

# *THE WHOLE WOMAN'S JOURNEY*

## *Your New Year's Jumpstart Workbook*

*MELONYA JOHNSON, BSMART COACHING*



*YOUR 90-DAY JOURNEY*

GREETINGS!

## *Embracing the Whole Woman's Journey*

*Welcome to Your New Year's Jumpstart Workbook!*

*As you embark on your journey into 2025, this workbook is designed to guide you in reflecting on the past year while setting holistic goals that encompass personal aspirations, professional ambitions, and overall well-being. Together, we'll explore your core values, set meaningful intentions, and prioritize essential elements such as physical health, mental well-being, rest, relaxation, and fun.*

*This workbook serves as your roadmap to a balanced and fulfilling year. By integrating both personal and professional objectives with a focus on your overall wellness, you will lay the groundwork for a vibrant and purposeful 2025. Let's make this the year of transformation and empowerment!*

*Melonya Johnson*



# Contents

*Welcome*

*Introduction to the Workbook*

*Purpose and Overview*

*P6 Reflecting on Values and Setting Intentions*

*Identify Your Core Values*

*Setting Intentions for 2025*

*P9 Reviewing the Year*

*Milestones, Challenges, and Triumphs*

*Reflective Questions*

*P12 Holistic Wellbeing Plan*

*Physical Health: Reflection and Goals*

*Mental Health: Grounding Practices*

*Rest and Relaxation: Importance and Planning*

*Fun and Recreation: Integrating Joy into Life*

*Relationships: Nurturing Connections*



# Contents

*P30 Setting Goals for the New Year*

*Defining Major Goals (Personal and Professional)*

*Creating SMART Goals*

*Breaking Down Goals into Actionable Steps*

*P39 Transformative Practices: Your 12-Weeks of Action*

*Weekly Exercises for Growth*

*P46 Your Journey Towards Balance and Fullfillment*

*Planning Ahead*

*P53 Let's Work Together*

*P55 Resources*

*Self-Care & Relaxation*

*Self-Care Checklist*

*Daily Check-In*

*Weekly Gratitude Journal*

*Weekly Reflections*

*90-Day Reflection*



# REFLECTING ON VALUES AND SETTING INTENTIONS

## AND SO IT BEGINS

*As we embark on a new year, it's essential to ground ourselves in the values that guide our lives. Your core values shape your decisions, influence your goals, and impact how you experience success and fulfillment. By reflecting on these values, you gain clarity on what truly matters and set a strong foundation for intentional living in 2025.*

*In this section, you will identify your top five core values and reflect on how they influenced your choices over the past year. Use this exercise to set clear intentions that align with these values, allowing you to create meaningful goals and make purposeful changes that will lead to a more intentional and fulfilling year ahead.*

*"I am rare, and there is value in all rarity; therefore, I am valuable." - Og Mandino*



# REFLECTING ON VALUES AND SETTING INTENTIONS

## IDENTIFY YOUR TOP 5 CORE VALUES

### QUESTIONS TO CONSIDER:

*What are your top five values?*

*"I am rare, and there is value in all rarity; therefore, I am valuable." - Og Mandino*



# REFLECTING ON VALUES AND SETTING INTENTIONS

## IDENTIFY YOUR TOP 5 CORE VALUES

*Goals are gentle milestones that guide us toward our dreams, not with urgency, but gentle consistency. Together we will set some SMART goals for the weeks ahead. These goals can relate to your wellness journey, personal growth, or professional development.*

### QUESTIONS TO CONSIDER:

*How have these values guided your choices over the last year?*

*"I am rare, and there is value in all rarity; therefore, I am valuable." - Og Mandino*



# REFLECTING ON VALUES AND SETTING INTENTIONS

- *What intentions can you set for 2025 that align with these values?*

- *What changes will you make to live more intentionally?*





# REFLECTING ON VALUES AND SETTING INTENTIONS

- *What habit or belief related to your values do you need to let go of to fully embrace your intentions for 2025?*



*"I am rare, and there is value in all rarity; therefore, I am valuable."- Og Mandino*



# REVIEWING THE YEAR – MILESTONES, CHALLENGES, AND TRIUMPHS

## YEAR IN REVIEW

*Before moving forward, it's important to take time to look back on the journey you've traveled. Reflecting on your achievements, obstacles, and moments of triumph provides valuable insight into your growth and resilience. This reflection not only highlights your progress but also reveals the lessons learned from overcoming challenges and celebrating successes.*

*In this section, you will review key milestones, identify challenges you faced and how you overcame them, and reflect on the moments that brought you the greatest sense of accomplishment. By recognizing these pivotal moments, you'll be better prepared to build on them as you set your goals and intentions for the new year.*

