



# YEAR PLAN

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Time to reflect and project

2026

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?



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**

**NOTE**



This year

Last 6 months

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

NOTE



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.

Brought to you by the Week Plan team



## Week Plan



<https://weekplan.net>

*Feel free to share this document with people you care about*

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