



YOUR YEAR PLAN FOR 2006

Question: What do you want your life to look like by December 31, 2006?

Consider the following life areas: (include 3 or more for balance)

- Business/Career
- Financial
- Family
- Social
- Physical (self-care/health/fitness)
- Environment (your physical environments)
- Intellectual
- Spiritual

Set aside 2 or 3 hours of uninterrupted time: Get away from as many of the usual interruptions as you can...no phones (mobile or otherwise), no kids, pets, colleagues, bosses, roommates...etc! If you can't achieve a block of time, settle for less and plan one life area goal at a time. The important thing is to make it happen.

- 1) Begin by specifying one goal you want to achieve for each major life area. If there are more than one that readily come to mind, jot them down. Then look at the whole picture to see how your goals fit together. Is it top-heavy in one area? Fairly balanced?
- 2) Next take each goal and take it to the end of the year, see it as "accomplished". OK, now back up to November, what needs to be happening in November to make it by December...now October...now September...keep going. What needs to be happening next month, next week, tomorrow, today so that you can reach your goal by December. Repeat this step with each goal. This step creates a concrete map of what you need to do to make your plan a reality by December 2006.
- 3) Transpose these "targets" to your preferred calendar, electronic or paper.
- 4) Develop a pattern of beginning each day by reviewing your weekly goals and deciding what one thing you can do each day to move forward. Any size step toward your goal is a step forward.

Remember: The life areas are not ordered by importance; the priority is up to you and may require adjusting from year to year. This is only a plan, your plan, a map, a "big picture" view. Flexibility is key. Life happens, things change, your plan may have to change as well.

Don't worry about how "perfect" your plan is, nor how it is written. You can make it an essay, bullet points, or you can draw pictures or make a collage. What's important is to have a plan.

OK, start! Have a great year!

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