*"We have reached milestones that are far beyond what I expected."- J-Hope*



# REVIEWING THE YEAR – MILESTONES, CHALLENGES, AND TRIUMPHS

*MILESTONES: WHAT WERE 3 SIGNIFICANT ACHIEVEMENTS  
OR TURNING POINTS? CONTINUED...*

*"We have reached milestones that are far beyond what I expected."- J-Hope*



# REVIEWING THE YEAR – MILESTONES, CHALLENGES, AND TRIUMPHS

*MILESTONES: WHAT WERE 3 SIGNIFICANT ACHIEVEMENTS  
OR TURNING POINTS? CONTINUED...*

*QUESTIONS TO CONSIDER:*

- *Challenges: Identify 2 obstacles you faced and how you overcame them.*

*"We have reached milestones that are far beyond what I expected."- J-Hope*



# REVIEWING THE YEAR – MILESTONES, CHALLENGES, AND TRIUMPHS

## QUESTIONS TO CONSIDER Continued:

- *Triumphs: What moments made you feel most accomplished?*

- *What practice from the past year do you need to release in order to overcome challenges and achieve your milestones in the upcoming year?*

*"We have reached milestones that are far beyond what I expected." - J-Hope*



# HOLISTIC WELL-BEING PLAN

## THE WHOLE WOMAN

As you embark on your journey toward personal and professional growth, it's essential to prioritize your holistic well-being. Achieving balance in your life requires attention to all aspects of your health, particularly physical health, which serves as the foundation for your overall well-being. When you nurture your body, you enhance your ability to tackle challenges, pursue your goals, and enjoy a fulfilling life.

### PHYSICAL HEALTH

In this section, you will reflect on your physical health by evaluating your eating habits and exercise routines over the past year. Consider the percentage of time you've eaten healthily and how consistently you've engaged in physical activity. Then, set a specific fitness goal for the new year that aligns with your overall well-being. By focusing on your physical health, you empower yourself to take charge of your life and cultivate the energy needed to pursue your dreams.



# HOLISTIC WELL-BEING PLAN CONTINUED

## QUESTIONS TO CONSIDER:

- *What percentage of the time have you eaten healthy?*

- *How consistently have you exercised?*



# HOLISTIC WELL-BEING PLAN CONTINUED

## QUESTIONS TO CONSIDER:

- What's your fitness goal for the new year?

- What unhealthy eating habit or sedentary practice do you need to eliminate to better support your physical health goals this year?





# HOLISTIC WELL-BEING PLAN CONTINUED

## MENTAL HEALTH

*Your mental health is a vital component of your overall well-being, influencing your thoughts, emotions, and actions. Cultivating a strong mental state enables you to navigate life's challenges with resilience, enhances your ability to achieve your goals, and contributes to a more fulfilling and balanced life. This year, prioritizing your mental well-being is essential to thriving both personally and professionally.*

*In this section, you will reflect on your current mental health practices. Consider whether you have a grounding practice, such as meditation or mindfulness, and how often you engage in it throughout the day. Then, set intentions for how you will prioritize your mental well-being in the coming year. By actively nurturing your mental health, you'll create a strong foundation for all aspects of your life, enabling you to pursue your goals with clarity and focus.*



# HOLISTIC WELL-BEING PLAN CONTINUED

## MENTAL HEALTH

### QUESTIONS TO CONSIDER:

- Do you have a grounding practice (meditation, mindfulness, etc.)?

- How often do you use it throughout the day?



# HOLISTIC WELL-BEING PLAN CONTINUED

## MENTAL HEALTH

### QUESTIONS TO CONSIDER:

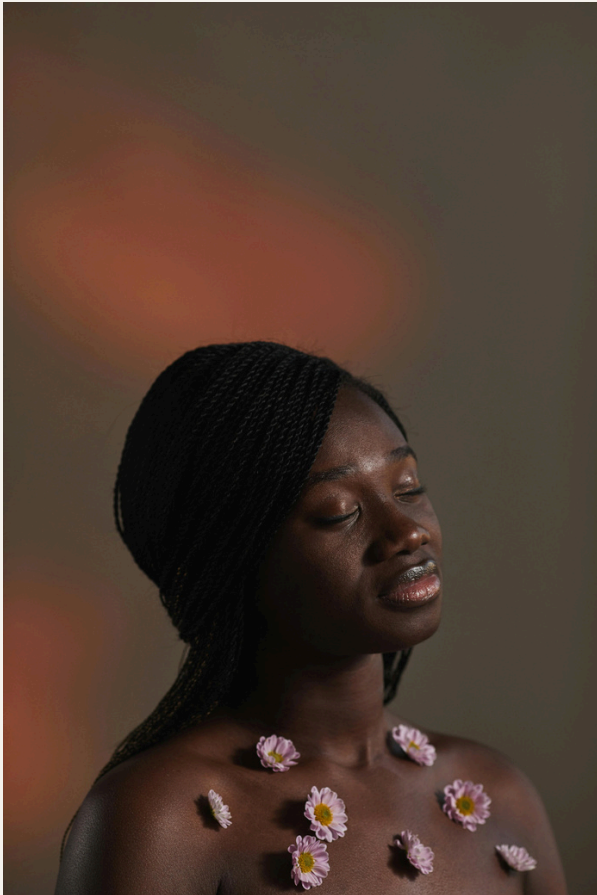
*How will you prioritize mental  
wellbeing this year?*



*"It is health that is real wealth and not pieces of gold and silver." - Mahatma  
Ghandi*



