

planning prompts

PLAN IT, WORK IT, GET IT

Completing what's happened;

- What am I grateful for?
- What's been my proudest accomplishment/moment?
- What did I do this year that I never thought I would?
- What surprised me this year? Good/bad/other.
- What didn't go to plan this year? (decade? Haha).
- Am I proud of who I was when things went wrong?
- Who am I?
- How would you describe yourself as a person?
- How would others describe you? (the ones that matter, of course).
- Would describe yourself as happy with your life? If yes, why? If not, why not?
- How do I feel about my life right now? What feelings come up when you think about your current situation.

Dreaming about what's next;

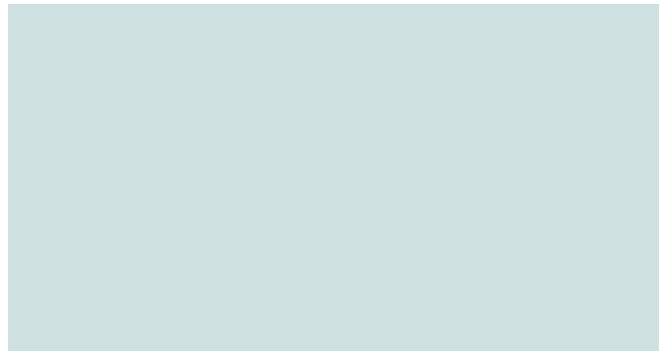
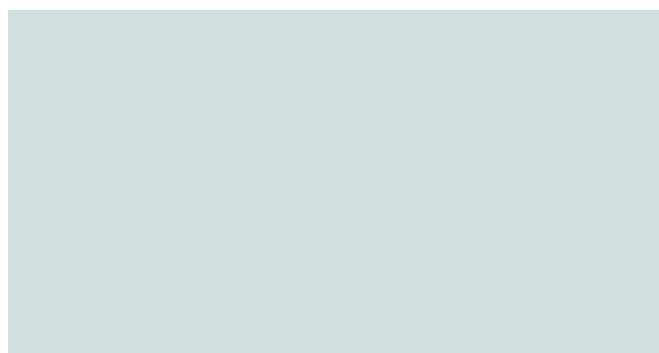
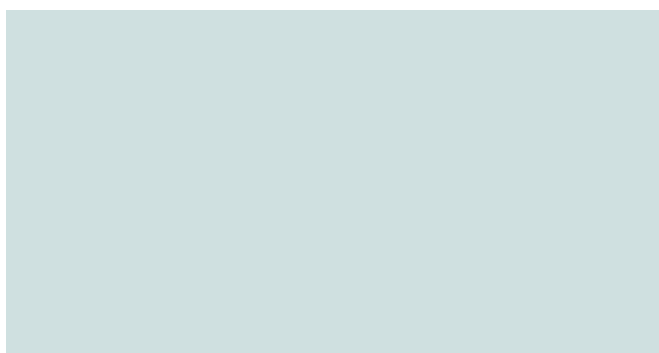
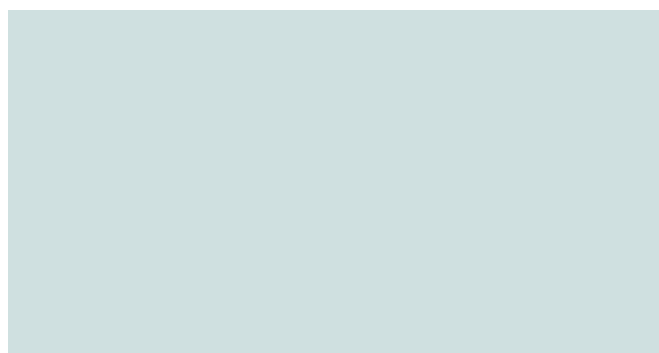
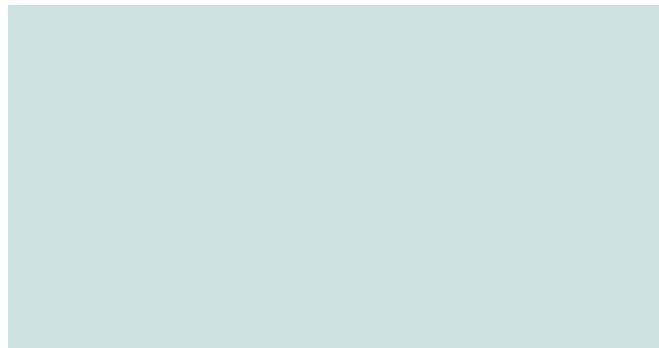
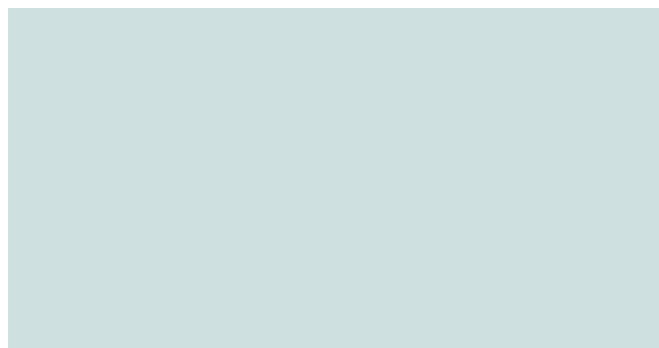
- What am I grateful for?
- What matters to you most?
- What makes you smile?
- What's important to me right now?
- What do I want for myself? (This year?)
- What do I want for my family?
- What does my ideal day look like? How would I spend it, what would it feel like, where would I be and who am I with?

