
02

**Next Step: Commit to one cut this week**

**–be it a bad habit, unnecessary meeting,**

**or doomscrolling session. Replace it**

**with something that fuels you.**



# FINISH STRONG

## SECTION 2: SET DECEMBER ON FIRE

**Why This Matters:** Goals don't happen by accident. They need focus and a game plan. Let's cut the noise and zero in on what matters most.

### EXERCISE 4: YOUR DECEMBER THEME

#### 01

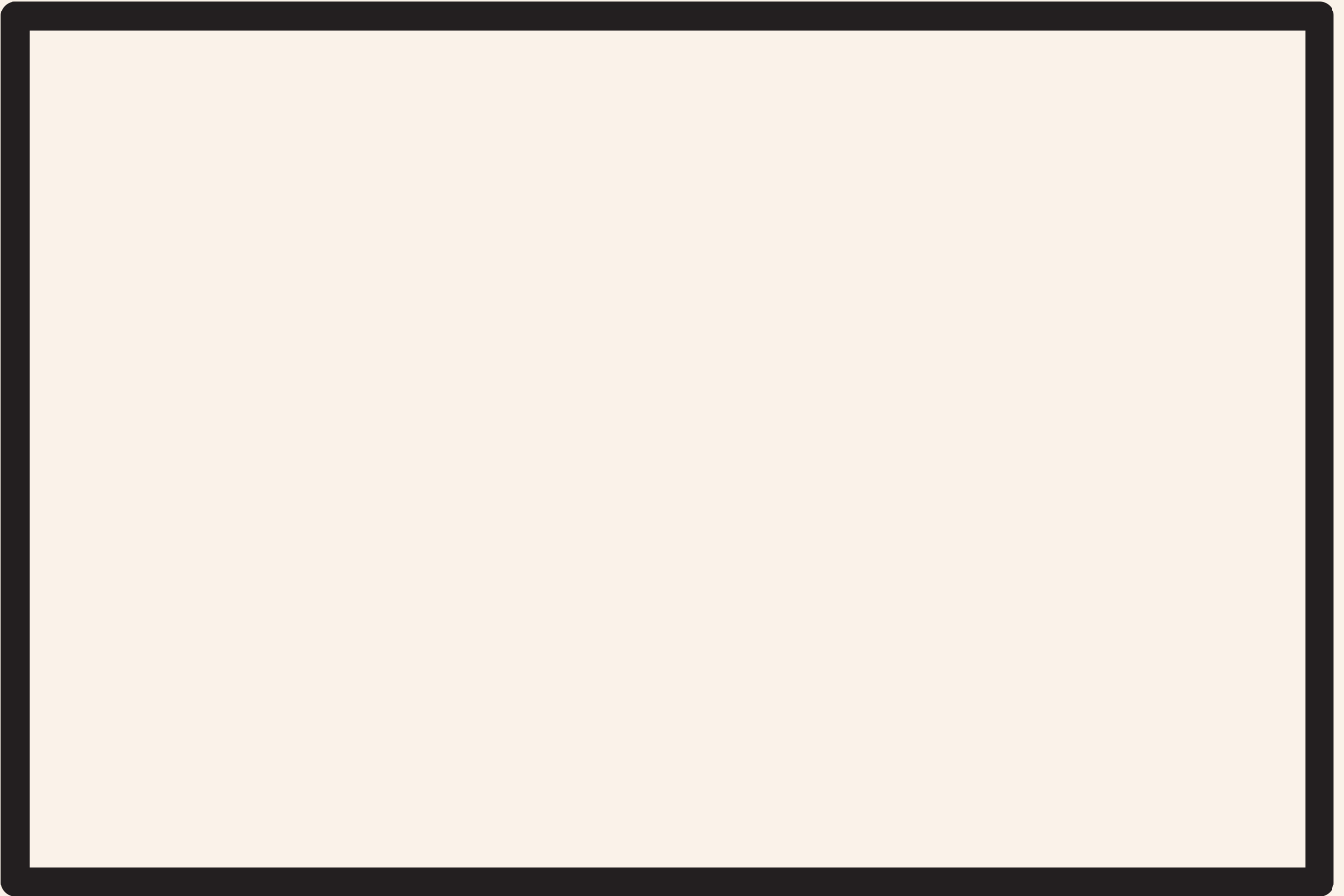
**Prompt:** If this month had a tagline, what would it be? (Think: "Finish Fearless," "All In," or "Momentum Machine.")