# REST AND RELAXATION



## YOUR PRIORITIES

*In our fast-paced world, the importance of rest and relaxation often takes a backseat to our busy schedules and endless responsibilities. However, prioritizing downtime is essential for maintaining physical, mental, and emotional health. Rest allows your body to recharge, your mind to clear, and your spirit to rejuvenate, ultimately enhancing your productivity and well-being.*

*In this section, you will reflect on your experiences over the past year by assessing how often you felt rested versus tired. Consider how this balance has affected your overall quality of life. Then, think about how you will intentionally carve out time for rest and relaxation in your 2025 schedule. By making space for these essential practices, you'll cultivate a more balanced life, enabling you to approach your goals with renewed energy and focus.*

*"Think what a better world it would be if we all, the whole world, had cookies and milk about 3 o'clock every afternoon and then lay down on our blankets for a nap."  
Barbara Jordan*



# REST AND RELAXATION

## YOUR PRIORITIES

### QUESTIONS TO CONSIDER:

- When you think back, what percentage of the time have you felt rested or tired?

- How will you make time for rest and relaxation in your 2025 schedule?



# FUN AND RECREATION

## A GOOD TIME WAS HAD BY ALL!

*In the pursuit of personal and professional growth, it's easy to overlook the importance of fun and recreation. Engaging in joyful activities not only provides a necessary break from daily responsibilities but also fuels creativity, strengthens relationships, and enhances overall well-being. Incorporating fun into your life is essential for maintaining balance and joy, allowing you to approach challenges with a fresh perspective.*

*In this section, you will explore the activities that bring you joy and reflect on how often you prioritized fun and recreation over the past year. Consider how these moments of enjoyment have impacted your life and well-being. Then, think about ways to integrate more fun and recreational activities into your routine for 2025. By intentionally making time for joy, you'll create a more fulfilling and vibrant life, ultimately enriching your journey toward your goals.*



# *FUN AND RECREATION*

## *QUESTIONS TO CONSIDER:*

- *What activities bring you joy?*

- *How often did you prioritize fun and recreation last year?*





# FUN AND RECREATION

## QUESTIONS TO CONSIDER:

- How can you integrate more of this into your routine?

A large, empty rounded rectangle box with a thin black border, intended for a response to the question above.

*"We don't stop playing because we grow old; we grow old because we stop playing." -  
George Bernard Shaw*





# RELATIONSHIPS



## NO WOMAN IS AN ISLAND

*Strong, meaningful relationships are the backbone of a fulfilling life, providing support, inspiration, and a sense of belonging. Investing time in nurturing connections with others not only enriches your personal life but also enhances your professional experiences. Relationships are essential for collaboration, shared learning, and emotional well-being, making it crucial to prioritize them as you move forward.*

*In this section, you will reflect on how much time you currently dedicate to maintaining and building relationships. Consider the impact these connections have had on your life over the past year. Then, think about how you can nurture and strengthen these relationships in the coming year. By intentionally focusing on your connections with others, you'll foster a supportive network that empowers you to thrive both personally and professionally.*

*"When you stop expecting people to be perfect, you can like them for who they are."*

*Donald Miller*



# RELATIONSHIPS

## NO WOMAN IS AN ISLAND

### QUESTIONS TO CONSIDER:

- *Do you invest time in maintaining and building relationships?*

- *How can you nurture your connections with others this year?*

*"When you stop expecting people to be perfect, you can like them for who they are."-*

*Donald Miller*



# RELATIONSHIPS

## NO WOMAN IS AN ISLAND

### RELATIONSHIPS: IS IT TIME TO SAY GOODBYE?

*Not all relationships are meant to last forever, and it's important to recognize when one is no longer fulfilling. Giving relationships space allows for growth, clarity, and the chance to evaluate if they still align with your values and needs. When a relationship is no longer satisfying, it's worth considering how it serves you and how you are serving it.*

*Take time to reflect on these key questions to evaluate the health of your relationships:*



*"When you stop expecting people to be perfect, you can like them for who they are."-*  
Donald Miller



# RELATIONSHIPS

## QUESTIONS TO CONSIDER

- *How do I feel after spending time with this person? Energized or drained?*

- *Does this relationship support my personal growth, or does it hold me back?*

*"When you stop expecting people to be perfect, you can like them for who they are."*

*Donald Miller*



# RELATIONSHIPS

## QUESTIONS TO CONSIDER

- *Am I able to communicate openly and honestly without fear of judgment?*

- *Do I feel respected and valued in this relationship?*

*"When you stop expecting people to be perfect, you can like them for who they are."*

*Donald Miller*



# RELATIONSHIPS

## QUESTIONS TO CONSIDER

- *How often do we have meaningful interactions versus surface-level exchanges?*

- *Is there balance in giving and receiving support, or do I feel like I'm always giving?*

*"When you stop expecting people to be perfect, you can like them for who they are."*

*Donald Miller*



# RELATIONSHIPS

## QUESTIONS TO CONSIDER

- Does this relationship align with my core values and the person I'm becoming?

- Am I staying in this relationship out of habit, fear, or genuine connection?

