



THE YEAR AHEAD 2018

A GOAL OR DREAM WITHOUT A PLAN IS JUST A WISH. ANYTHING IS POSSIBLE IN LIFE WITH THE RIGHT PLAN.

1 MY YEARLY PLAN

1.1 WHAT IS THIS?

This worksheet will help you assess the past year and plan the year ahead of you. Planning your year is a good habit. It can help you become more aware of your successes and sorrows, while making you realize how much can happen in just a year. By learning about yourself each year, you can plan your future in a way that further fulfils your life purpose.

1.2 WHAT DO I NEED?

- At least 1 hour of uninterrupted time to print and complete - Honesty, openness and self-awareness
- A clear mind that is ready for personal reflection
- This document downloaded electronically
- A print out, and a nice pen

2 THE PAST YEAR

2.1 LAST YEARS HIGHLIGHTS

Go through your last year in your mind or calendar. What were the big themes, important events, projects, changes or shifts in your life?

3 THE PAST YEAR

3.1 SUMMARY

What aspects were the most important to you in the following areas last year? Which happenings or events were the most significant? Summarize.

PERSONAL LIFE & FAMILY

WORK SCHOOL OR PROFESSION

BELONGINGS (HOME, OBJECTS)

RELAXATION, HOBBIES, CREATIVITY

FRIENDS, COMMUNITY

HEALTH, FITNESS

INTELLECTUAL

EMOTIONAL, SPIRITUAL

FINANCIAL

BUCKET LIST

*** These aspects are defined by what was important to you. You do not need to fill all, but being aware of all of these components to your life is the awareness needed to find balance.*

FOUR SENTENCES ABOUT MY PAST YEAR

THE WISEST DECISION I MADE

THE BIGGEST LESSON I LEARNED

THE BIGGEST RISK I TOOK

THE MOST IMPORTANT THING I DID FOR OTHERS

4 FORGIVENESS + LETTING GO

4.1 SUMMARY

FORGIVENESS

Did anything happen to you during the past year that still needs to be forgiven? Write it down here and try to forgive yourself.

LETTING GO

Is there anything else you need to say? Is there anything else you must let go of before you can start your next year?

4.2 THE BOOK OF MY PAST YEAR

A BOOK WAS MADE ABOUT YOUR PAST YEAR, WRITE DOWN IT'S TITLE

You are done with the past year. You've finished the first part. Congratulations, take a deep breath.

5 THE YEAR AHEAD

5.1 DARE TO DREAM BIG

What does the year ahead look like? What will happen in an ideal case? Why will it be great and help you fulfil your purpose?

5.2 REMOVE DISTRACTIONS

THIS YEAR I WILL NOT PROCRASTINATE ANYMORE BY

THIS YEAR I WILL ADVISE MYSELF TO

THIS YEAR I WILL DRAW THE MOST ENERGY FROM

6 THE YEAR AHEAD

6.1 SUMMARY

Define the most important aspects of next year in the following areas. Which events will be the most important? Summarize.

PERSONAL LIFE & FAMILY

WORK SCHOOL OR PROFESSION

BELONGINGS (HOME, OBJECTS)

RELAXATION, HOBBIES, CREATIVITY

FRIENDS, COMMUNITY

HEALTH, FITNESS

INTELLECTUAL

EMOTIONAL, SPIRITUAL

FINANCIAL

BUCKET LIST

*** These aspects are defined by what was important to you. You do not need to fill all, but being aware of all of these components to your life is the awareness needed to find balance.*

6.2 | SECRET WISH

Unleash your mind. What is your secret wish? What must happen to feel fulfilled in 2018?

6.3 | MY WORD FOR THE YEAR AHEAD

Pick a word to symbolize and define the year ahead. You can look at this word if you need some extra energy or reminders if you get off track. Visualize it all year.

MY WORD FOR 2018:

CONGRATULATIONS!

You're now done with planning your year. If you'd like to give back to us for this exercise, please take a photo or share a post on social media tagging Scoreboard Group (Facebook or LinkedIn) and feel free to use the hashtags #my2018plan #scoreboardgroup. Remember that annual goal planning is traditionally a way to set means goals for your life. If you've already mastered this art, consider setting end goals for your life with our highly acclaimed purpose plan™. Visit www.mypurposeplan.com to learn more about using end goals to determine your larger purpose in life.

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