#### 02

**Next Step:** Write this down somewhere you'll see it every day (phone lock screen, post-it on your desk, or in your planner).



# MY DECEMBER TAGLINE



I've written it where I can see it every day

# DECEMBER WORK BOOK

## EXERCISE 5: TWO BIG MOVES

### 01

- **Prompt: Choose ONE game-changing goal for your business and ONE for your personal life. Write them here:**
  - **Business Goal:** \_\_\_\_\_
  - **Life Goal:** \_\_\_\_\_

### 02

**Next Step: Break each goal into 3 bite-sized weekly actions. No overthinking—just write the first steps that come to mind.**

Game Changing Goal - **Personal**  
with 3 small weekly actions

GOAL:

ACTIONS:

Game Changing Goal - **Business**  
with 3 small weekly actions

GOAL:

ACTIONS:

# FINISH STRONG

## SECTION 3: THE POWER HOUR BLUEPRINT

**Why This Matters:** You don't need to hustle harder—you need to work smarter. One intentional hour a day can flip the script on how you end the year.

### EXERCISE 6: FIND YOUR HOUR OF POWER

#### 01

**Prompt:** Look at your calendar. Block out one hour daily (or every other day) for intentional work. Here's what to focus on:

- Revenue-generating tasks
- Personal growth habits (workouts, journaling, learning something new)

# DECEMBER WORK BOOK

## 02

**Next Step: Add this to your calendar and treat it like a non-negotiable meeting with your future self.**

## EXERCISE 7: 1% BETTER EVERY DAY

## 01

**Prompt: Choose one habit or skill you can improve by just 1% each day (e.g., clearer emails, better pitches, or stronger workouts).**

## 02

**Next Step: Track your progress with a simple daily checkbox. Consistency > Perfection.**

I'VE CHOSEN MY POWER HOUR

POWER HOUR RESERVED IN MY CALENDAR

## MAKING MONEY MONEY MONEY

My Power Hour Focus Projects - This will bring me more revenue:

## PERSONAL IMPROVEMENT

This is going to make me better at what I want to achieve

## SECTION 4: VISION AND ACTION

**Why This Matters:** December isn't just about wrapping things up—it's about setting the tone for the new year. Let's dream big AND take action.

