

Planning My Year

Let yourself free to dream! Listen, read or see things that inspire you! Music, videos, books, paintings, movies, podcasts, audiobooks, vision boards...

Look for inspiration everywhere!

Now, write it all down in detail!

Visualize that you are already living your ideal life and you are watching yourself from a distance. Then write it down in each area, as if it has already happened!

Personal growth	Environment
Career	Health & Fitness

Finances

Family and friends

Romance

Fun and leisure

Giving

Other