

# 2023 Overview

List 5 moments or things from the past year that brought you joy/happiness

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List 5 moments or things from the past year that brought you despair/sadness

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Describe daily habits from this year that worked well for you.

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What was a key lesson or takeaway from 2023 that stands out?

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What new things did you try this year and how did they go?

What drained energy this year? Review your calendar and look at what activities, people or projects CONSISTENTLY drained energy from your life/work

What are habits/ideas you want to leave in 2023?

What are habits/ideas you want to bring to 2024?

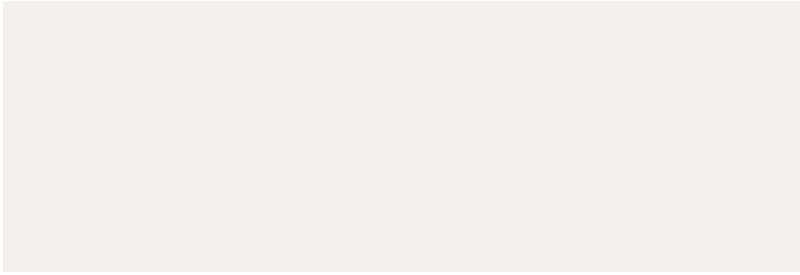
What is a saying/word/phrase that you would like to represent 2024?

## 2023 Data Review

Here is a place to review any data/habits that you tracked last year. Reading? Walking? Gym check ins? Nutrition info etc.

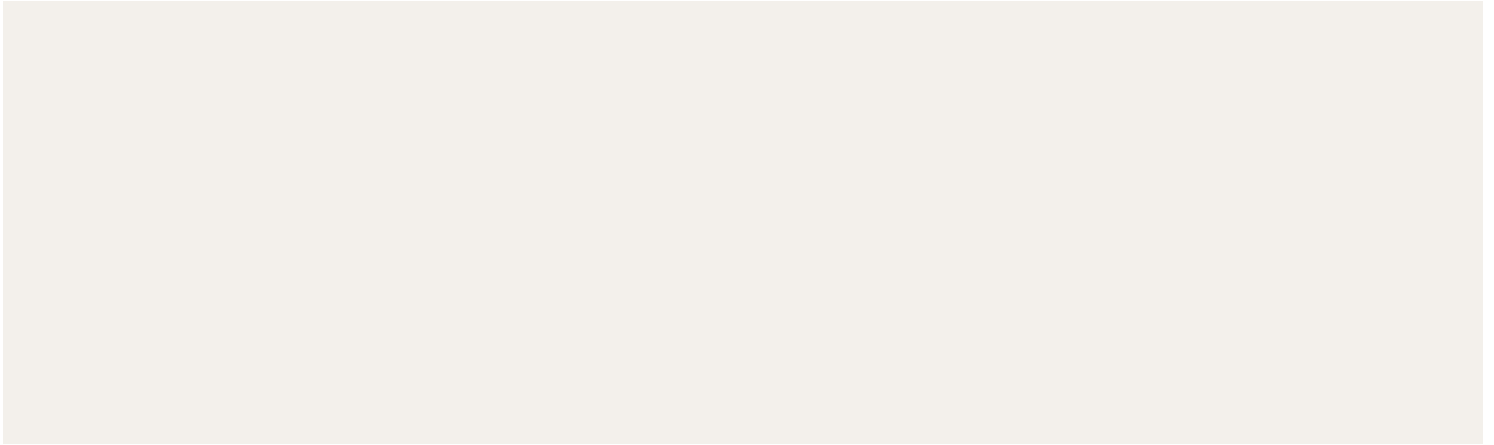
Jan		Jul	
Feb		Aug	
Mar		Step	
Apr		Oct	
May		Nov	
Jun		Dec	

