

Anchoring Your Aspirations and Achievements

What's Yours? Write it Down



By Donna Wray

© All rights reserved
D Wray Consulting Ltd
Web: <http://www.dwrayconsulting.com/about/>
E-mail: Donna@DWrayConsulting.com
Registered address - 35 Tempsford
Avenue, Borehamwood,
Hertfordshire, WD6 2PD
Reg No: 8363391

About Donna Wray

Donna Wray is the Founder and CEO of D Wray Consulting Ltd.

D Wray Consulting can coach individuals who want to enhance their skills and strengths, so they can confidently work towards accomplishing their personal and professional goals.

Donna has over 10 years' experience of working in HR, including experience in the corporate sector for IT and telecommunications specialist organisation SITA, who provide solutions for the air transport industry, covering 130+ countries.

Her experiences have given Donna the know-how to create, deliver and source programmes to support individuals at all levels with their Performance & Development, Career Coaching, Further Education and Management Programmes.

Donna has created and managed a virtual induction programme for a global organisation that supported the organisations talent joining them. This was in parallel to raising cultural awareness that helped all staff to be aware of how to support their colleagues and customers from different cultures.

Donna can coach individuals who need support either with: changing careers, working towards a promotion, moving to a People Manager role, or even those seeking to go back to employment after a career break.

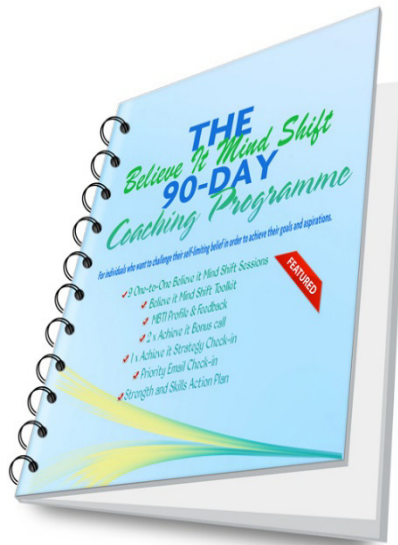
With all this experience, Donna decided to pursue her aspiration to start her own company, where she can use her skills and experiences to coach individuals to **BELIEVE** in themselves in order to **ACHIEVE** their personal or professional goals.

Being driven by her talents to understand each individual's interests, background, motivations, desires, fears, combined with her unique work styles are perfect for tailoring specific coaching and developing requirements.

To conclude, Donna provides specialised bespoke personal and professional coaching and development needs for individuals and organisations. If you are impressed with this issue, you'll love the **bespoke programs** from D Wray Consulting which will certainly help you define and refine your personal and professional goals.



D Wray
Consulting Ltd

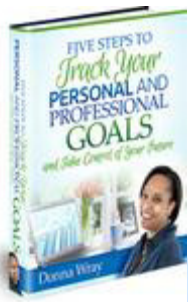


The Believe it Mind Shift 90-day coaching programme for individuals who want to challenge their self-limiting beliefs in order to anchor their goals.

Have you been thinking about making a change in your life? Then take the first step and book your **FREE** 30-minute Clarity call now! You have nothing to lose, and everything to gain. For more information about how to book your **FREE** 30 minute Clarity Coaching, contact me at info@DWrayConsulting.com.

Alternatively, you can [click here](#) to book your **FREE** Clarity Call Online.

I will help you prioritise and breakdown your goals into manageable steps so you can confidently work towards achieving more personal potential!



Checkout my **FREE** e-book at <http://dwwrayconsulting.com> and get started with setting your 2016 goals, it's never too late to start. Never give up on you! Remember 'Unlock and Unblock' any negatives to make 2016 YOUR positive year!

D Wray
Consulting Ltd

2015

Top 5 Achievements!!

As another year comes to an end, take some time to reflect on the things you have achieved big or small, personal or professional. Typically, these should be the things you have done outside of your day to day routine. Then list your top five achievements and one new thing you learnt about you in 2015.

1.

2.

3.

4.

5.

New About YOU

Write one new thing you learnt about you in 2015

2016

Top 5 Aspirations!!

After reflecting and listing your achievements for 2015, take some time to reflect and list your top five things you would like to pursue for 2016. This could be something you have always wanted to do but never pursued it.

1.

2.

3.

4.

5.

New Learning for 2016

Write one new learning activity you would like to achieve for 2016.

Anchor the things you want to do

Use this Anchor log to record the things you want to do this year, then use the Certificate of Celebration on the next page to celebrate your success and pin to your wall, share with friends, family and colleagues. Reward yourself and recognise your hard work!!

Anchor Log					
Name:					
Covering Period From :		To:			
Circle the one that applies	What are your goals?	How will you achieve them? What method?	How will you know when you have achieved this goal?	When do you plan to achieve your goal by?	Who will you ask for help?
1.	Personal <input type="checkbox"/> OR <input type="checkbox"/> Professional				
2.	Personal <input type="checkbox"/> OR <input type="checkbox"/> Professional				
3.	Personal <input type="checkbox"/> OR <input type="checkbox"/> Professional				
4.	Personal <input type="checkbox"/> OR <input type="checkbox"/> Professional				
5.	Personal <input type="checkbox"/> OR <input type="checkbox"/> Professional				
New Learning for this year					

IF YOU BELIEVE IT YOU CAN ACHIEVE IT!!

Certificate of Celebration

Well done for following through and making the commitment to doing something for you



Type Your Name Here

Recognition for **Anchoring** my **Aspirations** and **Achievements**

On the DD/MMM/YYYY

Celebrating my hard work and success!!

Remember to Book

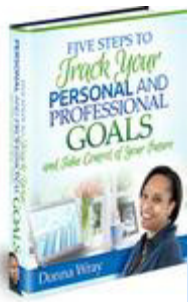


The Believe it Mind Shift 90-day coaching programme for individuals who want to challenge their self-limiting beliefs in order to achieve their goals.

Have you been thinking about making a change in your life? Then take the first step and book your **FREE** 30-minute Clarity call now! You have nothing to lose, and everything to gain. For more information about how to book your **FREE** 30 minute Clarity Coaching, contact me at info@DWrayConsulting.com.

Alternatively, you can [click here](#) to book your **FREE** Clarity Call Online.

I will help you prioritise and breakdown your goals into manageable steps so you can confidently work towards achieving more personal potential!



Checkout my **FREE** e-book at <http://dwwrayconsulting.com> and get started with setting your 2016 goals, it's never too late to start. Never give up on you! Remember 'Unlock and Unblock' any negatives to make 2016 YOUR positive year!

D Wray
Consulting Ltd