

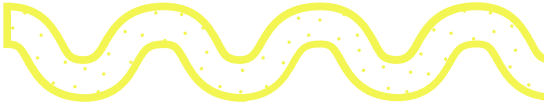
# Vision Planner



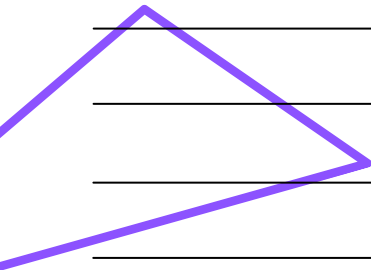


# Brain Dump

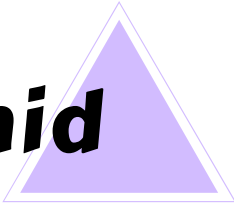
My Goals



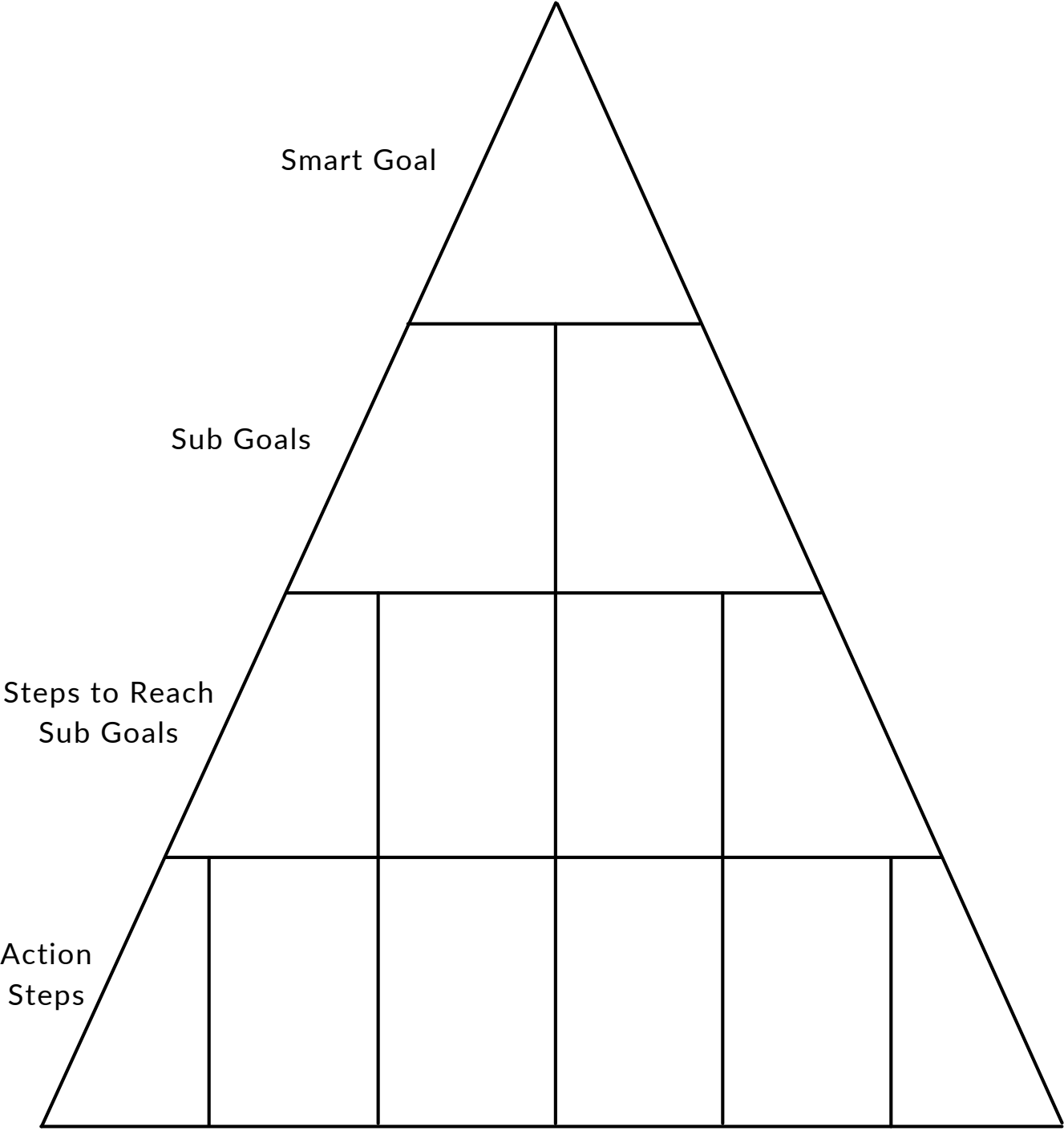
A series of 25 horizontal black lines spaced evenly down the page, intended for writing notes or goals.



