

2025

Roadmap

Family

Fitness

Faith

Friends

Finance

Relationship

Community

Dream

Hobby

— — — — —

A guide to get clear on what's most important.

2025

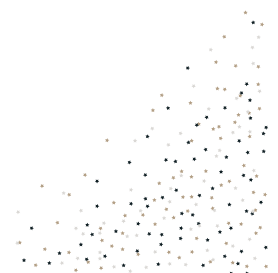
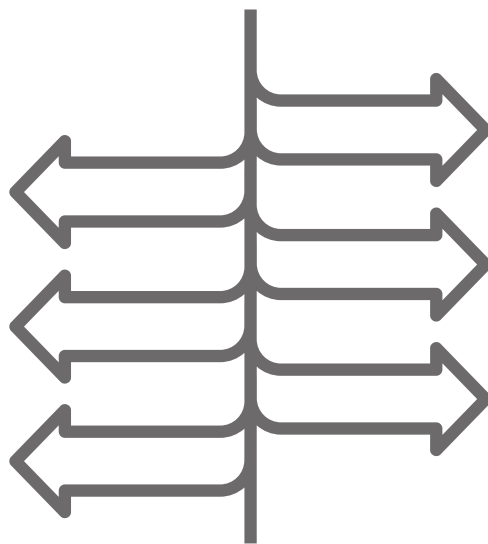
Roadmap

Description

What to expect.

First, let's take a moment to reflect.
This section will help us pinpoint those aha moments
that brought us joy and growth.

Then, let's shift gears to the next lap,
the part where we chart our course forward.
This area opens the door to new possibilities and
helps us steer growth where we need it most.



CLEAR YOUR MIND: A SIMPLE EXERCISE TO SPARK CREATIVITY

**The following exercise will help you clear your mind and
generate new ideas in just a few minutes:**

Set a timer for five minutes.

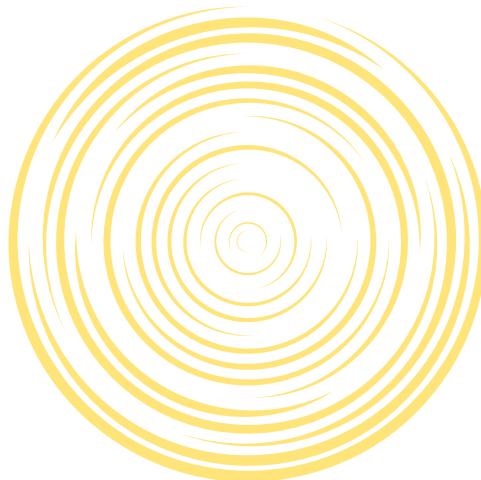
Find a quiet place to sit comfortably and close your eyes.

Take a deep breath and exhale slowly.

Focus on your breath and let it guide you.

Your mind may wander, but gently bring it back to your breath.

This gentle breathing exercise will help you center yourself,
embrace humility, and create space for fresh ideas to emerge.



PUTTING DOWN ON PAPER WHAT MATTERS MOST.

Exploring Your Subconscious: A Guided Exercise

To begin, set a timer for ten minutes.

First, jot down a list of what you hope to achieve by
completing this roadmap.

Next, consider an outcome
that would mean success by the end of the year.

FIVE F'S (REFLECTION)

"Looking back so that the view looking forward is even clearer"

2024

REFLECT BACK ON THIS YEAR.

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL. EXPLAIN WHY

(EMPTY) 1 | 2 | 3 | 4 | 5 (FULL)



FAMILY

WHY:

(MEH) 1 | 2 | 3 | 4 | 5 (LOVE IT)



FITNESS

WHY:

(EMPTY) 1 | 2 | 3 | 4 | 5 (FULL)



FAITH

WHY:

This category can be Religious, Mental, or Spiritual:

FIVE F'S (REFLECTION)

"REFLECTION PROVIDES DIRECTION"

2024

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL.
EXPLAIN WHY.

