



## Your year ahead

Use this tool to help you plan the next 12 months. Include all aspects of life - if you already have specific commitments that will occupy a lot of time/energy, include those first. Then think about the flow of your year and map out your priorities, including work priorities and life priorities (holidays should be in there if they are important to you). Aim to have no more than two or three areas each month.

January 20\_\_

February 20\_\_

March 20\_\_

April 20\_\_

May 20\_\_

June 20\_\_

July 20\_\_

August 20\_\_

September 20\_\_

October 20\_\_

November 20\_\_

December 20\_\_