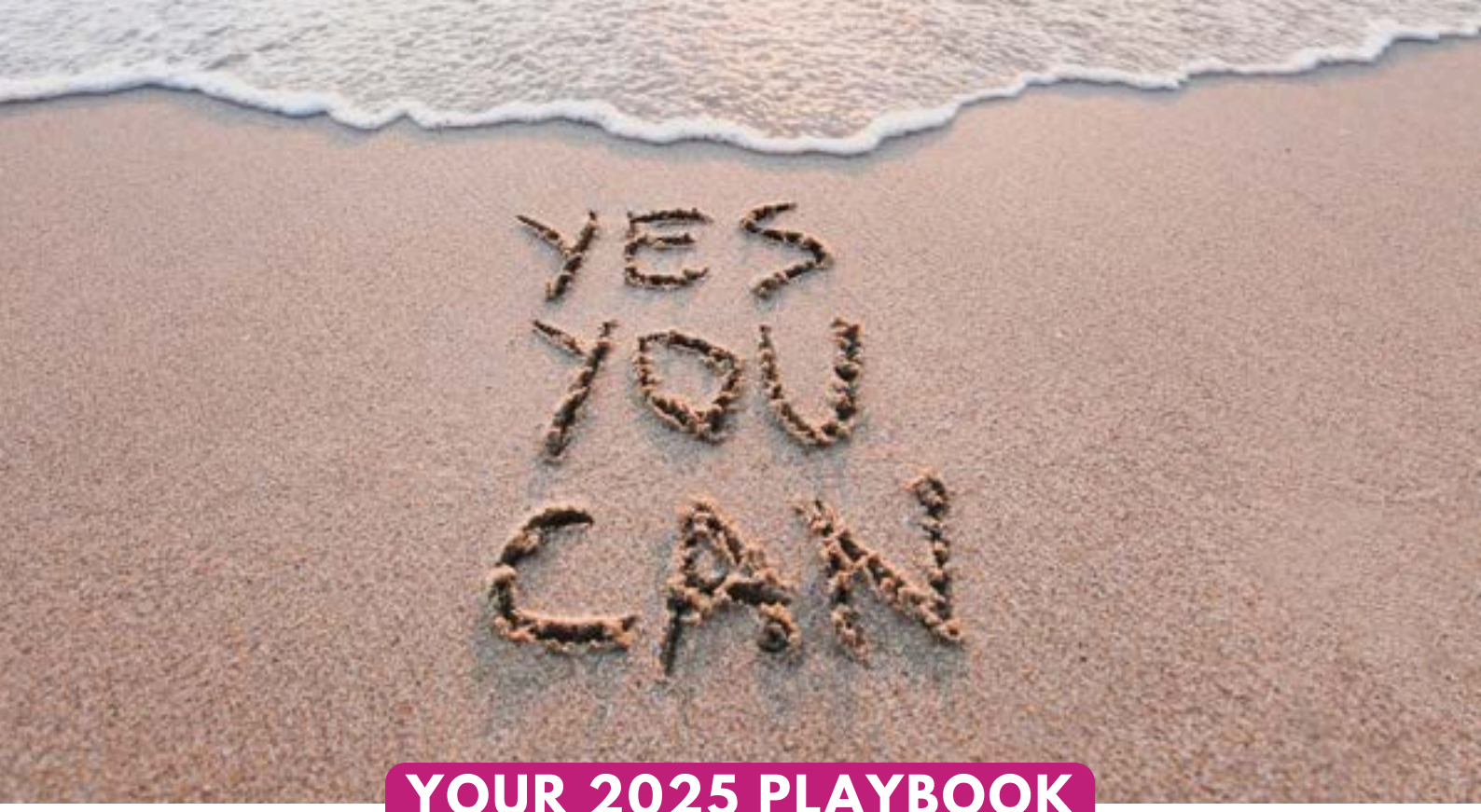
DITCH THOSE RESOLUTIONS

WITH JAZ AMPAW-FARR



YOUR 2025 PLAYBOOK

... is the opposite of a workbook

It's a place for curiosity rather than 'right' answers.

... can be used digitally

No need to print! Just use this on your phone or make notes in a nice notebook.

... isn't for you to indulge in guilt or regret

'Shoulding' on yourself generates shame which is not a catalyst for change!

... takes less time than a Netflix box set

Gift yourself an hour to reflect, reframe and pivot towards a year on your terms.

