

Book of Plans

Goal #

How does this goal support your values?

Advancement

Date

Tangible Results

Obstacles

Impacts of Success

Commitment Cadence

Celebration Plan

Imagine a Future...

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

Obstacles

Impacts of Success

Commitment Cadence

Celebration Plan

[illegible]

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

Week #	/

Week #	/

Week #	/

Week #	/

[illegible]

Week #	/
Week #	/
Week #	/
Week #	/

[illegible][illegible][illegible]

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

Week #	/

Week #	/

Week #	/

Week #	/

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

Week #	/

Week #	/

Week #	/

Week #	/

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

Week #	/

Week #	/

Week #	/

Week #	/

Week #	/
Week #	/
Week #	/

Week #	/
Week #	/
Week #	/

Week #	/

Week #	/

Week #	/
Week #	/

[illegible][illegible]

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