

YEAR PLAN

2019

Time to reflect and project

Brought to you by the Week Plan team



30 minutes

*Print this booklet to get the most value out of the experience.
You can skip printing the last page.*

The past year

Remember

What are the major highlights, good and bad, of the past year?

Intellectual

Emotional

Health

Finances

Work

Re-creation

Friends

Family

The past year

Statements

The most important decision I made...

The biggest lesson I learned...

The biggest risk I took...

The biggest surprise of the year...

The new friends I met...

The past year

Questions

What are you the most proud of?

Who are the people who influenced you the most and how?

Who are the people you have influenced the most and how?

What have you not been able to accomplish this year?

What are you most grateful for?

The past year

Memorable moments

What are your fondest memories of the past year?

A large, empty rectangular box with a dashed border, intended for the user to write their fondest memories of the past year.

The past year

Achievements

List your top 3 greatest accomplishments of the past year

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What went well in accomplishing them?

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What could you have done better in accomplishing them?

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This year

Vision for this year

How would an ideal year look like in each area of your life?

Intellectual



Emotional



Health



Finances



Work



Re-creation



Friends



Family



This year

Milestones and events this year

What are some of the key milestones you would like to achieve throughout the year? What events are already planned?

First 6 months

January

February

March

April

May

June

Notes

This year

Last 6 months

July



August



September



October



November



December



Notes



This year

New habits

If you could only implement three new habits this year, what would they be?

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Once new habits are formed, they become close to effortless.

How could you change your environment to make implementing these habits easier?

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By removing friction to do something, you are more likely to do it.

Congratulations!

Reflecting and planning are very important steps people tend to ignore.

Feel free to share this document with people you care about



Week Plan

<https://weekplan.net>