### EXERCISE 8: DECEMBER 31 VISUALIZATION

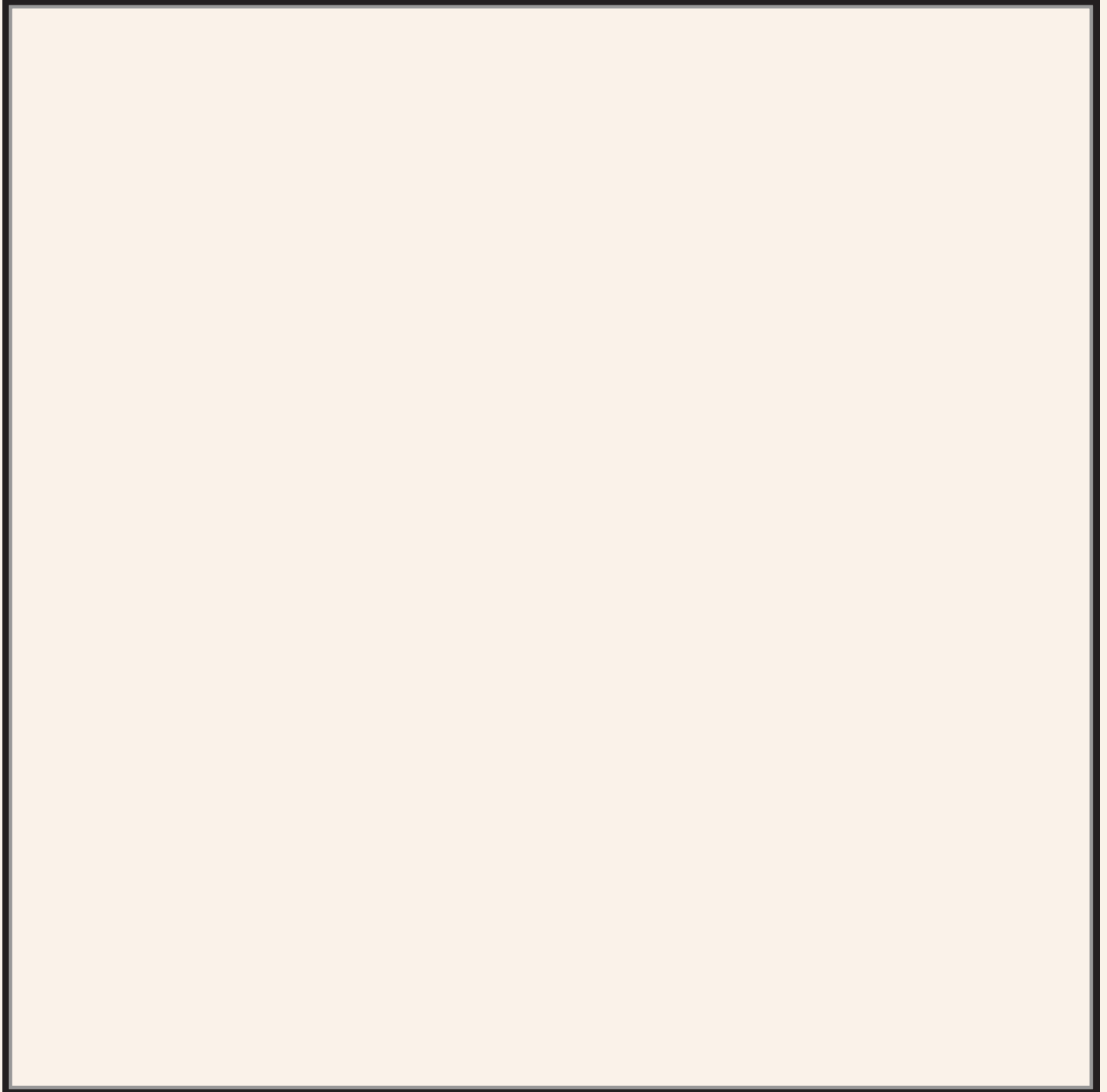
#### 01

- **Prompt:** Imagine it's New Year's Eve.
- **What are you celebrating?**
- **What feels different?**
- **What's your "mic-drop" moment of the month?**



# HELLO DECEMBER 31ST

I feel awesome because, I've achieved this in the past month. If I can do that in one month, I'll reach the moon in 2025



**LET'S CELEBRATE!**



# DECEMBER WORK BOOK

02

- **Next Step: Write yourself a note from your future self. Make it hype, honest, and direct: “Hey [Your Name], I’m so proud of you for \_\_\_\_\_. Here’s how you made it happen: \_\_\_\_\_.”**

# NOTE TO ME FROM ME

*Dear*

*I'm so proud of you for*

*You made it happen by*

BROUGHT TO YOU BY  
AMBITIOUS HUMANS.  
HELPING LEADERS  
MAXIMISE THEIR ROI

Designed for closing.



**AMBITIOUS  
HUMANS**

COACHING  
&  
ADVISORY

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