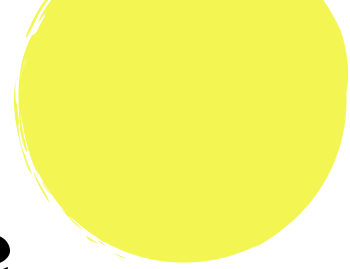
# Goal Planner Pyramid



Goal

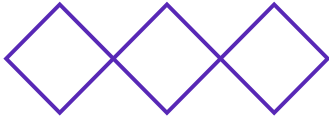


# Time Exercise



Feelings	Location	Typical Day
<i>today</i>		
<i>in one month</i>		
<i>in half year</i>		
<i>in one year</i>		
<i>in two year</i>		
<i>in five year</i>		





# Vision Plan

Start Date \_\_\_\_\_

End Date \_\_\_\_\_

PRIMARY GOAL

SECONDARY GOALS

CATEGORIES

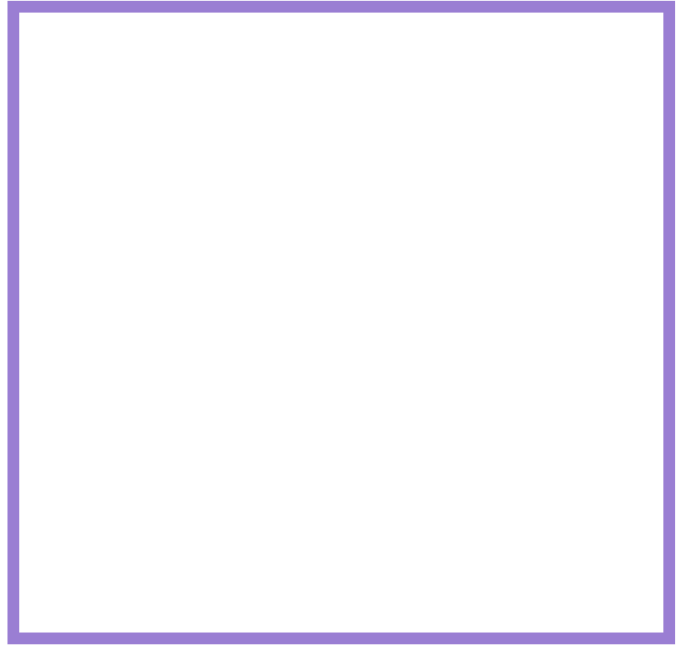


# Getting in touch with my vision

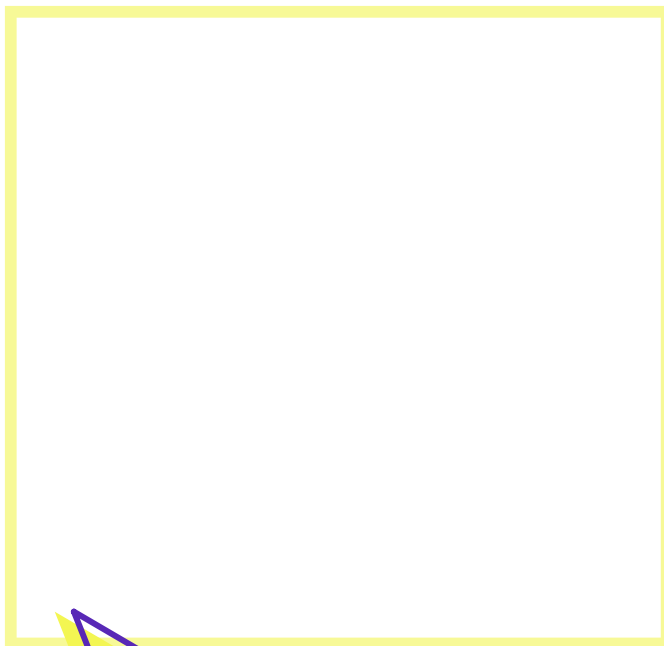
I am



I feel



I let go of



I envision



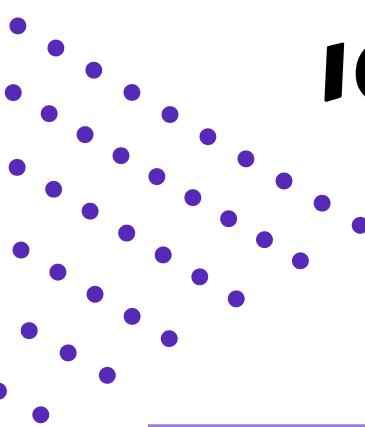
# Positive Self Talk

Use this page to identify the ways you indulge in negative self-talk and replace them with positive self talk.

