



2024 PLANNER 2025

**A PLAN TO
NOT WASTE
YOUR
YEAR.**

"Seventy-five years. That's how much time you get if you're lucky. Seventy-five years. Seventy-five Winters. Seventy-five Springtimes. Seventy-five Summers. And Seventy-five Autumns. When you look at it like that, it's not a lot of time, is it? Don't waste them. Get your head out of the rat race and forget about the superficial things that pre-occupy your existence and get back to what's important now.."

"EDDIE MURPHY - HOLY MAN"

"How many have laid waste to your life when you weren't aware of what you were losing, how much was wasted in pointless grief, foolish joy, greedy desire, and social amusements—how little of your own was left to you. You will realize you are dying before your time!"

"SENECA"

"Don't judge each day by the harvest you reap but by the seeds that you plant. Small acts of effort today bloom into unimaginable rewards tomorrow. Every moment is an opportunity to create something meaningful."

"ROBERT LOUIS STEVENSON"

"Everything you've ever wanted is on the other side of fear. Fear will whisper that you're not ready or that you'll fail, but it's a liar. Lean into the discomfort, embrace the uncertainty, and take the leap. Growth never happens in your comfort zone."

"GEORGE ADDAIR"

"Nothing worth having comes easy. When the road feels tough, remind yourself that you're building strength, resilience, and character with every challenge you overcome. The struggle is proof that you're moving forward."

"THEODORE ROOSEVELT"

"The difference between ordinary and extraordinary is often just a little extra effort. The hours you put in when no one is watching, the discipline to stick with it when it gets tough—that's where success is born. Hard work isn't glamorous, but it's the foundation for every dream you want to build."

"VINCE LOMBARDI"

16 %



REFLECT ON THE SEASONS OF 2024

To begin your reflection on the past year, take a moment to review your calendar. Delve into the events that unfolded during this time and carefully document any noteworthy highlights, challenging moments, or significant events.

WINTER - DECEMBER, JANUARY, FEBRUARY

SPRING - MARCH, APRIL, MAY

SUMMER - JUNE, JULY, AUGUST

AUTUMN - SEPTEMBER, OCTOBER, NOVEMBER,



IN THE LAST YEAR, REFLECT ON THESE AREAS OF YOUR

In this section, let's take a closer look at various aspects of your life. Summarize the current state of these four areas – mental well-being, diet and physique, work/studies, and hobbies/interests.

HAVE YOU EXPERIENCED ANY MENTAL LOW POINTS OR STRESSFUL TIMES THIS PAST YEAR, AND IF SO, HOW DID YOU COPE WITH THEM?

HOW WOULD YOU DESCRIBE YOUR OVERALL SATISFACTION WITH YOUR DIET AND PHYSIQUE THIS YEAR? HAVE EITHER IMPROVED, REGRESSED, OR STAYED THE SAME?

HOW DO YOU CURRENTLY FEEL ABOUT YOUR WORK/STUDIES? CAN YOU PROVIDE A SUMMARY OF YOUR FEELINGS IN THIS AREA?

WHAT HOBBIES OR INTERESTS HAVE BROUGHT YOU ENJOYMENT THIS YEAR? THIS COULD INCLUDE MOVIES, ACTIVITIES, OUTINGS, ETC.

33%



PRACTICE GRATITUDE

Take a moment to reflect on the people and things for which you are most grateful.

“WHEN EATING FRUIT,
REMEMBER THE ONE
WHO PLANTED THE
TREE ”.

WHAT ARE YOU MOST GRATEFUL FOR THIS
YEAR ?

NAME THE PEOPLE WHO HELPED YOU
MOST?

NOTE ANY KIND WORDS OR GESTURES
OTHERS DONE FOR YOU ?

BRINGING 2024 TO A CLOSE

WHAT ARE THE BIG CHALLENGES YOU FACED IN 2024 ?

WHAT LESSONS DID YOU LEARN IN 2024 ?



2025

People often choose not to plan due to a fear of future disappointment. When our hopes don't materialize, we feel let down. To protect ourselves from this feeling, we may lower our expectations or even stop expecting altogether. However, disappointment is an inevitable part of life, and we can't shield ourselves from it. Instead, we should express everything we desire from our lives and be intentional about our actions, so that we live and breathe with a clear sense of purpose. This way, when we find ourselves at a crossroads, we know precisely which direction to take.

LIST ANY SIGNIFICANT EVENTS SET TO HAPPEN IN 2025



THIS YEAR, WHAT DO YOU WANT FOR YOUR LIFE?

As you look to the future, focus on creating practical goals with clear steps to achieve them. Each goal should be actionable, with broad steps that can be outlined now or added as the previous step is completed. Refine these steps during quarterly reviews or as progress is made. Use the checkboxes to track progress, either when a step is completed or during your quarterly check-ins. Eight goal sections are provided, but you do not need to use all of them—focus on what matters most to you.

☐ MHA: Mental Health and Awareness

☐ HI: Hobbies and Interests

☐ PHF: Physical Health and Fitness

☐ CBS: Career / Business / Studies

Goal:

Refer back during Quarterly Check-In

Next Steps:

1: _____

2: _____

3: _____

1

2

3

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☐ HI: Hobbies and Interests

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Goal:

Next Steps:

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Goal:

Next Steps:

1: _____

2: _____

3: _____

1

2

3

66%



THIS YEAR, WHAT DO YOU WANT FOR YOUR LIFE?

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Goal:

Refer back during Quarterly Check-In

Next Steps:

1:

2:

3:



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1:

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Goal:

Next Steps:

1:

2:

3:



75%



FINISH THESE STATEMENTS FOR YOUR LIFE NEXT YEAR

THIS YEAR I WILL NOT PROCRASTINATE ANY MORE OVER...