Taking the next steps;

- If I could change one thing about my life/situation/job etc. what would it be?
- How do I feel about my life imagining it with that change implemented?
- What do I need to do to make that change?
- Who or what do I need to succeed?
- Are there steps to take to get that one thing?
- Can I take them now? If not, now, when? What do I need?

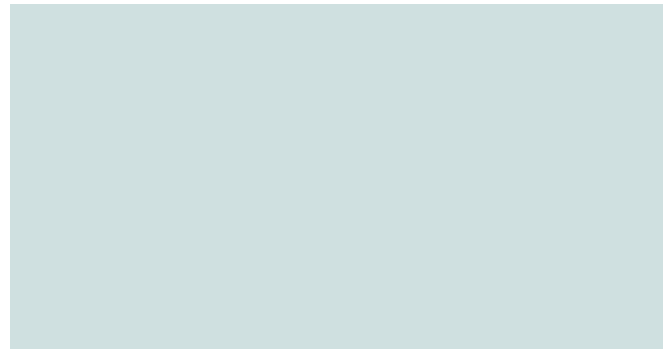
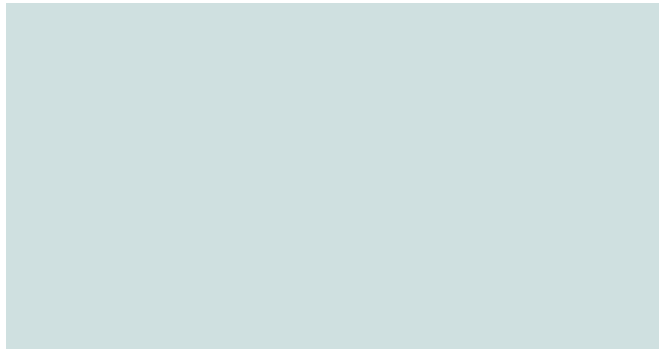