*If your answers indicate imbalance, it may be time to create space or lovingly release the relationship.*

*"When you stop expecting people to be perfect, you can like them for who they are."*

*Donald Miller*



# SETTING GOALS FOR THE NEW YEAR

*As you prepare for the year ahead, it's time to set clear and meaningful goals that will guide your actions and keep you focused on what truly matters. Setting goals is not just about dreaming big; it's about creating a roadmap that aligns with your values and intentions. The process begins with identifying major personal and professional goals, understanding why they are important, and visualizing how achieving them will impact your life.*

*In this section, you will list three major goals for 2025. To ensure you stay on track, use the SMART goals framework to make your goals:*

- *Specific: Clearly define what you want to achieve.*
- *Measurable: Determine how you will track progress and success.*
- *Achievable: Ensure your goal is realistic and within your reach.*
- *Relevant: Align your goals with your values and long-term objectives.*
- *Timebound: Set a clear deadline or time frame for achieving your goals.*

*"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest."*

*Venus Williams*





# SETTING GOALS FOR THE NEW YEAR

*By setting SMART goals, you'll create actionable steps to turn your big dreams into reality, laying the foundation for a successful and fulfilling year ahead.*

*Big Goals: List 3 major goals for 2025 (personal and professional).*

*"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest."*

*Venus Williams*



# SMART GOALS MAPPING: GOAL 1

Concrete goals for your new year. Let's set goals that are SMART:

S	<p>Specific: Clear and concise. (List 3 major goals)</p> <div></div>
M	<p>Measurable: Quantifiable to track progress. (How will you track?)</p> <div></div>
A	<p>Achievable: Attainable to remain motivating. (Are they realistic?)</p> <div></div>
R	<p>Relevant: Aligned with your larger wellness vision. (Make it count.)</p> <div></div>
T	<p>Time-bound: Encased within a timeframe. (Set deadlines.)</p> <div></div>

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.



## SMART GOALS MAPPING: GOAL 2

Concrete goals for your new year. Let's set goals that are SMART:

S	<p>Specific: Clear and concise. (List 3 major goals)</p> <div></div>
M	<p>Measurable: Quantifiable to track progress. (How will you track?)</p> <div></div>
A	<p>Achievable: Attainable to remain motivating. (Are they realistic?)</p> <div></div>
R	<p>Relevant: Aligned with your larger wellness vision. (Make it count.)</p> <div></div>
T	<p>Time-bound: Encased within a timeframe. (Set deadlines.)</p> <div></div>

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.



## SMART GOALS MAPPING: GOAL 3

Concrete goals for your new year. Let's set goals that are SMART:

S	<p>Specific: Clear and concise. (List 3 major goals)</p> <div></div>
M	<p>Measurable: Quantifiable to track progress. (How will you track?)</p> <div></div>
A	<p>Achievable: Attainable to remain motivating. (Are they realistic?)</p> <div></div>
R	<p>Relevant: Aligned with your larger wellness vision. (Make it count.)</p> <div></div>
T	<p>Time-bound: Encased within a timeframe. (Set deadlines.)</p> <div></div>

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.



# SETTING GOALS FOR THE NEW YEAR CONTINUED

## QUESTIONS TO CONSIDER:

- *Why are these goals important to you?*

- *How will achieving these goals impact your life?*



# SETTING GOALS FOR THE NEW YEAR CONTINUED

*SMALL STEPS: BREAK DOWN EACH GOAL INTO SMALLER,  
ACTIONABLE STEPS.*



*Big goals can feel overwhelming, but breaking them down into smaller, actionable steps makes them more achievable and keeps you motivated along the way. Every major accomplishment begins with a single step, and by focusing on small, consistent actions, you can steadily move toward your larger vision.*

*In this section, you'll take each of your big goals and break them into smaller, manageable tasks. Identify the first step you need to take and create a plan to start within the next 30 days. These small steps will create momentum and build confidence, helping you stay on track as you work toward your goals throughout the year.*

*"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest." - Venus Williams*



# SETTING GOALS FOR THE NEW YEAR CONTINUED

## QUESTIONS TO CONSIDER: Goal 1

- *What's your first step?*

- *How can you start within the next 30 days?*



# SETTING GOALS FOR THE NEW YEAR CONTINUED

## QUESTIONS TO CONSIDER: Goal 2

- *What's your first step?*

- *How can you start within the next 30 days?*

*"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest." - Venus Williams*





# SETTING GOALS FOR THE NEW YEAR CONTINUED

## QUESTIONS TO CONSIDER: Goal 3

- *What's your first step?*

- *How can you start within the next 30 days?*

*"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest." - Venus Williams*



## SETTING GOALS FOR THE NEW YEAR CONTINUED



- What limiting belief about your capabilities do you need to discard to pursue your big goals for 2025 with confidence?