(EMPTY) 1 | 2 | 3 | 4 | 5 (FULL)



FRIENDS

WHY:

(SCARED) 1 | 2 | 3 | 4 | 5 (PREPARED)



FINANCE

WHY:

(EMPTY) 1 | 2 | 3 | 4 | 5 (FULL)



HOBBY

WHY:

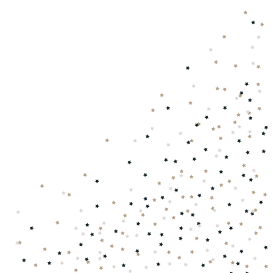
2024 **ACCOMPLISHMENTS**

“WHERE YOUR ATTENTION GOES, ENERGY FLOWS.”

What are 3 accomplishments that happened this year?

What are 3 challenges?

Who are you grateful for this year?

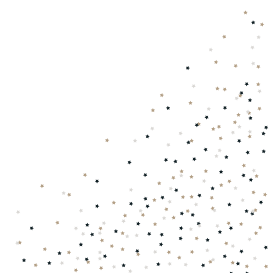


2024 **MEMORIES**

"WE DON'T SING BECAUSE WE'RE HAPPY, WHE'RE HAPPY BECAUSE WE SING."

Past year's travels and the Memories They Hold

List the Best Memories from Your Photo Album



2024

LIMITING BELIEFS

Call em L.I.E.S (Limited Ideas Entertained)
that become part of your B.S. (Belief System)
- Jim Kwik

BE MINDFUL OF WHAT YOU SAY TO YOURSELF.

Write down any limiting beliefs that have occurred this year.

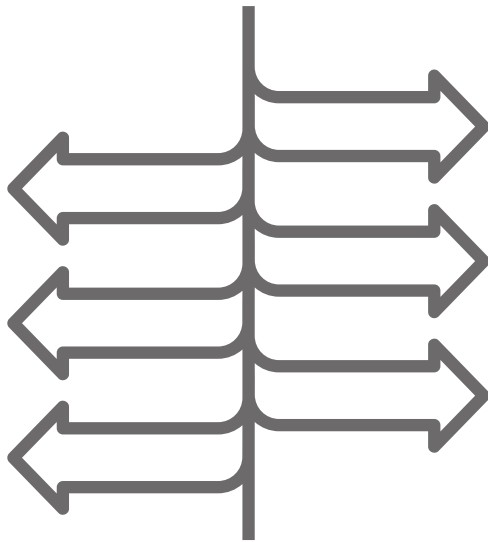
What are your top 3 lessons of the year?

Looking back, how would you
put this year into one word?



2025

Roadmap



Now, let's shift gears to the next lap,
the part where we chart our course forward.
The best is yet to come.

2025

MOTIVATION

THIS CONCEPT HELPS TO BUILD MOTIVATION AND OVERCOME PROCRASTINATION.

Jim Kwik's Motivation Formula = {p x e x s3}

purpose

when you know your why, what you have to do is easy.

energy

sleep, nutrition, exercise

s3

simple small steps

On purpose: What community / country/ world issue presses on your heart?

My key strengths include maintaining a healthy sleep schedule, proper nutrition, and sticking to a consistent exercise routine.

True or False? Why?

Jot down your next simple small step for conquering any one of your goals!

2025

DISCIPLINE

“NOTHING’S HARD, ONLY STEPS UNDEFINED.” - JAMES CLEAR

It takes 21 Days to Build a Habit.
Up to 3 Months to Make it a Reality.
First, it feels like change, learning, and growth.
Suddenly, it becomes a part of who you are.

Increase the probability of success with these 6 criteria:

frequency - how many times a week

duration - how long

time of day - when

location - where

accountability - who will help keep you on track

reward - make it fun, treat yourself

Generating Ideas for New Habits or Hobbies

Are you interested in developing new habits or hobbies in your life?

Spend five minutes jotting down any ideas that come to mind.

(See next page for inspiration)

"The journey of a thousand miles begins with a single step."

