



Planning for An Inspiring Year: A Planning Tool- A Retrospective of the Previous Year to Create the Next Year Powerfully.

- a) Identify 6-8 Categories of Your Life/Work: Love (romantic). Love (family). Finances. Business. Creativity. Health/Fitness. Travel. Spirituality. Communication . Community - **Choose the Categories that are most significant to you.**
- b) Give each category a score out of 10 for the past year (2023)
- c) Identify 3-4 things that influenced your score out of 10.
- d) Review these and project what score you would like to assign to each category for 2024
- e) Identify 3-4 activities that would most influence your 2024 score. These activities will become the projects or events that you build out in more detail into your daily activities/calendar.
- f) Plot the associated tasks into your weekly calendar. These will change and scale as you review them regularly. It will be helpful to review these each week.
- g) Make 2024 an incredible year. Having a dynamic calendar that reflects your activities colourfully and inspiringly will serve as a great guide while you are living out this year. It will also serve as a wonderful retrospective when you reflect over the year.
- h) **Language Check in.** Another valuable category to review is our internal and external communication. Rate your current experience of this out of /10. If you want to improve your score, invite a learner-based language. See table on pg.3

LOVE (ROMANTIC)

Key Things I Acknowledge from 2023	Rate	Key Things I Want to Create for 2024	Rate
	/10		/10

HEALTH & WELLNESS

Key Things I Acknowledge from 2023:	Rate	Key Things I Want to Create for 2024:	Rate
	/10		/10

CAREER

Key Things I Acknowledge from 2023	Rate	Key Things I Want to Create for 2024	Rate
	/10		/10

FAMILY

Key Things I Acknowledge from 2023	Rate	Key Things I Want to Create for 2024	Rate
	/10		/10

FRIENDSHIP

Key Things I Acknowledge from 2023	Rate	Key Things I Want to Create for 2024	Rate
	/10		/10

COMMUNITY

Key Things I Acknowledge from 2023	Rate	Key Things I Want to Create for 2024	Rate
	/10		/10

CREATIVITY/TRAVEL/MUSIC (CHOOSE YOUR CATEGORY)

Key Things I Acknowledge from 2023	Rate	Key Things I Want to Create for 2024	Rate
	/10		/10

Language Check In Activity:

The Judger Learner Mindset Model by Marilee Adams, Ph.D. Author, *Change Your Questions, Change Your Life*

Judger Mindset	Learner Mindset
<p>Human Nature Reactive & automatic Know it all ready mindset Judgemental Inflexible & rigid Own Point of View Only Possibilities Limited Intolerant Righteous, criticizes Fears Differences Feedback Seen as Rejection Relationships are WIN-LOSE Debate Seeks to attack or defend Primary Mood: Protective</p>	<p>Human Spirit Responsive & thoughtful Researcher mindset Accepting Flexible & adaptive Multiple Perspectives Unlimited Possibilities Supportive Inquiring; critiques Values Differences Feedback Seen as Helpful Relationships are WIN-WIN Dialogue Seeks to resolve & create Primary Mood: Curious</p>
<p>Judger Questions:</p> <p>What's wrong? Whose fault is it? How can I stay in control? How could I lose? How could I get hurt? Why bother?</p>	<p>Learner Questions:</p> <p>What's right? What am I responsible for? What are my choices? What is useful about this? What can I learn? What is possible?</p>