"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest." - Venus Williams

# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN

*Welcome to the 12-Week Exercise Section of Your New Year's Jumpstart Workbook!*

*This section is designed to provide you with a structured framework for personal growth and holistic well-being over the next three months. Each week features a thoughtful exercise that encourages self-reflection, goal-setting, and actionable steps to help you stay aligned with your values and intentions. These exercises guide participants through a thoughtful and intentional process, ensuring that they address all aspects of wellbeing—personal, professional, mental, and physical—over the course of 90 days.*

*As you embark on this journey, these exercises will empower you to explore different facets of your life, from setting intentions and establishing healthy habits to fostering meaningful relationships and prioritizing self-care. By dedicating time each week to focus on these aspects, you'll cultivate a deeper understanding of yourself and develop practices that support a balanced, fulfilling life.*

*Remember, the journey to personal growth is not a sprint but a marathon. Each exercise builds upon the last, encouraging you to take small yet impactful steps toward your goals. Embrace the process, celebrate your progress, and allow yourself the grace to grow at your own pace. Let's dive in and make this the year of transformation, empowerment, and intentional living!*

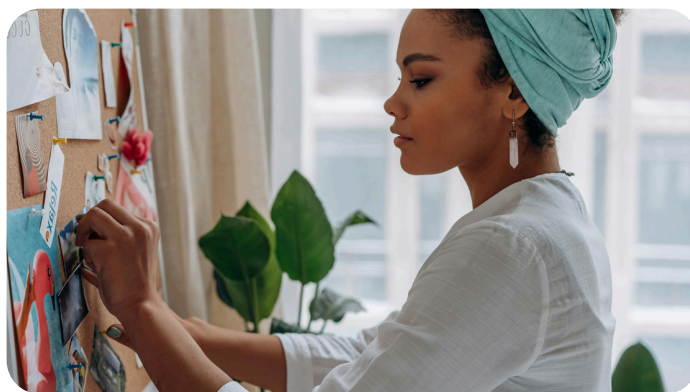


# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN

## WEEK 1: VISION BOARD EXERCISE

### *Personal Vision Board (Individual Activity):*

*Objective: Create a fun, visual representation of your personal goals and aspirations for 2025,*



*Materials: Magazines, scissors, glue, markers, poster board (or digital tools like Canva or Pinterest).*

*Instructions:*

*Step 1: Gather images, words, and symbols that represent your values, goals, and dreams for the year ahead (e.g., travel, health, hobbies).*

*Step 2: Arrange and glue them onto the board to create a visual map of your intentions.*

*Step 3: Share your vision board with a group of friends or teammates for added accountability.*

*Reflection: How does your vision board align with your core values and goals?*



# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN

## WEEK 1: VISION BOARD EXERCISE

### *Professional Vision Board (Team-Building Activity):*

*Objective: Create a team vision board to align professional goals and aspirations for the year.*

*Materials: Similar to above, or digital collaboration tools (e.g., Miro, Padlet).*

#### *Instructions:*

*Step 1: As a team, discuss the collective goals for the upcoming year (e.g., project success, team dynamics, innovation).*

*Step 2: Collect images and phrases that represent these shared goals and aspirations.*

*Step 3: Collaborate to design a team vision board, either physically or digitally.*

*Step 4: Display the vision board in the workplace to inspire ongoing motivation.*

*Reflection: How do individual and team goals align? What can each person contribute to the shared vision?*



# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN CONTINUED

## WEEK 2: CORE VALUES REFLECTION

*Objective: Revisit your core values and assess how they guide your decisions.*

*Exercise: Write down a significant decision you've made recently. How did your values influence this decision? What adjustments do you need to make to live more in line with your values?*



## WEEK 3: GRATITUDE JOURNALING

*Objective: Cultivate a gratitude practice to foster a positive mindset.*

*Exercise: Each day, write down three things you are grateful for. At the end of the week, reflect on how practicing gratitude impacted your mood and outlook.*



# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN CONTINUED

## WEEK 4: REVIEW YOUR SMALL STEPS, BIG GOALS

*Objective: Check-in to determine if you need to further break down your major goals into smaller, actionable steps.*

*Exercise: Choose one big goal from your vision board or plan. Are you initiating small, actionable steps to move toward achieving this goal? Recalibrate if necessary and take the next step.*

---

## WEEK 5: GROUNDING PRACTICE

*Objective: Incorporate mindfulness and grounding into daily routines.*

*Exercise: Practice a daily 5-minute grounding technique (e.g., deep breathing, meditation, or stretching). Reflect on how this practice helped manage stress or improve focus.*



# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN CONTINUED

## WEEK 6: PHYSICAL HEALTH CHECK-IN

*Objective: Prioritize physical health.*

*Exercise: Track your eating and exercise habits this week. At the end of the week, assess: What percentage of time did you eat healthily? How consistent was your exercise? Identify one small change to improve these habits.*



## WEEK 7: REST AND RELAXATION

*Objective: Ensure rest is part of your routine.*

*Exercise: Set aside at least 30 minutes each day for relaxation, whether through reading, listening to music, or a quiet activity. Reflect on how taking time for rest impacted your energy levels.*





# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN CONTINUED

## WEEK 8: FUN AND RECREATION

*Objective: Prioritize joy and fun.*

*Exercise: Plan and engage in one fun activity (e.g., a hobby, outing, or creative project) this week. Reflect on how this activity boosted your mood and wellbeing.*



## WEEK 9: PROFESSIONAL DEVELOPMENT

*Objective: Focus on career growth.*

*Exercise: Identify one professional development activity (e.g., reading, LinkedIn Learning, online course, webinar, networking, skill-building) to complete this week. Reflect on how this contributes to your long-term career goals.*



# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN CONTINUED

## WEEK 10: RELATIONSHIP BUILDING

*Objective: Strengthen personal and professional relationships.*

*Exercise: Reach out to someone important to you, either personally or professionally. Spend time connecting and deepening your relationship. Reflect on the importance of nurturing connections.*



## WEEK 11: CHECK-IN

*Objective: Review your progress and adjust as needed.*

*Exercise: Revisit your 90-day plan and assess: Which goals are on track? What challenges have emerged? Adjust your goals or strategies if necessary to ensure continued progress.*



# TRANSFORMATIVE PRACTICES: YOUR 12-WEEK ACTION PLAN CONTINUED

## WEEK 12: ACCOUNTABILITY AND ACTION

*Objective: Commit to ongoing progress and personal accountability.*

*Exercise: Reflect on the insights and lessons you've gathered throughout the past 12 weeks. Identify one specific action step that you will take moving forward to continue your growth journey. Document this step and share it with an accountability partner or a trusted friend for added motivation and support. In your reflection, consider what additional resources you may need for continued development—whether it's joining a group, partnering with a coach, or exploring new learning opportunities. By acknowledging your needs and taking decisive action, you'll ensure that your progress continues beyond this 90-day jumpstart.*

### Share Your Insights



# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

*Congratulations on completing The Whole Woman's Journey: Your New Year's Jumpstart Workbook! You've taken meaningful steps toward understanding your core values, setting intentions, and creating holistic goals that honor both your personal and professional life. Throughout this journey, you have reflected on your past accomplishments, challenges, and triumphs, and you have laid a strong foundation for a vibrant and purposeful 2025.*

*This process is not just about setting goals; it's about aligning those goals with your true self and wellbeing. By nurturing every aspect of your life—your health, relationships, mental wellbeing, rest, recreation, and service to others—you've set yourself on a path toward a more balanced, empowered, and fulfilling year.*

*But the journey doesn't end here. Personal growth is continuous, and the habits and practices you've cultivated during this process are meant to support you long after you've turned the final page. To keep the momentum going, it's essential to maintain the practices, reflections, and actions you've developed throughout this workbook.*



# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

#### NEXT STEPS: KEEPING THE MOMENTUM GOING

To ensure that the energy and intention you've cultivated carries you through the year, here are some practical next steps:

#### Monthly Check-ins

Schedule regular check-ins with yourself to reflect on your progress. Use the monthly checklist as a guide to evaluate how well you're staying aligned with your goals and wellbeing priorities. Adjust as necessary and celebrate small wins to maintain motivation.



# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

#### Revisit Your Vision Board

Keep your vision board visible—whether it's a physical board or digital creation. Regularly revisit it to remind yourself of your intentions and goals. Make updates to it as your vision for the year evolves.

#### Stay Accountable

Share your goals and progress with an accountability partner or group. Whether it's a friend, family member, colleague, or mentor, having someone to support and encourage you can make a significant difference in staying focused and motivated.

#### Engage in Weekly Reflection

Set aside time each week to reflect on your actions, habits, and mindset. Journaling or meditating on what went well and what can be improved helps you stay grounded and aware of your progress.



# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

#### Celebrate Milestones

*Acknowledge and celebrate your achievements, both big and small. Recognizing your progress not only boosts your confidence but also keeps you engaged and excited about the journey ahead.*

*What are we celebrating?*







# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

#### *Practice Flexibility and Grace*

*Remember, life is unpredictable, and goals may need to be adjusted as you navigate new challenges and opportunities. Be flexible with your approach and give yourself grace when things don't go as planned. Growth comes from resilience, adaptation, and selfcompassion.*

#### *Focus on Wellbeing*

*Consistently prioritize your mental, emotional, and physical wellbeing. When you nurture your health and practice selfcare, you create the energy and clarity needed to pursue your goals effectively.*







# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

#### *Continue Acts of Service*

*Incorporate service into your routine, as it deepens your sense of purpose and fulfillment. Whether volunteering, mentoring, or simply offering support to others, acts of kindness strengthen your connection to the world and enrich your journey.*

#### *Moving Forward*

*This workbook is just the beginning of your transformational journey. As you move forward, continue to align your actions with your values, prioritize your wellbeing, and embrace the power of intentional living.*





# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

## Charting the Journey Ahead

### PLANNING AHEAD: WHAT'S NEXT

Life is a continuous journey of growth, and by staying committed to your goals, practices, and reflections, you will create a year filled with balance, fulfillment, and empowerment.

Here's to a remarkable 2025—one filled with purpose, joy, and holistic success! Keep striving, keep reflecting, and most importantly, keep honoring yourself along the way. You've got this!



