



KEN G. CRAWFORD

Leadership for Human Flourishing

Synchronous Life System

Year Ahead

A Whole-Life Reflection Guide

Prepared by
Dr. Ken G. Crawford

214-288-1663
Office@KenGCrawford.com

TABLE OF CONTENTS

Welcome

Part I — Your Vision for the Year Ahead

Part II — Six-Domain Planning

- ◆ Spiritual Domain
- ◆ Physical Domain
- Emotional Domain
- ◆ Relational Domain
- ◇ Intellectual Domain
- ◎ Occupational Domain

Part III — Your Commitments

Closing

Welcome

How to Use This Guide

You've looked back. Now it's time to look forward.

This isn't about resolutions or massive transformation. It's about intentional alignment—choosing what gets your attention, energy, and commitment in the year ahead.

Using the six domains of the Synchronous Life System, you'll translate your reflections into clear intentions and sustainable practices.

What This Guide Is

- A structured planning process
- A way to align intentions across your whole life
- A tool for creating sustainable practices, not unsustainable goals

What This Guide Is Not

- A productivity hack
- A list of resolutions waiting to fail
- A demand to become someone you're not

This is your year. Design it intentionally.

PART I — YOUR VISION FOR THE YEAR AHEAD

Imagine it's December of next year. You're looking back on the year that just passed.

What makes you feel proud? What's different about your life? What worked well?

Write your vision in one paragraph:

What three words best describe how you want to FEEL this year?

1. _____
2. _____
3. _____

What do you need to let go of to make room for this vision?

(Old patterns, commitments, stories about yourself...)

PART II — SIX-DOMAIN PLANNING

For each domain, reflect on what emerged from your Year in Review and set clear intentions for the year ahead.

◆ SPIRITUAL DOMAIN

Purpose, Values, and Meaning

Based on your Year in Review reflection, what wants more attention in your spiritual life?

What's one specific practice or habit you'll commit to this year?

(Make it concrete and sustainable—something you can actually do)

How will you know this domain is thriving by the end of the year?

(What will be different? What will you notice?)

What support or resources do you need to sustain this?

(People, time, money, training, community...)

◆ PHYSICAL DOMAIN

Energy, Health, and Embodiment

Based on your Year in Review reflection, what wants more attention in your physical life?

What's one specific practice or habit you'll commit to this year?

(Make it concrete and sustainable—something you can actually do)

How will you know this domain is thriving by the end of the year?

(What will be different? What will you notice?)

What support or resources do you need to sustain this?

(People, time, money, training, community...)

● EMOTIONAL DOMAIN

Awareness, Resilience, and Regulation

Based on your Year in Review reflection, what wants more attention in your emotional life?

What's one specific practice or habit you'll commit to this year?

(Make it concrete and sustainable—something you can actually do)

How will you know this domain is thriving by the end of the year?

(What will be different? What will you notice?)

What support or resources do you need to sustain this?

(People, time, money, training, community...)

❖ RELATIONAL DOMAIN

Connection, Trust, and Boundaries

Based on your Year in Review reflection, what wants more attention in your relational life?

What's one specific practice or habit you'll commit to this year?

(Make it concrete and sustainable—something you can actually do)

How will you know this domain is thriving by the end of the year?

(What will be different? What will you notice?)

What support or resources do you need to sustain this?

(People, time, money, training, community...)

◇ INTELLECTUAL DOMAIN

Learning, Creativity, and Curiosity

Based on your Year in Review reflection, what wants more attention in your intellectual life?

What's one specific practice or habit you'll commit to this year?

(Make it concrete and sustainable—something you can actually do)

How will you know this domain is thriving by the end of the year?

(What will be different? What will you notice?)

What support or resources do you need to sustain this?

(People, time, money, training, community...)

◎ OCCUPATIONAL DOMAIN

Work, Mastery, and Calling

Based on your Year in Review reflection, what wants more attention in your occupational life?

What's one specific practice or habit you'll commit to this year?

(Make it concrete and sustainable—something you can actually do)

How will you know this domain is thriving by the end of the year?

(What will be different? What will you notice?)

What support or resources do you need to sustain this?

(People, time, money, training, community...)

PART III — YOUR COMMITMENTS

Bringing it all together

The One Thing

If you could only focus on ONE domain this year, which would it be and why?

(The domain that, if healthy, would support all the others...)

First Action This Week

What's your first action THIS WEEK to move toward your vision?

Accountability

Who will hold you accountable?

Name: _____

When will you check in with them?

Date: _____

Frequency: _____

Boundaries & Limits

What boundary or limit do you need to protect this vision? (What will you say 'no' to so you can say 'yes' to what matters?)

Review & Adjustment

How will you review and adjust throughout the year? (Monthly reflection? Quarterly check-ins? A specific ritual?)

CLOSING

You're Ready

You've created a roadmap for the year ahead. Not a rigid plan—a living intention that aligns with who you are and what you need to thrive.

Remember

This plan is not a contract. It's a compass.

Life will surprise you. Priorities will shift. That's not failure—that's being human.

The point is to move through this year with intention, not perfection.

You've done the work. Now trust yourself to walk the path.

The Synchronous Life System

Dr. Ken G. Crawford

KenGCrawford.com

Office@KenGCrawford.com

We'd love to journey with you as you reflect on this last year.

Schedule a free consultation.

KenGCrawford.com