Another area for data review

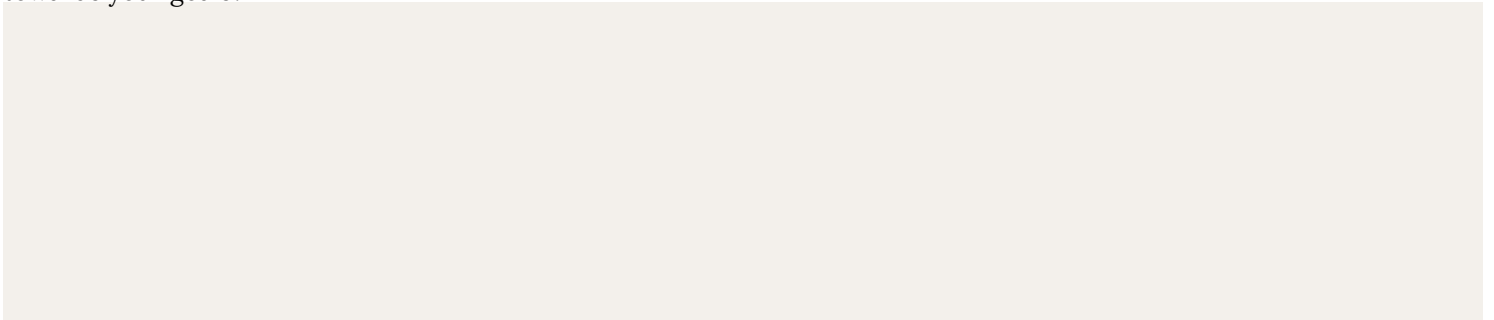


Jan		Jul	
Feb		Aug	
Mar		Step	
Apr		Oct	
May		Nov	
Jun		Dec	

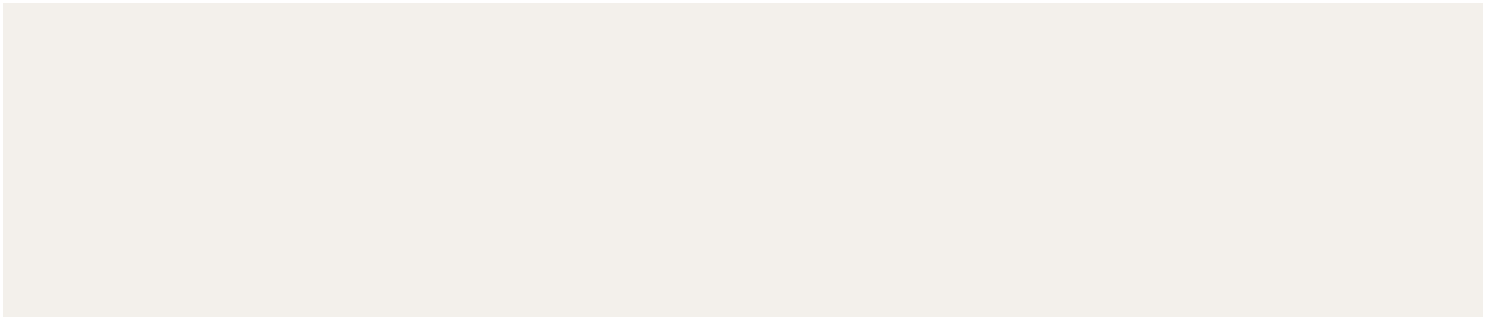
What patterns do you see in this data? What habits lead to the most success? What took away from your progress?



What do you think played a role in your overall progress/lack of progress towards your goals?



Based on the 2023 overview and data review how would you grade 2023? Overall thoughts?



# 2024 Planning

Now before we get into the planning piece of things let's really define who and what we are going to be in 2024. You want to create the most vivid picture of what your life will look like.

Where are you physically? (In a house/an apartment/renovated current space?)

What does your daily life look like?

What does your mental health/self care look and feel like?

What does your physical health look like?

How does your financials impact your life?

What does work look like?

How do your relationships play into this version of you?

How does your family time play into this?

# Brain Dump for 2024.

Based on that visualization and the getting specific now list everything and anything you want to accomplish/do in 2024. Nothing is too big or too small to go on this list. Could be content ideas, projects, systems, literally ANYTHING.

A large, empty, light beige rectangular area intended for writing a brain dump for 2024. The area is completely blank, providing a space for the user to list their goals, projects, and ideas for the year.

# Your Action Plan

What are the items from the brain dump that most align with the 2024 vision?

