

# YEARLY THEME PLANNER

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Happy  
Cactus

Building a yearly theme is a great way to push you in the right direction and motivate you for the upcoming year. It's your own personal reminder to help keep you aligned with the vision you have for yourself in all areas of life - home, relationships, career, health, soul/spirituality, family, finances, creativity, productivity.

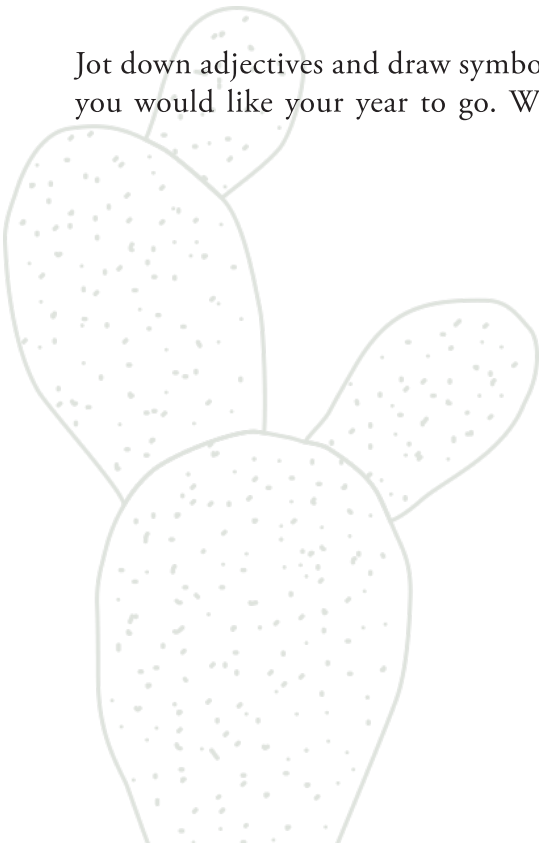
What mantra do you want to live by next year? Start by reviewing your focus areas, your goals, and your sources of motivation.

## FOCUS AREAS

Write down the areas of your life that you want to focus and improve on. Where do you want to be really intentional this next year?

Jot down adjectives and draw symbols that represent how you would like your year to go. What will it look like?

## ADJECTIVES + SYMBOLS



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## WHAT DO YOU WANT TO ACCOMPLISH IN THIS NEXT YEAR?

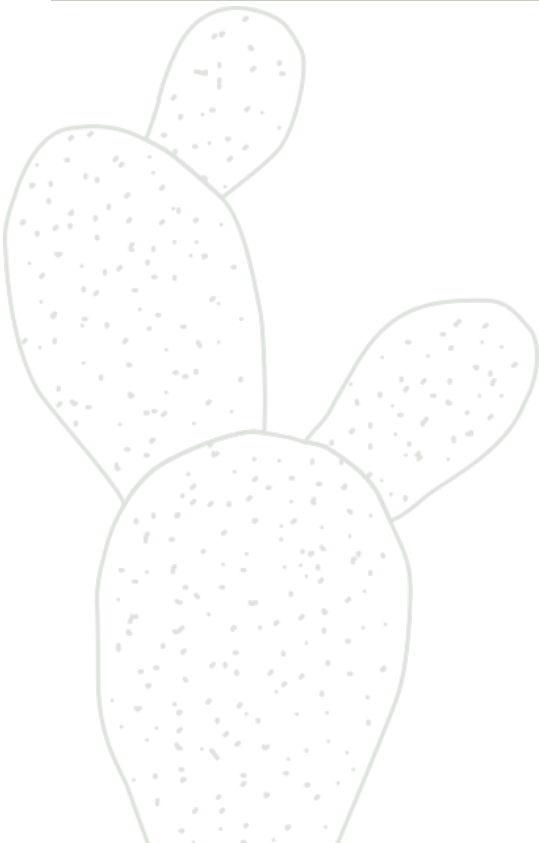
When looking back, what do you want to be most proud of?

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## WHAT INTENTIONS WILL YOU SET TO ACHIEVE YOUR GOALS?

Write down your commitments to yourself for the coming year. What do you want to do more of? Less?