Negative	Positive







# 10 Unique & Special Things About Me



# Vision Board

What do you want your life to look like 1, 5 and 10 years from now?



What do you want to accomplish, create, or do in life?



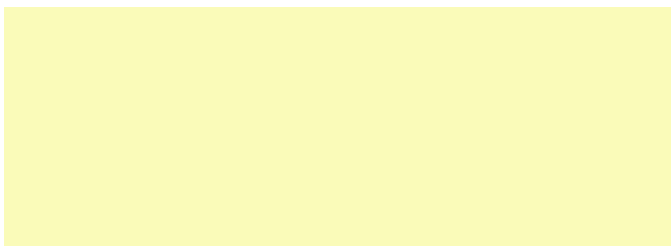
Who and what makes you happy?



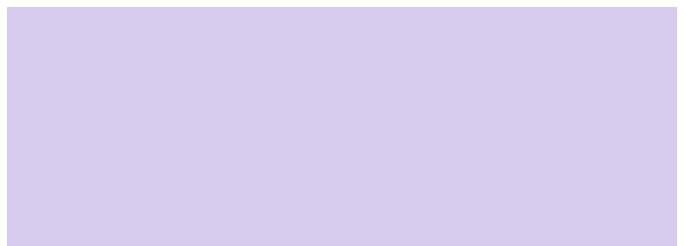
Where do you want to live or travel to?



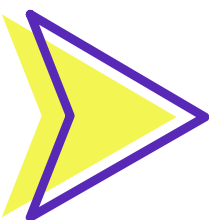
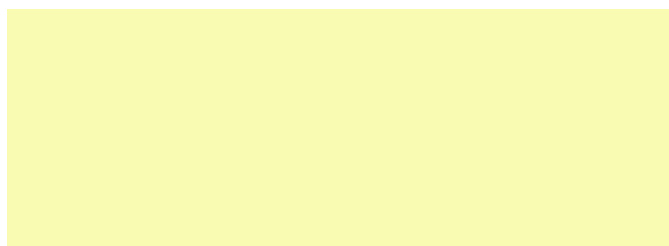
What would your ideal day or life look like?



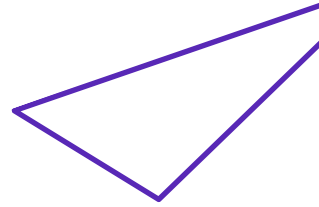
What area of your life do you want/need to improve?



Who do you want to help?



# My Vision



Family

Personal development

Health & Fitness

Finances

Career

Relationship

Fun + Recreation

Giving + Charity

Enviroment

Spiritual & Community

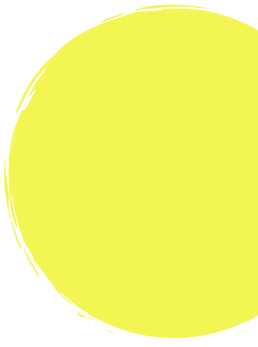


# Vision Map

Category	Goal



# Weekly Reflection



Week of \_\_\_\_\_

3 Wins This Week

- 1** \_\_\_\_\_
- \_\_\_\_\_
- 2** \_\_\_\_\_
- \_\_\_\_\_
- 3** \_\_\_\_\_
- \_\_\_\_\_

What's Going Well?

What's Not Working?

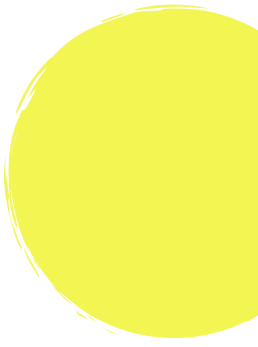
Action Steps to Take for Next Week

Focus for Next Week

Notes



# Weekly Reflection



Week of \_\_\_\_\_

3 Wins This Week

- 1** \_\_\_\_\_
- \_\_\_\_\_
- 2** \_\_\_\_\_
- \_\_\_\_\_
- 3** \_\_\_\_\_
- \_\_\_\_\_

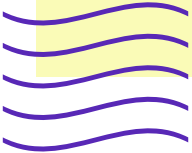
What`s Going Well?

What`s Not Working?

Action Steps to Take for Next Week

Focus for Next Week

Notes



# Monthly Assessment

Month of \_\_\_\_\_

This Month Rating

**1 2 3 4 5 6 7 8 9 10**

Milestones of this Month

- 
- 
- 

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What's Not Working?