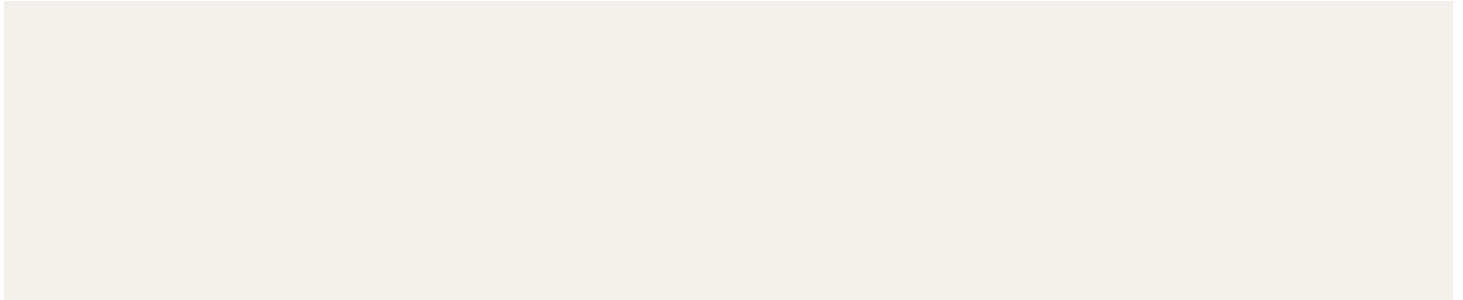
Brainstorm and list any extra resources you will need to reach these items.

Establish a timeline for your plan over the next twelve months.

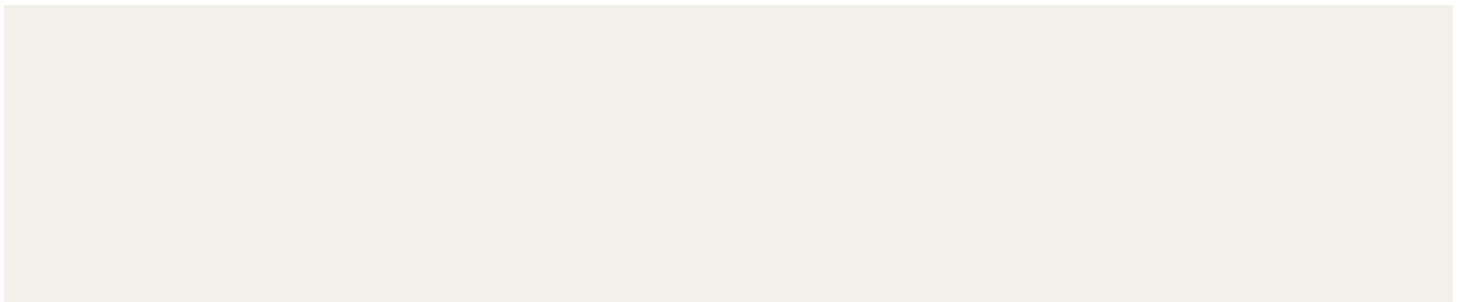
January	July
February	August
March	September
April	October
May	November
June	December

How are you going to collect data on the goals from above? Also think about how you will pivot if you are not meeting deadlines you set.

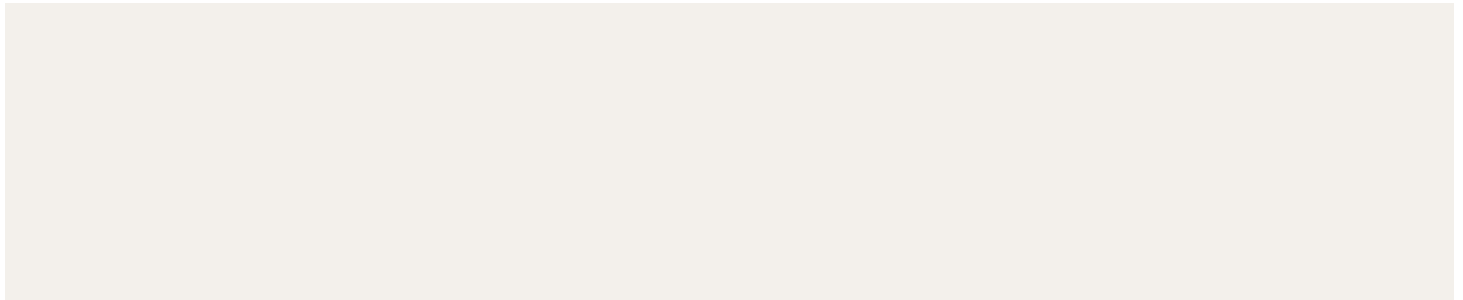
**Q1: January - March**



**Q2: April - June**



**Q3: July - September**



**Q4: October - December**

