

# 20



# 24

## ULTIMATE

*Planner*

# ANNUAL Goal Planner

 <b>YEAR</b>
<b>2024</b>

Goal 01	Purpose & Motivation

[illegible]

Goal 02	Purpose & Motivation

[illegible]

# ANNUAL Goal Planner

 <b>YEAR</b>
<b>2024</b>

<b>Goal 03</b>	<b>Purpose &amp; Motivation</b>

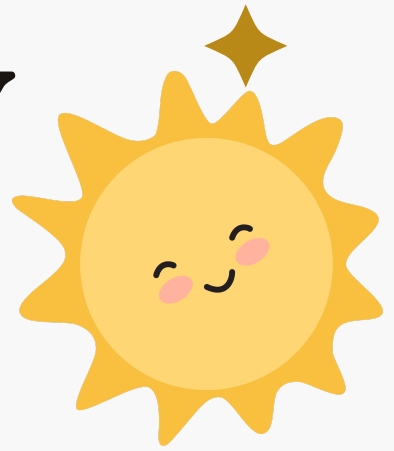
[illegible]

Goal 04	Purpose & Motivation

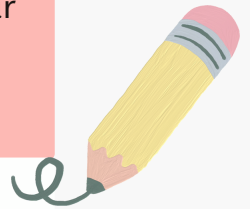
[illegible]

# 30-DAY

## Self Care Challenge

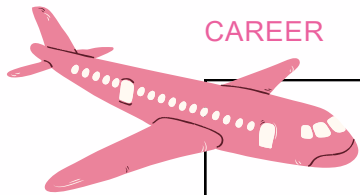


Take a walk outside	Exercise early in the morning	Listen to a calming song	Stretch all your muscles	Write your thoughts in a journal
Do your skincare routine	Look back at old photos	Organize your work space	Join a charity program	Create a bucket list
Learn a new language	Play with your pet	Watch the sunrise or sunset	Take a warm bubble bath	Cook your favorite meal
Go on a solo date	Start a new hobby	Watch your favorite movie	Make a vision board	Practice simple meditation
Try to wake up early	Tidy up your bedroom	Eat more fruits and vegetables	Drink a cup of herbal	Try waking up before 6 am
Limit your sugar intake	Don't eat processed food	Spend some time outside	Create a vision board	Have a game night



# 2024 Vision Board

TOP PRIORITY: \_\_\_\_\_



CAREER

HEALTH

FINANCES



TRAVEL

HABITS



FAMILY

RELATIONSHIPS

