



“The only journey is the one within.”

~ Rainer Maria Rilke

Planner

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Welcome



Planner

Congratulations on taking the first step on your *journey inward!* This planner is an invaluable tool, which will be assisting you on your journey for the next year, as you find your inspiration, plan your goals and achieve your dreams! *Here's how it works:*

1. Inspiration

Choose the areas in your life you're inspired to transform

2. Goals

Turn those areas into achievable goals

3. Milestones

Use this 12-month calendar to map out & track your goals

4. Steps

Use this weekly calendar to create action steps for your daily life

5. Completion

Check off where you've been, & check in with where you are

6. Notes

Write about your feelings & experiences along the way

7. The Next Step...

Resources & tools for sustaining & continuing your journey

Let's get started...



Inspiration



*“To accomplish great things, we must not only act,
but also dream; not only plan, but also believe.”*

~ Anatole France





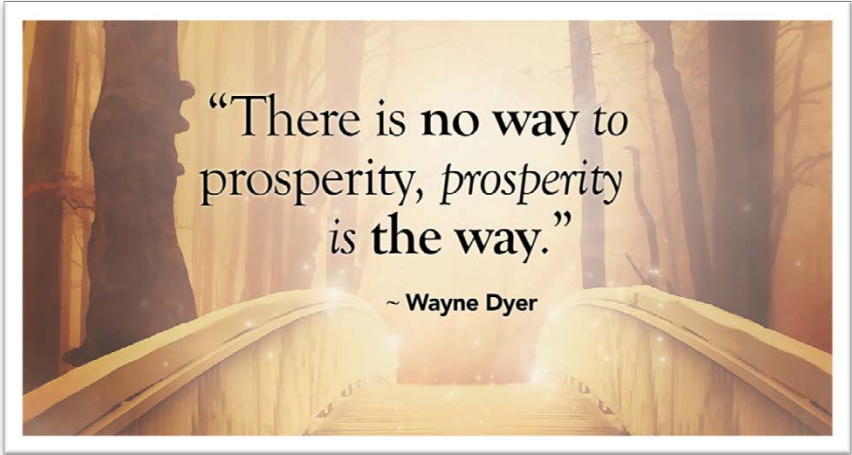
Find your Inspiration

Use the following pages to get inspired, and journal about the areas of your life you want to make changes in, or create goals around. Use this as a *creative area* where you can “dream big” and create the kind of life you want to live. Nothing is off-limits, and nothing is impossible! *Here are the areas of inspiration you can work on:*

- **Abundance** (money, prosperity & finances)
- **Self** (happiness, spirituality, self-confidence & beliefs)
- **Relationships** (love, family, friends & social life)
- **Education** (school, learning & wisdom)
- **Career** (skills, work & crafts)
- **Creativity** (Inspiration, imagination & art)
- **Motivation** (purpose, passion & achievements)
- **Health** (fitness/diet, energy & meditation)
- **Play** (hobbies & fun)
- **Service** (giving back, volunteering & philanthropy)

Find your Motivation

This section lets you talk about events and resources you can use to keep you inspired with your goals. *What will you do to refresh your energy and enthusiasm around your dreams?*



Abundance

Money, Prosperity & Finances

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Journal Questions:

- *What does this statement about prosperity mean to you?*
- *Can you have abundance without money, and vice versa?*



1. What's one area of **Abundance** you'd like to work on?

(Ex. "I'd like to start dating again," or "I want to learn to Tango!")

2. Why do you want to work on this?

(Ex. "My health is important," or "I want to make positive life changes")

3. What's the outcome you're looking for?

(Ex. "I want to be able to hold a conversation in Spanish")

4. How do you envision this affecting your life?

(Ex. "I will have a new sense of self-confidence and accomplishment")



Goals



*“Shoot for the moon.
Even if you miss, you’ll land among the stars.”*

~ Les Brown





SMART goal: (Ex. "Beat the 4-minute mile")

(mm/dd/yy)

1. [Empty text box]

/ /

1. What obstacles may come up while trying to reach this **Goal**?
(Ex. "At night I get hungry," or "Sometimes I have no self-confidence")

Three horizontal blue lines for writing.

