START HERE

2021, THE BEST YEAR OF MY LIFE- promises, thoughts, plans and wishes for the new year.

FINISH HERE

What's one thing you did in 2020 that you're proud of?

It's 2021's New Year's Eve. What are you most proud of now?

HEALTH & WELL-BEING

EMOTIONAL (feelings, conscious etc.)

PHYSICAL (body, training, eating etc.)

MENTAL (thoughts, memories, awareness etc.)

SPIRITUAL (meditating, thinking practices etc.)

RELATION-SHIP

LOVE (partner, marriage, being single etc.)

FAMILY (kids, parents, relatives, celebrations etc)

FRIENDS (connection, events etc.)

CHARITY (money, help, volunteering etc.)

MYSELF (desires, connection etc.)

COMMUNITY (volunteering etc.)

GROWTH

CREATIVITY (painting, music, writing etc.)

INTELLECTUAL (reading, learning etc.)

LIMITING BELIEFS (what holds me back?)

AMBUNDANCE

SKILLS (what makes me unique? How I develop it? etc.)

INCOME (regular income etc.)

SIDE PROJECTS (extra money etc.)

SAVINGS (peace of mind)

INVESTMENT (long-term fundraising)

COMMUNITY (people who help me to grow, who I help to grow etc.)

VOCATION

GOALS (what do I want to achieve? etc.)

DEVELOPMENTS (what helps me grow etc.)

EXPERIENCES

ADVENTURES (travelling, discovering, adventures, excitement etc.)

ENVIRONMENT

HOME (furniture, repair etc.)

NATURE (gardening etc.)

SHOPPING (groceries, clothes etc.)

OTHER

DAILY PRACTICAL

OTHER

CLEANNESS (tiding, laundry etc.)

PLAY (fun, laught etc.)

UNSTRUCTURED TIME (spontaneous, planned time with no plans etc.)

HOW TO MAKE IT WORK:

- FIRST- take a look at the whole visual.
- For each thing, write only 1-2 things that you want to change, strengthen or pay attention to.
- Fill it in any order- start where the thoughts come first.
- FEEL FREE TO DRAW AND SKETCH!
- It's ok if some boxes are left blank.
- Not all things need to be important to you.
- Print out and put somewhere you see it every day.
- ACT ON IT!

MOST IMPORTANT:

HAVE FUN BUT ALSO-TAKE IT SERIOUSLY!

ASPECTS TO CONSIDER:

- What would make me happier?
- Am I starting small enough? Or big enough?
- What is a concrete habit that would bring about change?
- What works for me?
- How am I going to hold myself accountable?

MADE BY Kati Orav @ creativitycatcher.com WITH A LITTLE HELP OF: Noor Hibbert, Marie Forleo, Lisa Nichols, Gretchen Rubin, Vishen Lakhiani