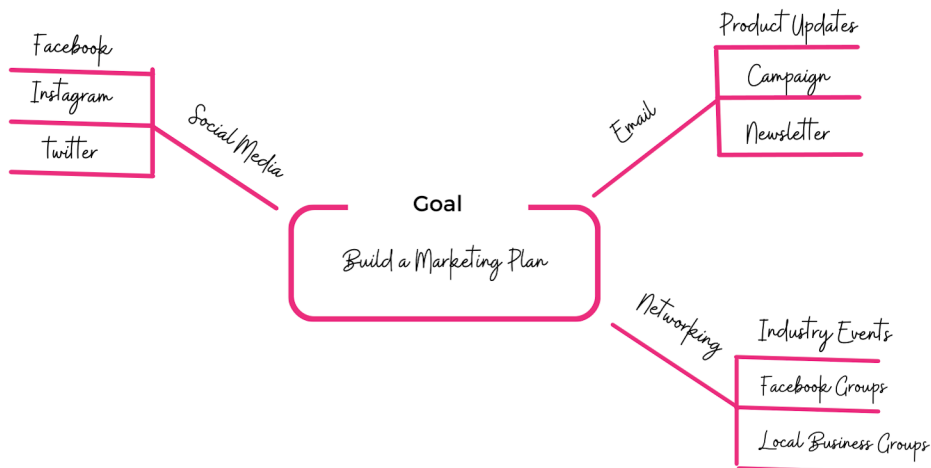


# 2024 PLANNING

## Summary

- Fill out the following worksheets.
- Use them to break down your Yearly, Monthly and Weekly Goals in achievable bites.
- Always write your goals using a positive voice.
- Focus on the next 3 months/12 weeks.
- Put them inside your planner or hang them on a bulletin board to review on a regular basis.

## Mind Map Example



## Goal Setting Example

GOAL	ACTIONS	CHANGES
Have a regular mediation practice	<ul style="list-style-type: none"><li>• Put it on my calendar</li><li>• Find a mediation I enjoy</li></ul>	<ul style="list-style-type: none"><li>• Make it a non-negotiable activity</li><li>• Wake up earlier</li></ul>

# MY FUTURE

What **PHYSICAL THINGS**  
would you like to have?

---

---

---

---

---

---

---

---

---

---

---

---

What **EXPERIENCES**  
would you like to have?

---

---

---

---

---

---

---

---

---

---

---

---

What **RELATIONSHIPS**  
would you like to have?

---

---

---

---

---

---

---

---

---

---

---

---

How would you like your  
**BODY** to feel?

---

---

---

---

---

---

---

---

---

---

---

---

DATE \_\_\_\_\_

# MY BUSINESS IN 2024

What would I like to accomplish in the next 3 months

---

---

---

---

---

---

---

---

---

---

---

---

What would I like to accomplish in the next 12 months

---

---

---

---

---

---

---

---

---

---

---

---

What type of person do you need to become to achieve these goals?

---

---

---

---

---

---

---

---

---

---

---

---

What would you need to learn or change to accomplish this?

---

---

---

---

---

---

---

---

---

---

---

---

DATE \_\_\_\_\_



# MIND MAPPING

GOAL



DATE \_\_\_\_\_

# 12 MONTH GOALS

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

# 3 MONTH GOALS

from \_\_\_\_\_ to \_\_\_\_\_

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

# GOALS FOR THE WEEK OF \_\_\_\_\_

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

GOAL	ACTIONS	CHANGES

# 24 IN '24

You are more likely to succeed when you are focused on your goals  
What 24 things do you want to accomplish or experience in 2024.



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_
- 11 \_\_\_\_\_
- 12 \_\_\_\_\_
- 13 \_\_\_\_\_
- 14 \_\_\_\_\_
- 15 \_\_\_\_\_
- 16 \_\_\_\_\_
- 17 \_\_\_\_\_
- 18 \_\_\_\_\_
- 19 \_\_\_\_\_
- 20 \_\_\_\_\_
- 21 \_\_\_\_\_
- 22 \_\_\_\_\_
- 23 \_\_\_\_\_
- 24 \_\_\_\_\_