What's Going Well?

Goals for Next Month

# Monthly Assessment

Month of \_\_\_\_\_

This Month Rating

**1 2 3 4 5 6 7 8 9 10**

Milestones of this Month

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What`s Not Working?

What`s Going Well?

Goals for Next Month





# Yearly Review

Year of \_\_\_\_\_

My Goal Was

Did I reach My Goal?

---

January	July
February	August
March	September
April	October
May	November
June	December

What was not Working?

What was Going Well?





# Yearly Review



Year of \_\_\_\_\_

This Year Rating

**1 2 3 4 5 6 7 8 9 10**

Best Moments

Hardest Moments

Favorites From This Year

Movies

---

Tv-Shows

---

Songs

---

Books


---

Projects

---

Recipes

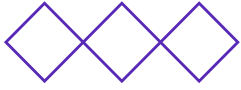
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Trend color

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# Monthly Mood Chart



Month/ Year \_\_\_\_\_


Happy  
Joyful  
Content  
Relaxed

Sad  
Lonely  
Depressed  
Insecure

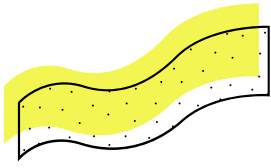
Sick  
Tired  
Bored  
Lazy

Average  
Normal  
Ok  
Fine

Angry  
Anxious  
Frustrated  
Annoyed

# Habit Tracker

Month \_\_\_\_\_



Habit:																														
Rewards:																														
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

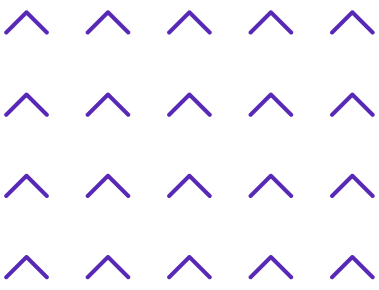
Habit:																														
Rewards:																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Habit:																														
Rewards:																														
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

Habit:																														
Rewards:																														
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

Habit:																														
Rewards:																														
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



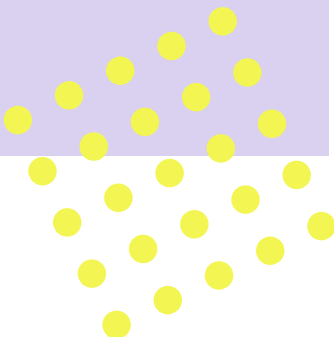


# Letting Go

Year/ Date \_\_\_\_\_

It`s Time to Let Go of...	Who Needs to Know
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Notes





# Personal Taste

Year/ Date \_\_\_\_\_

Things I can do when I`m sad

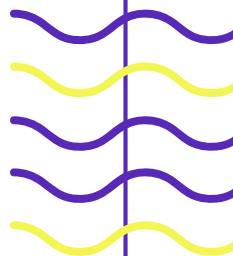
Things I can do when I`m bored

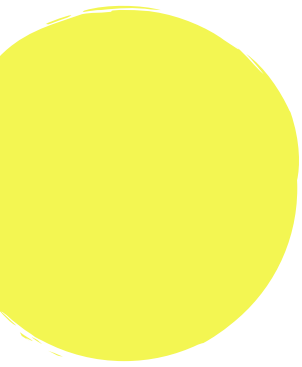
Things I am proud of

Things I can develop to be better

My favorite music/films/books

Notes





# Choices

Year/ Date \_\_\_\_\_

- The Change I Want to Focus on?

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- What is Going on in my Life NOW?

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- What Would It be Like if it were Different?

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All My Choices	Outcome of Each Choice
----------------	------------------------

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>





# Self Care Plan

Month \_\_\_\_\_

Monthly Goals
---------------

Intentions
------------

Notes
-------

Body	
_____	_____
_____	_____
_____	_____

Mind	
_____	_____
_____	_____
_____	_____

Spirit	
_____	_____
_____	_____
_____	_____

My Supports: \_\_\_\_\_  
\_\_\_\_\_



# Today's Plan of Action



M T W T F S S

Appointments

Must Get Done Today

Notes

## Schedule


## Gratitude

## Food Plan

## Exercise & Health

## To-Do List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Prep for Tomorrow

## My Treat for Today

# Today's Plan of Action



## Schedule

M T W T F S S

Appointments

Must Get Done Today


Gratitude

Food Plan

Exercise & Health

Notes

## To-Do List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Prep for Tomorrow

My Treat for Today

