

# YOUR BEST YEAR EVER

5

STEPS TO  
MAKE IT  
HAPPEN  
FOR REAL



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## Reflect on last year.

When were you happy and focused? What filled your cup? And conversely what was an energy-drainer? When were you stressed and unhappy?

Did you feel challenged and appreciated at work or did you dread every minute of every day?

Who did you look forward to seeing and wished you could have spent more time with? Who was toxic? Were your relationships intentional and meaningful?

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Identify your year-long goals.

PERSONAL

HEALTH

WORK

HOUSEHOLD

ANYTHING ELSE?

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Identify your monthly goals.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

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Your monthly goals continued.

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

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Create a weekly schedule.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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## Create systems.

- Do I have a system for a daily to-do list?
- Do I have a place to keep my plans, thoughts and ideas?

## Prioritize self-care and have fun.

What is self-care for me?

What do I like to do for fun?