# YOUR JOURNEY TOWARDS BALANCE AND FULFILLMENT

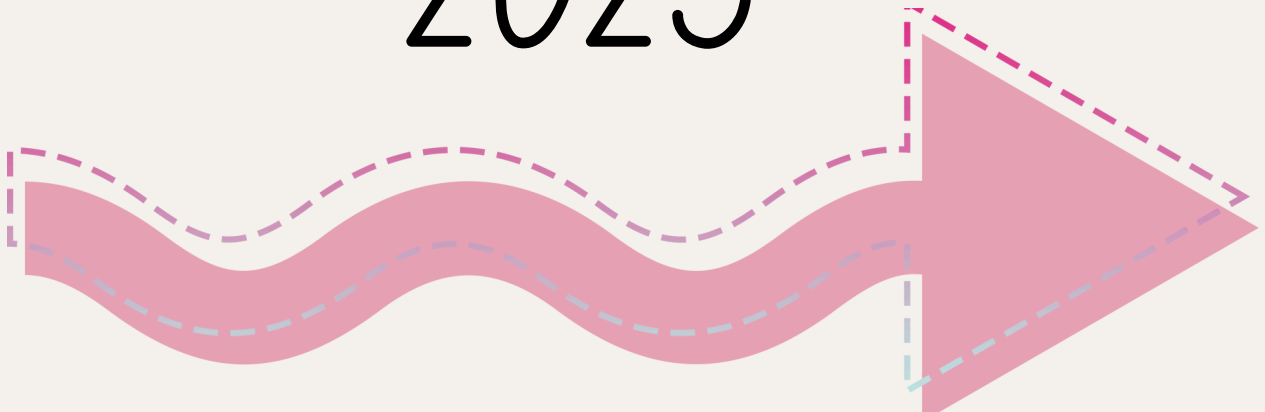
## Charting the Journey Ahead

### Let's Work Together

*Your journey is uniquely yours, a continuous evolution of growth, purpose, and self-discovery. If you feel called to dive deeper into your development and well-being, consider partnering with me in a personalized coaching program. Together, we'll navigate your unique path, uncovering insights with curiosity and aligning your goals with your values and strengths.*

*Whether you're striving for professional growth, personal balance, or a renewed sense of purpose, I am here to walk alongside you every step of the way. Let's work together to shape the next chapter of your leadership journey.*

# 2025



# Bsmart Coaching

Executive & Leadership Development

*"In life you can either work hard or you can work smart. I suggest you work smart." - Margie B. Smart*

---

## Contact

*Melonya Johnson*

*www.bsmartcoaching.com*

*P.O. Box 732*

*Buffalo, NY 14207*

*O: 716.874.1819*

*Email: melonya@bsmartcoaching.com*

*Schedule a Chat: <https://app.bsmartcoaching.com/melonya-johnson/bsmart-womens-leadership-mastermind>*

# *Resources*



# SELF-CARE & RELAXATION

*Crafting Moments of Self-Love*

## SELF-CARE GUIDE:

*Self-care isn't an act but a loving commitment to oneself. How did you cherish yourself this week? Recall moments where you paused and gifted yourself time – a tranquil bath, a leisurely walk, or simply a pause amidst the rush. Your acts of self-care are a beautiful ode to your being, a soft whisper that echoes, 'I am important.'*

*Pen down your self-care moments and if you found yourself racing past them, gift yourself a pause now. Breathe, you are cherished.*



# SELF-CARE & RELAXATION

*Crafting Moments of Self-Love*

## SELF-CARE GUIDE:

### RELAXATION TECHNIQUES:

*Relaxation is not an escape but a gentle return to our serene core. Did you explore any relaxation techniques this week - perhaps mindful breathing, gentle yoga, or mindful walks? Document them here and notice how your body and mind responded to them. If not, that's perfectly fine. Consider jotting down one method you'd like to explore in the upcoming week.*



# SELF-CARE CHECKLIST

*Self-care isn't an act but a loving commitment to oneself. How did you cherish yourself this week?*

<input type="checkbox"/>	Take a long bath	<input type="checkbox"/>	Engage in a hobby
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to your favorite music
<input type="checkbox"/>	Go for a long walk	<input type="checkbox"/>	Spend time with a loved one
<input type="checkbox"/>	Practice mindful meditation	<input type="checkbox"/>	Watch a light-hearted movie
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Pamper yourself
<input type="checkbox"/>	Try gentle yoga	<input type="checkbox"/>	Take a short nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Go for a swim
<input type="checkbox"/>	Visit a museum or gallery	<input type="checkbox"/>	Practice gratitude
<input type="checkbox"/>	Gardening	<input type="checkbox"/>	Attend a workshop or class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Explore a new place





## DAILY CHECK IN

### TODAY'S FOCUS

What's your core focus today? Whether it's embracing calm, tackling a specific task, or practicing gratitude, define your focal point to navigate your day with clarity.

### MOOD & ENERGY LEVELS

Honor your emotions and energy without judgment. How did you feel today? Was your energy ebullient, serene, or perhaps a little low? All are valid and embraced here.

### PHYSICAL ACTIVITY AND NUTRITION LOGS

Your body is your temple. Record your physical activities and nourishment without critique, using this log as a gentle guide, not a rigid rulebook.

### JOYFUL MOMENTS AND CHALLENGES

Celebrate every sparkle of joy and acknowledge every hurdle. By recognizing both, we honor our journey's full spectrum, learning and growing through every step.