2. Who in your life might support you in reaching this **Goal**?
(Ex. "My brother," or "My men's group")

Two horizontal blue lines for writing.

3. What happens if you reach this **Goal**?
(Ex. "I'll make the team," "I'd feel great," or "I'll take a spa day")

Two horizontal blue lines for writing.

4. What happens if you don't?
(Ex. "I'd be sad," "I won't make the team," or "I'll sell my PlayStation")

Two horizontal blue lines for writing.



5. What **Steps** can you take to help get you closer to this **Goal**?

Mini-SMART goals (ex. "Walk 15-min./day," or "Try 1 new recipe/wk.")

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

6. List up to 3 **Milestones** for this **Goal**:

(Ex. "1-mo. sobriety coin Sept. 7," and "3-mo. sobriety coin Dec. 7")



List your SMART Milestones: (In order, with end-dates) (mm/dd/yy)

a.	_____	/ /
b.	_____	/ /
c.	_____	/ /



Milestones



“It’s when ordinary people rise above the expectations and seize the opportunity that milestones truly are reached.”

~ Mike Huckabee





 SMART Goals

Re-list your **SMART Goals** below. You can refer back to this list when filling out your calendar.

SMART Goals:

- Specific ~ Target a specific area for improvement
- Measurable ~ Must be able to indicate or measure progress
- Achievable ~ Can realistically be accomplished
- Relevant ~ Are results-based, & related to the area of improvement
- Timely ~ Specify when the result(s) can be achieved

Re-list your SMART goals: (By priority, with end-dates) (mm/dd/yy)

1.		/ /
2.		/ /
3.		/ /
4.		/ /
5.		/ /
6.		/ /
7.		/ /
8.		/ /
9.		/ /
10.		/ /



📅 December 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
📅 1	1	1	1	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
1	1	1	1	1	1	1



Steps



*“The journey of a thousand miles
begins with a single step.”*

~ Lao Tzu





This Week

Update your week Monday	
<ul style="list-style-type: none"> • What do you want to work on? • Who could help support you? <p>Add steps by priority, check off when complete: (Ex. "do homework ✓")</p>	#1! _____ <input type="checkbox"/>
	#2. _____ <input type="checkbox"/>
	Support: _____
Tuesday Wednesday	
#1! _____ <input type="checkbox"/>	#1! _____ <input type="checkbox"/>
#2. _____ <input type="checkbox"/>	#2. _____ <input type="checkbox"/>
Support: _____	Support: _____
Thursday Friday	
#1! _____ <input type="checkbox"/>	#1! _____ <input type="checkbox"/>
#2. _____ <input type="checkbox"/>	#2. _____ <input type="checkbox"/>
Support: _____	Support: _____
Saturday Sunday Do some journaling	
#1! _____ <input type="checkbox"/>	#1! _____ <input type="checkbox"/>
#2. _____ <input type="checkbox"/>	#2. _____ <input type="checkbox"/>
Support: _____	Support: _____



Completion



*“All our dreams can come true
if we have the courage to pursue them.”*

~ Walt Disney





Completed SMART goal: (with end-dates)

(mm/dd/yy)

1.	
----	--

/ /

Completed milestones: (In order, with end-dates)

(mm/dd/yy)

a.	
b.	
c.	

/ /
/ /
/ /

1. How will you sustain the changes you've made?

(Ex. "I will ask friends for support when I don't want to go to the gym")

2. What new goals do you have for yourself around this?

(Ex. "now that I've learned piano I want to take up guitar")



Notes



*“Writing is the only way I have to
explain my own life to myself.”*

~ Pat Conroy





(mm/dd/yy)

/ /

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