

# Planning Your Year

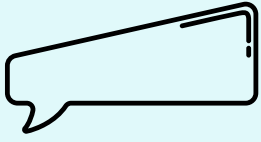


Think About Who  
You Want To Be  
This Year

Step 1: Take some time to think about who you want to be this year.  
Some questions to consider:

- Who I am in 2021?
- What themes want to be explored?
- What lessons am I bringing into this new year?
- What advice would I like to give myself as I start this year?
- What would I like to be my biggest triumph this year?
- What's one choice I want to be able to say I made?
- What would I most like to change about myself this year?
- What's on my stop doing list?
- What words do I want to live by?
- What will I say yes to?
- What will I say no to?
- What am I looking forward to learning?
- How will I honor my body?
- How will I expand my mind?
- What is one, as yet, undeveloped talent I am willing to explore?
- When I'm afraid I'll try to remember...
- When I'm having a bad day I'll try to remember...
- What do I think my biggest risk will be?
- What would I like to unlearn?
- What brings me the most joy and how am I going to do or have more of that?
- Who or what, other than yourself, am I most committed to loving and serving?
- Where am I one year from today?
- I'd love to commit to 30 days of:
- 5 things I want to do every day:

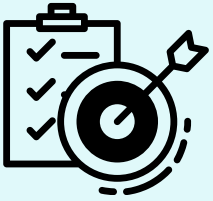
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Choose a One-Word/Phrase Theme for the Year

Step 2: Now that you know more about who you want to be and what you want out of your year, choose a One-Word Theme (or phrase) to guide you this year.

Tip: Choose something positive, hopeful, encouraging.



Choose Your Goals

Step 3: Choose between 1-3 goals you plan to achieve this year.

Remember:

- This doesn't mean these are the only things you can/will accomplish this year.
- You set the timeline. If you achieve your goal(s) early, set more!
- Start where you are. Make your goals measurable & achievable.
- Know your why. What's your compelling reason for wanting it?



Get Clear on How to Achieve Your Goals

Step 4: Get clear on how to achieve your goals by making it tangible

- What can you DO? What actions can you take to move closer to your goal?
- Write down ideas for how to incorporate those actions into the habits of your everyday life.
  - Ideas to make it easier: Schedule it. Monitor it. Get an accountability partner. Make it convenient. Pair it with something else.
- Write down a list of ways you can measure your progress towards meeting your goal.
- How can you make your goal & actions you're taking towards it visible to you each day?
- How & when will you check in on your progress? Be specific.