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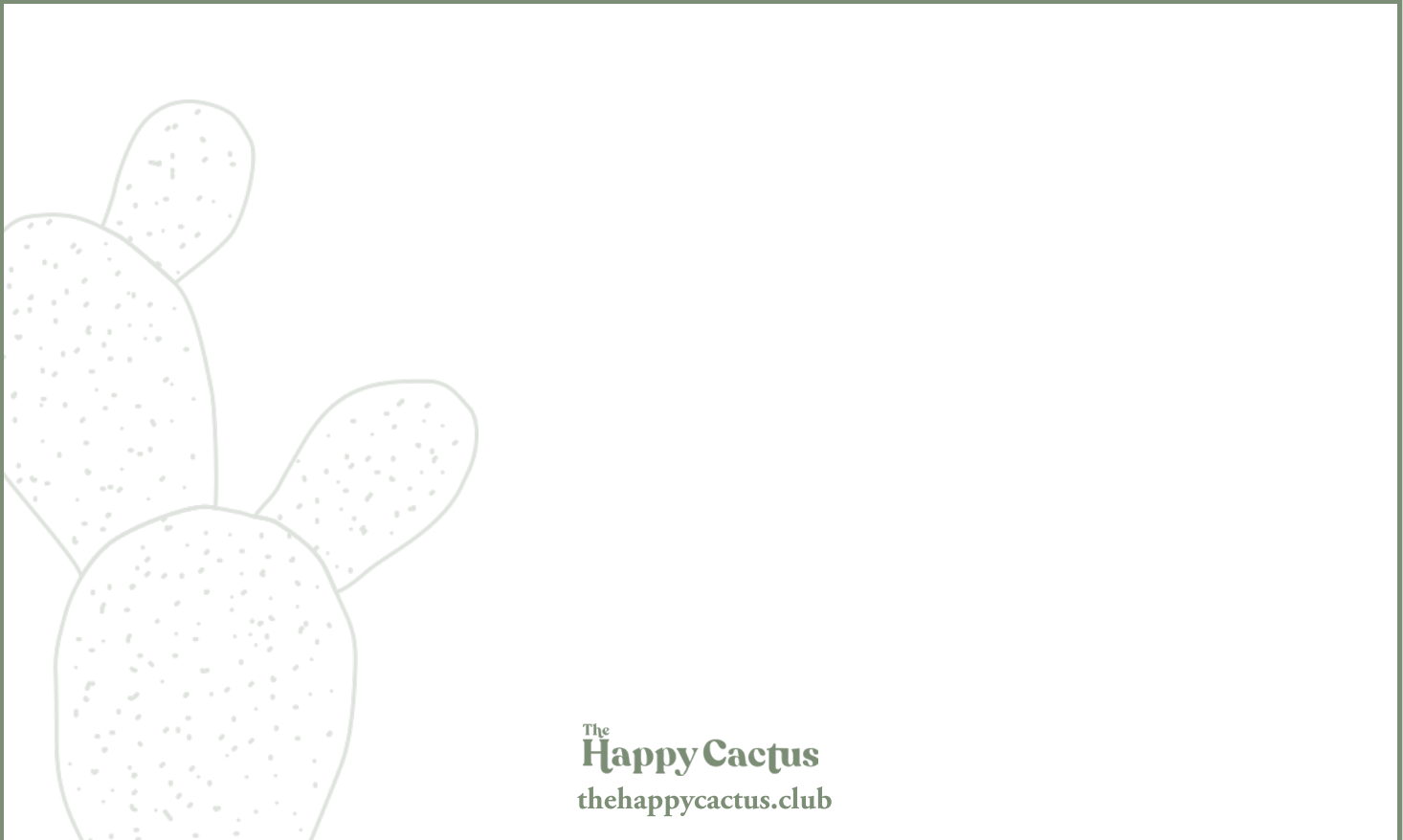
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Reflect back on all of your notes in the last two pages. What will keep you motivated this year? Find the common theme(s) between all of your ideas, and connect it all together. Is there a mantra you want to create? A word to keep you going? A quote that sums it all up?

## WRITE DOWN YOUR YEARLY THEME IN THE BOX BELOW.

Congratulations! Now, cut and paste the box to your journal, planner, vision board or anywhere else you can see it throughout the year. Bonus: share your theme with a friend to hold you accountable!

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