... is for sharing with as many or few people as you like

This is not therapy! It is a chance to process some of your own blind spots and that's so much easier when you bring in other brains!

01 REVIEW

ON YOUR MARKS

The sections on the next page cover the main areas of an average human's life - add more if you like. The last thing you are is average!

GET SET

Scroll back through your diary and note big or small wins this year. No overthinking or critiquing yourself - you're in data collection mode.

GO!

Don't add any judgment to your thoughts! If an event stands out to you, for any reason, big or small, jot it down in the relevant box.

Examples from my playbook:

I crocheted a blanket.

We celebrated our eldest graduating from uni with a first.

I did enough corporate gigs to gift 20% of my time to education events.

- 1 -

MY 2024

BODY & MIND HEALTH

PERSONAL GROWTH

FAMILY & FRIENDS

SIGNIFICANT RELATIONSHIP

CAREER & FINANCE

FUN

02
ZOOM IN

ON YOUR MARKS

In researching Positive Psychology, I regularly come across consistent evidence linking an attitude of gratitude to authentic happiness and fulfilment.

GET SET

Go filter-free and record your gut reactions and thoughts to the statements on the next page. Limit yourself to a maximum of three sentences per box.

GO!

Be honest! Lying to yourself works in the short term but is a barrier to living life as the human you were designed to be!

Examples from my playbook:

A lesson I learned is that slow is the new quick! (After rushing and falling downstairs, rupturing my MCL and spending 3 months on crutches!)

The best decision I made was to consume less sugar.

I'm most grateful for the levels of self-worth I see in my kids.

- 2 -

MY REFLECTIONS

THE BEST DECISION I MADE...

A LESSON I LEARNED...

A RISK I TOOK...

I SUPPORTED OTHERS BY...

THE THING I WORRIED ABOUT THE MOST...

THE THING I'M MOST GRATEFUL FOR..

03 CELEBRATE

ON YOUR MARKS

Marking the wins is really important as it resets the bar of what you're capable of. You don't have to have finished something to have success.

GET SET

Resist the urge to diminish or dismiss the things that you have achieved or the obstacles you've overcome. It's not bragging if it's the truth!

GO!

If you get stuck, ask someone who knows you well and whose opinion you respect. Choose to believe actual evidence and data over your own doubts!

Examples from my playbook:

I'm a success because of the way my keynotes literally change mindsets.

I've overcome the challenge of giving into mindset poverty.

I've started owning the truth about my influence and value.

- 3 -

THE TRUTH ABOUT ME

I'M A SUCCESS BECAUSE...

I'VE ACHIEVED...

CHALENGES I'VE OVERCOME...

CHAOS I'VE NAVIGATED...

LIES I STOPPED BELIEVING...

TRUTHS I STARTED OWNING...

04 SWAG

ON YOUR MARKS

SWAG stands for Seriously Wild Audacious Goals. Coming up with these helps you to get out of your own way and stop seeing inhibitions as prohibitions.

GET SET

Imagine yourself 12 months ahead of now. It's been a great year and you've smashed it in every area of your life. What does that look and feel like?

GO!

Make sure your SWAG are seriously wild and audacious. They should feel impossible because that's how every challenge feels until it's done!

Examples from my playbook:

I run three times a week, even when it's cold outside.

The BBC select my story for their documentary series.

I have my own Netflix show.

- 4 -

MY SWAG

BODY & MIND HEALTH	PERSONAL GROWTH

FAMILY & FRIENDS	SIGNIFICANT RELATIONSHIP

CAREER & FINANCE	FUN

05 YOUR TO BE LIST

ON YOUR MARKS

Ilt;s time to swap your ‘to do’ list for a more impactful ‘to be’ list! What kind of person do you need to be to make these changes?

GET SET

Using what you have written so far, draw out some statements of intent that move you away from dissatisfaction towards the life you want to be reflecting on this time next year.

GO!

Make sure your intentions are specific and tangible. When you say them out loud, replace the words 'I should...' with 'I would like to...' to remove distractions like feeling guilty or shameful!

Examples from my playbook:

I am a person who prioritises my own physical fitness.

I restrict my involvement in the joy-stealing activity of worrying.

I am ridiculously kind to myself around the challenge of having ADHD whilst navigating being peri-menopausal.

- 5 -

MY TO BE LIST

I AM A PERSON WHO MAKES TIME FOR...

