

36 PROMPTS TO PLAN AN AWESOME YEAR

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1. One habit I'm going to build.
2. One bad habit I'm going to break.
3. One person I'm going to forgive.
4. One person I'm going to befriend or reconnect with.
5. One person I'm going to spend more time with.
6. One way I'm going to strengthen my relationship with my significant other.
7. One thing I'm going to create.
8. One negative belief I'm going to drop.

9. One positive belief I'm going to reinforce.
10. One unhealthy food I'm going to stop eating.
11. One healthy food I'm going to start eating.
12. One book I'm going to read.
13. One new place I'm going to visit.
14. One adventure I'm going to go on.

15. One hobby I'm going to try.
16. One personal development goal I'm going to achieve.
17. One fitness goal I'm going to achieve.
18. One new food I'm going to try.
19. One fear I'm going to overcome.
20. One risk I'm going to take.
21. One thing I'm going to throw out.
22. One thing I'm going to save for and purchase.

23. One way I'm going to make more money.
24. One expense I'm cutting out.
25. One way I'm going to stop wasting time.
26. One skill I'm going to learn.
27. One class I'm going to take or workshop I'm going to attend.
28. One way I'm going to make myself indispensable at work.

29. One thing I will no longer tolerate.
30. One way I'm going to keep my energy high.
31. One way I'm going to relax and de-stress.
32. One way I'm going to get better sleep.
33. One way I'm going to have more fun.
34. One small way I'm going to make the world a better place.
35. One item I'm crossing off my bucket list.
36. One way I'm going to follow my bliss.