

SEE IT. MAP IT. DO IT.©
ORGANIZE YOUR YEAR



NAME _____ YEAR _____

MY ONE WORD
MY PERSONAL THEME 3–5 words only.
MY THREE CORE VALUES
1. 2. 3.
MY FIVE MOST IMPORTANT ANNUAL ROLES & GOALS Choose one goal or project for each role.
1. 2. 3. 4. 5.
MY DAILY & WEEKLY PRACTICE FOR THE YEAR The purpose of this practice is to connect with my higher self and body.
Daily: Weekly:
MY TOOLS OF CHOICE
Calendar tool:
Tasks/Projects tool:
Journal/Creating tool:
Contacts tool (for names, addresses, telephone numbers, etc.):