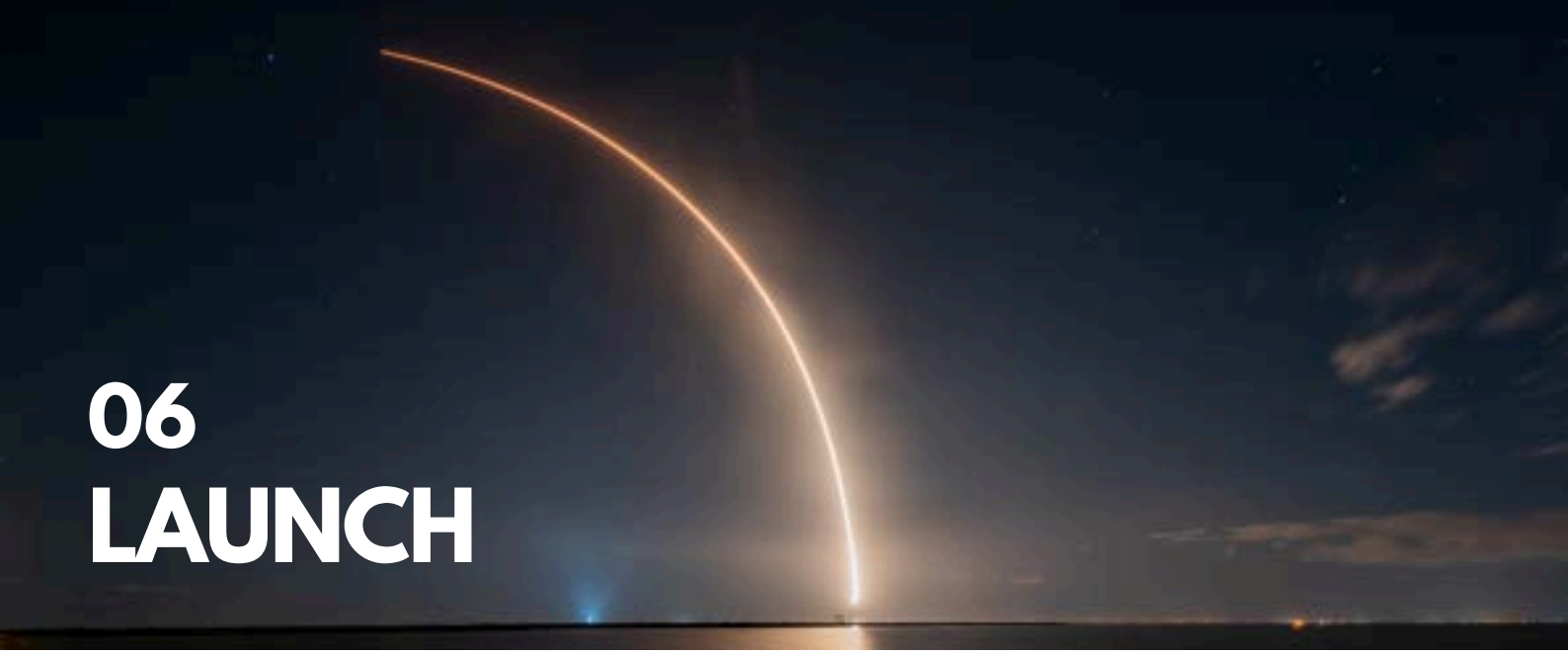
I RESTICT MY INVOLVEMENT IN THE JOY STEALING ACTIVITY OF...

I TAP INTO THESE RESOURCES...

I NO LONGER PUT OFF...

I AM RIDICULOUSLY KIND TO MYSELF ABOUT...

THIS TIME NEXT YEAR I WILL BE CELEBRATING...



06
LAUNCH

ON YOUR MARKS

Congratulations! You have successfully put yourself first. Now drill those intentions down into a clear focus point.

ON YOUR MARKS

If you could sum up your way of being in one word what would it be? Get that thesaurus out and find a word that encapsulates your intentions.

GO!

Finding your word of the year is like finding a good bra. You have to try on a fair few! Stick your word up so you keep it front of mind.

Example words:

intentional
resilience
compassion
courage
health
hope
fearless
balance
growth
joy

- 6 -

MY WORD OF THE YEAR

RUNNER UP WORDS...

AND THE WINNER IS...

Ready to turn these reflections into real transformation?

Join me on 8th April for my Mindset In Morocco retreat.

Special Offer: Book before Jan 31st 2025 and SAVE £100

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