THIS YEAR, I WILL ADVISE MYSELF TOO...

I WILL VISIT THESE PLACES (HOME OR ABROAD)

I WILL REWARD MY SUCCESSES WITH THESE PRESENTS.

I WILL HAVE THE POWER TO SAY NO TO THESE THINGS.

I WANT TO ACHIEVE THESE THINGS THE MOST.

83%



THE QUARTERLY CHECK-IN

When reviewing quarterly, take time to evaluate how your daily habits have supported your long-term goals and identify areas for improvement in the upcoming quarter. Reflect on whether your actions align with your core values and consider adjustments that can help you live more intentionally. Focus on refining habits and setting actionable next steps to stay on track with your goals.

Abbreviations for Goal Categories: MHA = Mental Health and Awareness, PHF = Physical Health and Fitness, HI = Hobbies and Interests, CBS = Career / Business / Studies

Goal (Category)	Progress Summary	Challenges	Next Steps

Q1

Goal (Category)	Progress Summary	Challenges	Next Steps

Q2

Goal (Category)	Progress Summary	Challenges	Next Steps

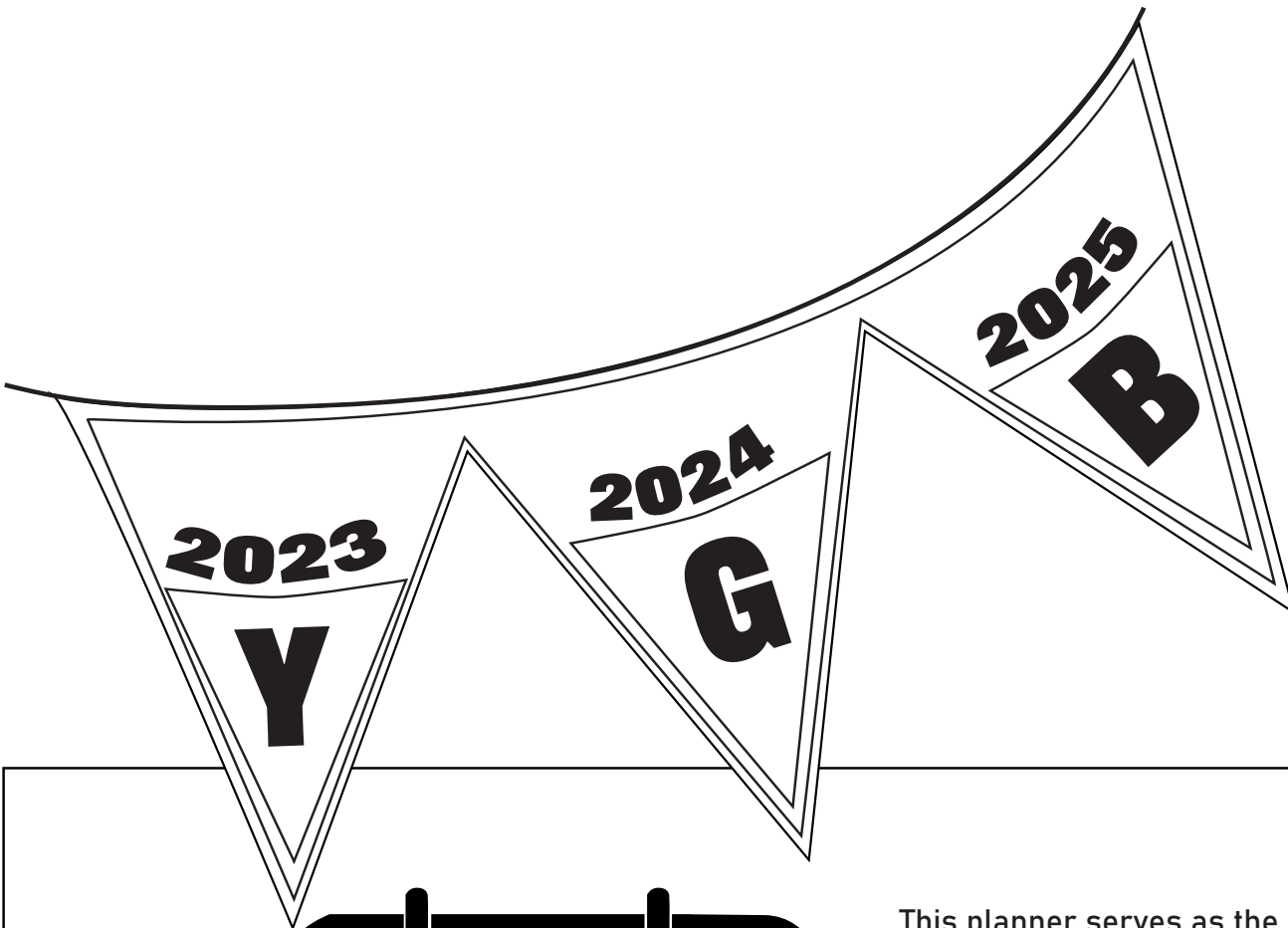
Q3

Goal (Category)	Progress Summary	Challenges	Next Steps

Q4

91%





This planner serves as the catalyst for your transformation. Let the words inscribed here serve as your compass guiding you towards a brighter future. In a world brimming with distractions, ensure that you carve out dedicated moments to realign with your vision. Set regular reminders and schedule quarterly calendar meetings to revisit and refine your plan. Continuously question your trajectory, make necessary adjustments, and maintain unwavering consistency.