**First, we build our habits. Then our habits build our lives.
(Try one, or a few each month)**

Wake up early for 30 minutes of "Me" time
Write down 3 things you're grateful for each morning
Write down three things that would make today great
Write down an affirmation in the morning
Stretch / Exercise in the morning
Time block the week
Work uninterrupted with Pomodoro method (25:00 on / 5:00 off)
Meditate or Pray
Read 10-20 pages a day
Go outside for a walk
Try a new sport
Try a new creative hobby
Take a 23 minute nap
Drink a 1/2 - 1 Gallon of water each day
Write down and reflect 3 ups / 1 down at end of day
No alcohol on weekdays for a month
Prioritize Good Sleep
Listen Compassionately
Improve your communication skills
Say no
Call or Send a text to the person that is on your mind
Use your gut "When there's doubt, there's no doubt"
Give energy to concern (has direction towards others) > worry (directionless)
Don't make assumptions
Don't take things personally
Seek Feedback on how to improve
Be honest and ask for help needed
Celebrate small wins
Forgive
Don't blame
See the good in people
Help someone without expecting anything in return
Learn to rest. Be productive being unproductive
Notice you are breathing

2025

RULES TO LIVE BY

BASED ON LESSONS; AND WORD THAT DESCRIBED 2024...
LIST SIMPLE AGREEMENTS YOU WILL MAKE WITH YOURSELF, TO ADVANCE GROWTH.

What are your Rules for 2025?
(Ex: "Don't Yuck the Yum!".. "If it ain't a Heck Yes, it's a Heck No!")

A.

B.

C.

VALUES

THIS EXERCISE HELPS TO IDENTIFY WHAT MATTERS MOST TO US.
LET'S BRING OUR BEST SELF TO THE SPACE WE EMBRACE!

Who?

HELLO
MY NAME IS

I am

Use Values Guide on following page to help choose these three words.

Write down the three words you chose to describe
the person you are becoming in 2024.

VALUES GUIDE

STEP 1 - CIRCLE TOP 10 WORDS (3 MIN)

STEP 2 - PLACE ASTERICK BY TOP 5 (2 MIN)

STEP 3 - UNDERLINE TOP 3 WORDS (1 MIN)

Integrity	Self-awareness	Leadership
Compassion	Balance	Meaning
Trust	Growth	Moderation
Gratitude	Empathy	Nurture
Kindness	Self-care	Peace
Generosity	Harmony	Rationality
Acceptance	Adaptability	Self-discipline
Openness	Diligence	Stability
Connection	Grace	Thoughtfulness
Honesty	Encouragement	Uniqueness
Forgiveness	Joy	Vision
Humility	Serenity	Altruism
Patience	Grace	Clarity
Loyalty	Unity	Discipline
Empowerment	Cooperation	Freedom
Mindfulness	Curiosity	Happiness
Perseverance	Decisiveness	Imagination
Flexibility	Independence	Motivation
Optimism	Resourcefulness	Open-mindedness
Understanding	Sincerity	Passion
Accountability	Friends	Quality
Respect	Wisdom	Reliability
Authenticity	Family	Self-improvement
Selflessness	Belonging	Strength
Appreciation	Contribution	Teamwork
Resilience	Dedication	Health
Courage	Hope	Adventure
Vulnerability	Initiative	Boldness
Love	Innovation	Commitment
Self-compassion	Justice	Determination

2025

GETTING FEEDBACK

“IT’S HARD TO SEE FROM OUTSIDE THE PICTURE FRAME.”

Ask someone from each category..
One thing to start, stop, do more, or do less

Teacher / Mentor:

Colleague:

Parent / Relative:

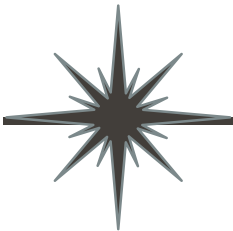
Friend:

Spouse / Partner:

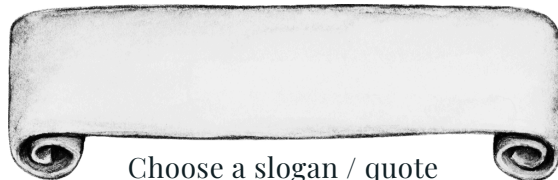
Sound and Energy

Sound is made by vibrations.
When put together, sounds make music.

Words are also sounds; and when spoken, create
vibrations that make who we are.



Choose a Theme Word.
This will be your north star throughout the year.



Choose a slogan / quote
to match your Theme word.

2025

ULTIMATE BUCKET LIST

JOT DOWN EXPERIENCES, MEMORIES, & TRAVELS
YOU WOULD LIKE TO CREATE.

