

NEW YEAR MINI-PLANNER

The New Year is the perfect time to think through your personal goals, core values, and your overarching life-anchors. Solidifying these will help you to center your plans around your personal priorities and needs, energizing you to focus on what matters most to you this year.

MISSION MAP: 5Ps

Use this guide to determine this year's focus and identify your core values.

CREATING YOUR WELLNESS VISION

Make a note of your SMART goals in this section. Setting SMART goals creates purposeful urgency that you can balance with intentional rest and recreation.

BIG PICTURE PRIORITIES

In this section, you can break the 12 months down individually to visualize how you'll carry out your year's goals over time.

This Mini-Planner was adapted from the

Priority Planner & Wellness Log by *Sohailla Digsby, RDN, LD, CPT.*



Set SMART goals:

Specific
Measurable
Attainable
Relevant
Time-bound

Example of a not-so-SMART goal:

Exercise more and eat fewer sweets.

Example of a SMART goal:

This week, exercise 5 of 7 days (30 min. each) & eat a maximum of two 200-calorie desserts: one on Tuesday and one on Saturday night.

*Need ideas for SMART goals? Request to join our private **RESOLVE** group on Facebook! We post our Monday goal weekly and follow-up for accountability throughout the week. Join us!*

MISSION MAP: 5Ps

Date:

PRIORITIES

In order to best plan around your personal priorities, put some thought into what they are, and how they relate to each of the six areas of wellness noted below.



To decide what to prioritize over the next 12 weeks, consider the following final four "P"s:

PASSIONS

What gets you excited? What are you made to do? Who were you made to be?

PROJECTS

What's on your radar for this upcoming season? Use the Big Picture Priorities calendar page to jot down your thoughts.

PROGRESS

Where do you need to see progress being made?

PEOPLE

Who are "your people"? This Planner prompts you to enjoy life with them strategically. Your people are those who are an integral part of your life: those who are bold enough to hold you accountable, and close enough to see the barriers and bumps in the road, encouraging you as they journey through life alongside you.

CREATING YOUR WELLNESS VISION

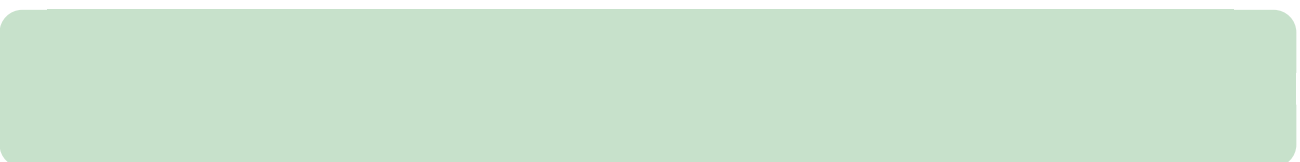
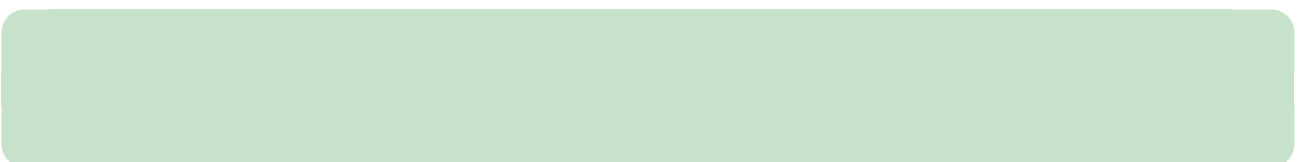
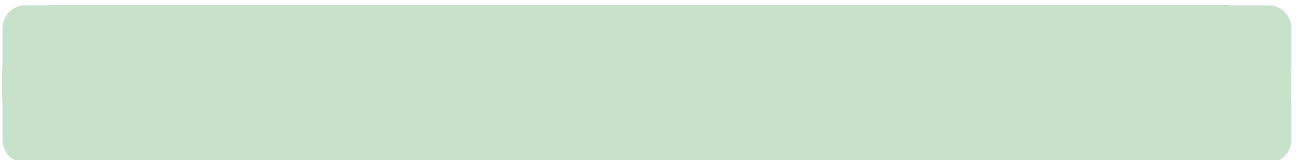
Creating your new, healthy lifestyle takes time and a roadmap. Take a moment to visualize what your "new normal" will be like when you reach your long-term goals. Considering the Mission Map you completed on page 6, as well as the look and feel of your future once you've adopted consistent habits, where would you like to see your wellness within the next year?

My Long-Term SMART Goal (6-12 months):



On the following page, you can map out how you'll break down the long-term goal you shared above. Segmenting big goals into quarterly short-term goals makes them more realistic to attain. In the next 3 months, what are the 3 top priorities that you want to accomplish in terms of your wellness?

My 3 Short-Term SMART Goals (3 months):



BIG-PICTURE PRIORITIES

JANUARY

FEBRUARY

MARCH

• 1st quarter

APRIL

MAY

JUNE

• 2nd quarter

JULY

AUGUST

SEPTEMBER

• 3rd quarter

OCTOBER

NOVEMBER

DECEMBER

• 4th quarter