

# MASTER YOUR YEAR:

An Immersive Journey from  
Vision to Victory - Transforming  
Dreams into Goal-Oriented  
Action for a Thriving Year



# A NOTE FROM THE AUTHOR



WELCOME, MY BEAUTIFUL FRIEND.

Every man and woman has a story. Coaching with Trez Ibrahim is where you can bring your story to be heard, honored and acknowledged. I am committed to helping you further develop your life to be one that you Love, Value, Cherish and Own with Pride.

I'm thrilled that you've decided to create something new and beautiful for yourself and others in the world. If that means achieving financial freedom, living with vibrant health, starting or growing a business, improving your relationships, or finding out and doing what you love, that's what Coaching with Trez Ibrahim is all about...

No powerful story is free of challenges. I expect your story to include battles and victories. Since it's time for a change in your life, and it's time to break through the unnecessary burdens, to overcome the obstacles that entangle you and keep you from living your purpose, I welcome you.

I am here to assist you in the success process so that you will thrive in life and ultimately experience joy in the way it is meant for you.

I am honored to journey with you and anticipate a glorious experience in the continuation of your Story.

To aid our process, please complete the information on your royal heritage...

With Love and Blessings,

*Trez Ibrahim*

TREZ IBRAHIM  
LifeMasterySolution.com



# MY VISION

I am so happy and grateful now that I...



This or something even greater for the highest good of all concerned.



# BRAINSTORM

Bring your Vision to mind and brainstorm all the different aspects of your Dream.



# 7 AREAS OF LIFE

Rank each of the areas of life in the order of most value to you in present time.



# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## CAREER

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## FINANCIAL

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## HEALTH & FITNESS

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## RELATIONSHIPS

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## PERSONAL

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## SPIRITUALITY

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# 1 YEAR GOALS FOR SUCCESS, JOY AND HAPPINESS

I AM: \_\_\_\_\_

Year: \_\_\_\_\_

7/1/2024

3/1/2024

11/1/2023

## CONTRIBUTION

1 YEAR GOAL	8 MONTH GOAL	4 MONTH GOAL

STARTING POINT  
7/1/2023




# July

2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# August

2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	27
27	28	29	30	31		

# September

2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# October

2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# November

2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# December

2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# January 2024

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# February 2024

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

# March 2024

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						○

# April 2024

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# May 2024

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	○

# June 2024

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						