# Weekly Reflection & Gratitude Journal

## REFLECTIONS:

*Reflection is a window to observing our growth and understanding our challenges. As we stand at the week's end, let's glance back, not with judgment, but with love and observation. Celebrate your victories, however small they might seem, and acknowledge the hurdles with compassion.*

*What worked? What felt challenging? Pen down without self-critique, and let these words be your gentle guide toward understanding and evolving on this journey.*



# Weekly Reflection & Gratitude Journal

## GRATITUDE JOURNAL:

*Gratitude is a gentle anchor in our moments of chaos and serenity alike. List down three things or moments from this week that sparked a flutter of thankfulness in your heart. It could be a peaceful cup of tea, a warm hug, a moment of clarity, or simply being here, in this moment. Every spark is significant, every gratitude, monumental.*



# WEEKLY REFLECTIONS

## WINS OF THE WEEK

*Celebrate your achievements, however small they might be:*

## CHALLENGES ENCOUNTERED

*Acknowledge any struggles or bottlenecks you faced:*

## LESSONS LEARNED

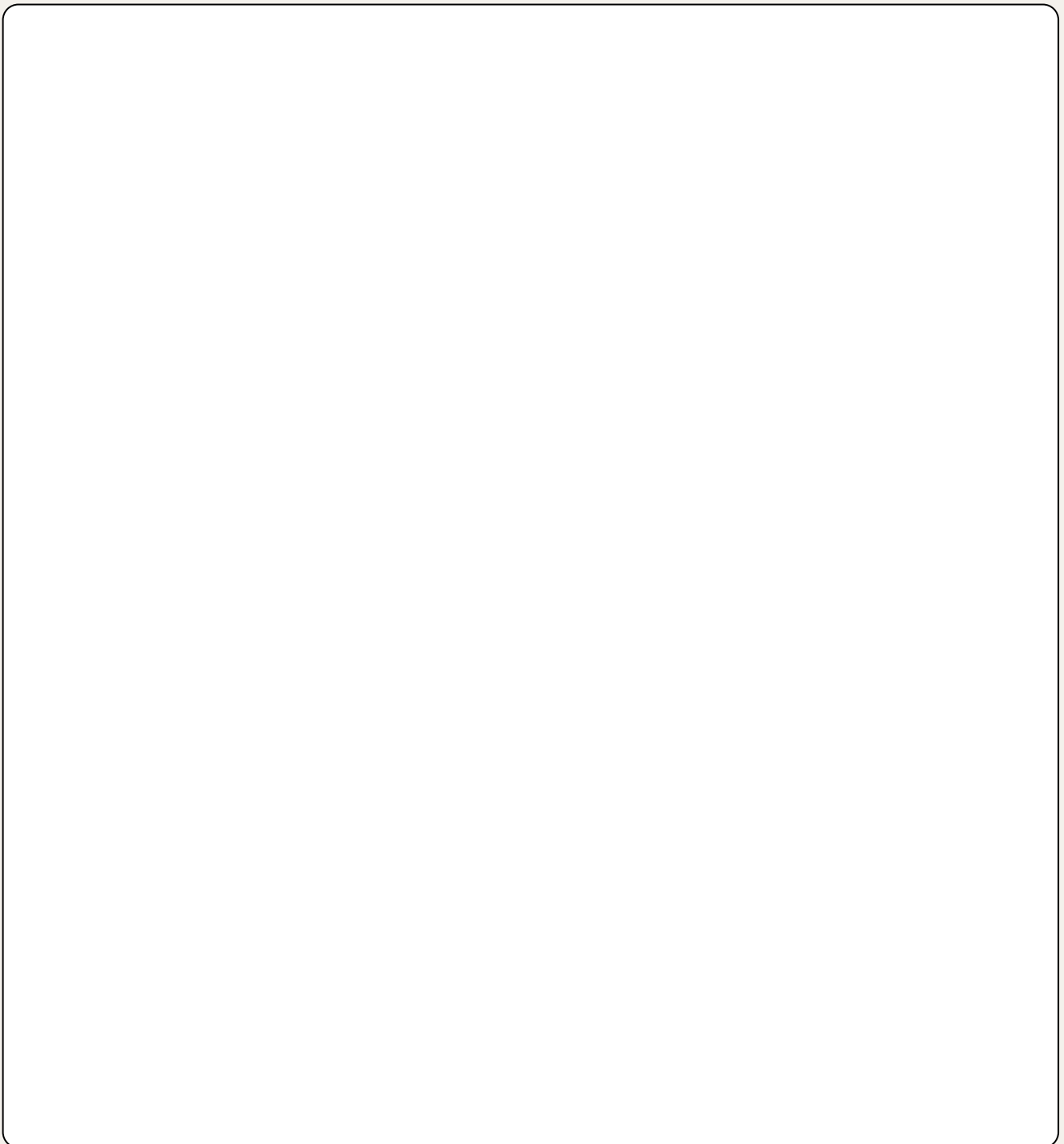
*Identify learnings that can be carried forward:*

## NEXT WEEK'S PRELIMINARY THOUGHTS

*Write down any early ideas or focus points for the upcoming week:*

# REFLECT ON YOUR TIME SPENT WITH YOURSELF OVER THE PAST 90-DAYS

Share your observations, wins, challenges and love for your  
journey.

A large, empty rectangular box with rounded corners, intended for reflection. It is a light gray color and occupies the majority of the page below the text.