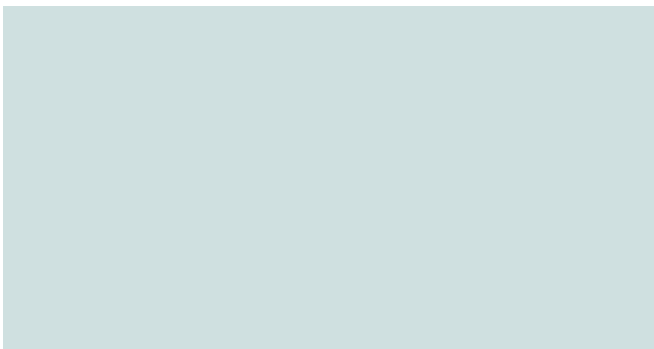
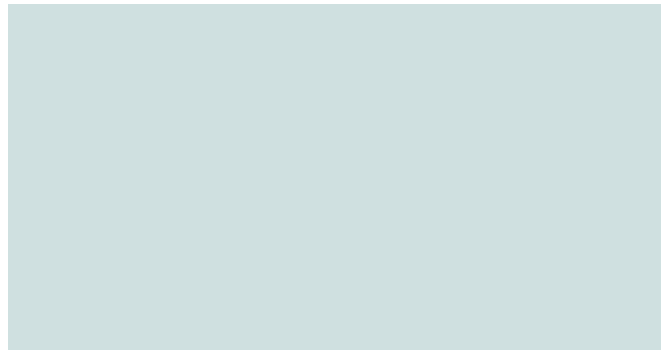
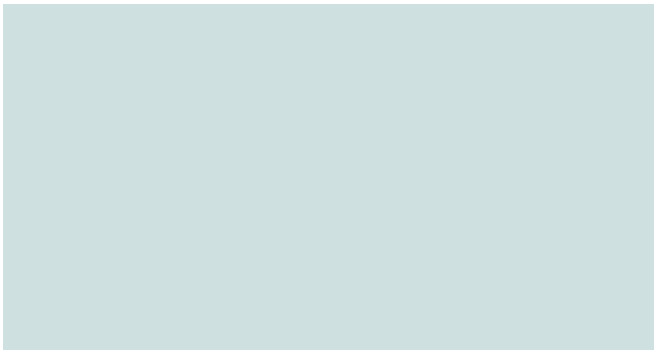
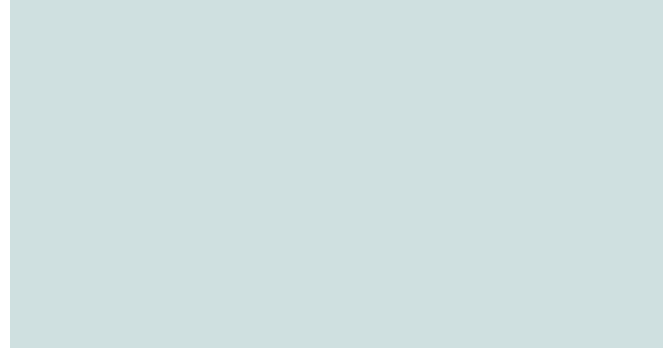
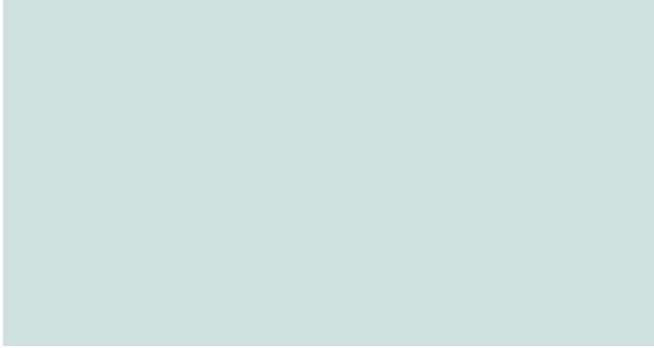
this is what i want

PLAN IT, WORK IT, GET IT



this is how i get it

PLAN IT, WORK IT, GET IT



this is how i get it

PLAN IT, WORK IT, GET IT

what

by when

task planner

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add it to the list

status

new ideas?

