



MY WORD FOR THE YEAR IS



Think about how you can apply this word to each area of your life and add an intention for each box. This will help you with the next section.

Personal life & family

Career

Friends & community

Relaxation & hobbies

Physical health & fitness

Self-knowledge & mental health

Habits that define you

*A better tomorrow**

*What will you do this year to leave the world in a better shape than you found it?



ACTION PLAN FOR THE YEAR



For this part, write down the steps that you will take each month to accomplish your intentions. Take into account all the answers you put down on the previous page and make sure your steps are achievable.

January

February

March

April

Mai

June



ACTION PLAN FOR THE YEAR



July

Blank space for planning actions for the month of July.

August

Blank space for planning actions for the month of August.

September

Blank space for planning actions for the month of September.

October

Blank space for planning actions for the month of October.

November

Blank space for planning actions for the month of November.

December

Blank space for planning actions for the month of December.