Book of Plans

How does this goal support your values? Advancement Dat Dat Dat Distacles Distacles Distacles Domnitment Cadence	
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Commitment Cadence	
Celebration Plan	

Imagine a Future.	
can imagine, even truly want from l should I drop or like? How will I want? Where will I admire and want	al life 3-5 years from now—the boldest vision you if it feels far off. Ask yourself: What do I ife? What skills will I master? Which habits build? What will my health and social life look spend leisure time? What kind of family life do I I be in my career and financially? What traits do to grow into? What would I do if I had no fear? on will I grow into? Start by freewriting before wer below.

Goal

How does this goal support your values?
Advancement Date
Tangible Results
Obstacles
Impacts of Success
Commitment Cadence
Celebration Plan

Imagine a Future

Goal # How does this goal support your values? Advancement Date Tangible Results Obstacles Impacts of Success Commitment Cadence Celebration Plan

A Year of Growth Imagine your life 12 months from now. Where do you want to be, and what do you hope to have accomplished? Be specific and aim for goals that excite you, even if they feel slightly out of reach. Think about how you want to grow personally, professionally, and emotionally. What changes do you want to see in your work, your relationships, and your overall well-being?

Goal

How does this goal support your values?
Advancement Date
Tangible Results
0bstacles
Impacts of Success
Commitment Cadence
Celebration Plan

A Year of Growth

Month #	/	/ 20	->	/	,	/ 20
Week #					/	
Week #					/	
111- #					,	
Week #					/	
Week #					/	

12 Week Potential		Month #	/	/ 20	->	/	/ 20
Imagine how your life will change over the next twelve weeks. Aim for progress that feels bold but within your reach. What fears will you face head-on? What talents will you grow? What knowledge will you seek out? What routines will help—or hold you back? Who will you spend time with? How will you relax or have fun? What kind of home life do you want? What will change at work or with money? How will you evolve as a person? Who are you choosing to become?		Week #				1	
		Week #				/	
	-	Week #				/	
							
							
		Week #				/	

The Consequences of Inaction	
Though it may feel unsettling, envision the genuine consequences of not honoring your commitments. Picture the most serious yet believable outcome. What does that scenario look like? Who do you become, and how are your health, finances, and relationships affected?	f

Month #	/	/ 20	->	/	/ 20
Week #				/	
Week #				/	
Week #				/	
Week #				/	

A Commitment to Growth
I, (your name), vow to be true to my word and to live with intention. I will no longer treat my time as something to be taken for granted. From this moment on, I commit to striving for my fullest potential—for myself, for those I care about, and for the greater good. I promise to dedicate time to this journal each day until it is complete, and through this practice, to bring my dreams, my purpose, and my highest self into being.

Important Dates