Family

Fitness

Faith

Friends

Finance

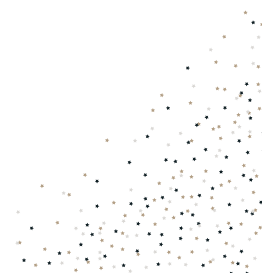
Relationship

Community

Hobby

Dream

— — — — —



FIVE F'S (DIRECTION)

"IF YOU CAN STATE IT, YOU CAN CREATE IT!" - MEL ROBBINS

WHAT IS THE ONE THING YOU WANT TO IMPROVE IN EACH CATEGORY?
INCLUDE THE STEPS THAT WILL HELP YOU ACHIEVE THIS GOAL.



FAMILY



FITNESS



FAITH

FIVE F'S (DIRECTION)

“THOUGHTS BECOME WORDS THEN ACTIONS!”

TRY PICKING ONE OR TWO OF THE FIVE F'S EACH QUARTER.
“WE CAN DO ANYTHING BUT NOT EVERYTHING.”



FRIENDS



FINANCE

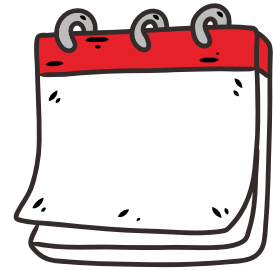


HOBBY

2025

IMPORTANT DATES

WRITE DOWN IMPORTANT EVENT DATES
PLANNED FOR 2025



<i>Family</i>	<i>Fitness</i>	<i>Faith</i>	<i>Friends</i>	<i>Finance</i>
<i>Relationship</i>	<i>Community</i>	<i>Hobby</i>	<i>Dream</i>	_____



Year at a Glance (Life in Full Color)

Use corresponding color
to highlight the previously listed important events.

2025

Roadmap

Family	Fitness	Faith	Friends	Finance
Relationship	Community	Hobby	Dream	— — — — —

JANUARY2025	FEBRUARY2025	MARCH2025
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22
26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29
		30 31
APRIL2025	MAY2025	JUNE2025
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
27 28 29 30	25 26 27 28 29 30 31	29 30
JULY2025	AUGUST2025	SEPTEMBER2025
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27
27 28 29 30 31	24 25 26 27 28 29 30	28 29 30
	31	
OCTOBER2025	NOVEMBER2025	DECEMBER2025
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1 2 3 4 5 6
5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31
	30	

How am I spending my time?

2025 “One Page Roadmap”

USE ANYTIME FOR A QUICK GLANCE AT YOUR AGREEMENTS.
NOW THAT YOU’VE IDENTIFIED WHAT’S IMPORTANT, SHARE WITH OTHERS.
TO DRIVE AUTHENTICITY, PUT THIS AT THE FRONT OF EVERYTHING YOU DO.

Rule 1

Rule 2

Rule 3

Value 1

Value 2

Value 3

Feedback

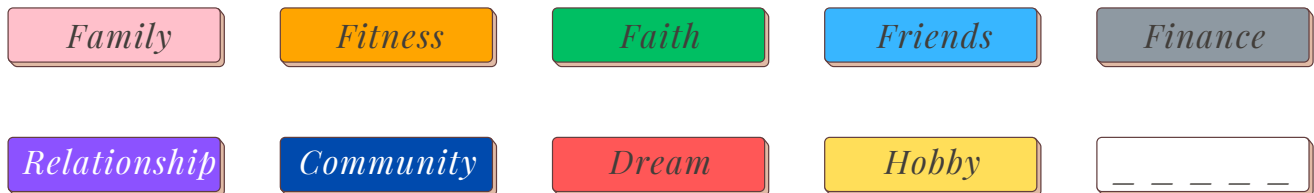
Feedback

Theme Word

Slogan

2025

ROADMAP



Embarking on a Journey of Self-Discovery

I appreciate you joining me on this journey of exploration and growth.
Our world is full of uncertainty and anxiety,
so we must carefully choose what we allow into our hearts and minds.
It's important to start each day with gratitude and
build relationships on mutual respect.
We are better together.

Discovering Yourself and Others

As you learn more about yourself in 2025,
take time to understand the goals and values of those around you.
When your aspirations align,
you can achieve shared vision.
And when united in purpose, the possibilities are endless.