



@WORKINGMOMS.CANADA

Yearly Planner

Take all the experiences from last year to
make this year even better

**WHEN YOU THINK OF ONE
THING YOU WANT TO
ACCOMPLISH THIS YEAR...
WHAT IS IT?**

**THERE WILL BE ALWAYS
GOOD AND BAD DAYS...**

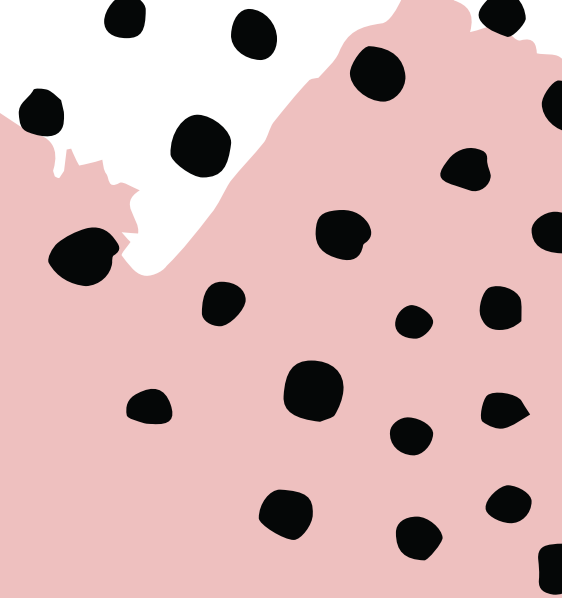
Remember to accept what comes, give yourself love
and keep going

Couple of questions...

**TAKE A BREATH, FEEL THE ANSWERS WITHIN YOU AND WRITEDOWN THE ANSWERS ON THE NEXT PAGE.
(NOT WHAT SOCIETY OF YOUR FAMILY TOLD YOU, ONLY WHAT FEELS RIGHT TO YOU**

- 1) What worked and what didnt in this year that is ending?
- 2) What do I wish for my life in this new year?
- 3) What will I have to let go of to achieve what I want?
- 4) How will I promote my well-being (think mind, body, spirit)?
- 5) How will I make each day count?

Write down everything that comes to
mind



Life Motto

**HOW DID YOU FEEL WITH THE
PREVIOUS EXERCISE**

**WHAT DO YOU NEED TO LET GO?
WHAT'S THE FIRST STEP YOU ARE
TAKING TO MOVE FWD**

If you had to choose a life Motto for this year, what
would it be?

Write down the sentence that you want to live by this
year.

Close your eyes... how would you feel accomplishing it,
and how bad do you want it?



Take a notepad and a pen

MAKE A LIST OF EVERYTHING YOU WOULD WANT TO ACCOMPLISH THIS YEAR.

(TAKE IN CONSIDERATION ALL ASPECTS OF YOUR LIFE: PERSONAL, PARTNER, ENTERTAINMENT, MENTAL AND PHYSICAL HEALTH, CARRER, SUPPORT NETWORK, FINANCES,)



Divide them in 4

(SEE NEXT PAGE)

IN THE FIRST QUARTER PUT THE MOST
IMPORTANT AND RELEVANT, THEN CONTINUE
IN WITH THE OTHER 3 QUARTERS IN
PRIORITY ORDER

Q1

Q3

Q2

Q4



For each goal
complete this
page (print one
per goal)

Description

How will you measure that you
were successful

Whats the first step you need to
take to accomplish this

Why is this important

JANUARY

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

FEBRUARY

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

MARCH

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

APRIL

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

MAY

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

JUNE

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

JULY

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

AUGUST

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

SEPTEMBER

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

OCTOBER

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

NOVEMBER

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:

DECEMBER

Week of _____

Print one page per weeks of the month

GOALS FOR THIS QUARTER

APPRECIATION CORNER

(Everyday write one thing why you are thankful)

PROJECTS FOR THIS WEEK

REMINDERS AND AGENDA

Monday:

Tuesday:

Wed:

Thursday:

Friday:

Saturday and Sunday:



GOALS ACCOMPLISHED IN Q1

GOALS ACCOMPLISHED IN Q2

GOALS ACCOMPLISHED IN Q3

GOALS ACCOMPLISHED IN Q4





@WORKINGMOMS.CANADA

**"HELPING MORE WORKING MOMS EVERY DAY
TO DEFINE AND ACHIEVE BALANCE AND
FULLNESS IN THEIR LIFE"**

**IF YOU WANT TO CONTINUE WORKING ON
YOURSELF, SEND US AN EMAIL FOR MORE INFO
ON OUT WORKSHOPS:
NATHALIA@WORKINGMOMSLATINA.COM**