

Annual Planning

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Annual Planning

It's easy to move through the year reacting to whatever feels most urgent in the moment. Responsibilities, distractions, routines, and unexpected challenges can gradually pull us away from the bigger picture of how we want to live, grow, and move forward over time.

An annual review and planning process creates space to pause more intentionally. To look back honestly at what this season of life has taught you. To recognize what felt meaningful, difficult, energizing, or important. And to begin considering what direction you want to move toward next.

This workbook is an invitation to reflect on the past year while also creating space for the year ahead.

Not to judge yourself harshly for what did or didn't happen.
Not to build a perfect plan you must follow flawlessly.
But to reconnect with what matters most and move forward with greater awareness, clarity, and intention.

As you move through these pages, you may begin to notice patterns in your growth, habits, priorities, energy, relationships, and the experiences that shaped you over time.

Some reflections may feel grounding and encouraging. Others may bring uncertainty, disappointment, or new realizations. That's completely okay.

Sometimes meaningful change begins simply by taking the time to reflect honestly and choose more intentionally.

Take what resonates.
Leave space for uncertainty.
Return to anything that feels important.

This is not about creating a perfect year.
It's about becoming more intentional about the life you are building over time.



Shaping The Year Around What Matters

This section is designed to help you step back and look at the year ahead—not as an empty space to fill, but as a continuation of the direction you’ve already chosen.

Rather than starting from scratch, you’ll begin by returning to the work you’ve already done:

- your goals
- your values
- your mission
- your strengths and growth areas

Everything in this section connects back to what you explored throughout the Discovery and Creation paths.

As you move through these pages, you’ll have space to:

- reconnect with the direction you shaped earlier
- choose which goals to prioritize this year
- identify the values, strengths, habits, and routines that will support you
- map out important milestones, responsibilities, and areas of focus
- create a structure for the months ahead that feels intentional, realistic, and sustainable

Your plans will likely evolve over time as priorities shift, circumstances change, and new insights emerge.

Use these pages as a flexible framework—something you can revisit, adjust, and refine as the year unfolds.

These pages are intended as sample planning and review templates. You are encouraged to print additional copies and use them as often as you’d like throughout your journey.



ANNUAL PLAN

YEAR: _____

This Year's Direction

My Mission _____ *(from your Direction Summary)*
.....
.....

This Year's Mantra: _____
.....
.....

Most Meaningful Goals This Year

(from your Creation Work)

Goal	Why it Matters?	Target Date
1. _____
2. _____
3. _____

Values I Want to Prioritize This Year

(from your Discovery Work)

Value	What living this value looks like
1. _____
2. _____
3. _____

Strengths I Want to Lean Into This Year

(from your Discovery Work)

Strength	Where I'll Apply It
1. _____
2. _____
3. _____



ANNUAL PLAN

YEAR: _____

My Growth Focus For This Year

(from your Creation Work)

Area of Growth

How I'll Know I'm Growing

1.

2.

3.

Habits Plan

Habits to Add / Strengthen

Habits To Remove / Reduce

1.

2.

3.

1.

2.

3.

Beliefs

A belief I want to be mindful of this year:

REFLECTIONS & NOTES



ANNUAL OVERVIEW

YEAR:

Q1	1		2		3	
	
	
Q2	4		5		6	
	
	
Q3	7		8		9	
	
	
Q4	10		11		12	
	
	



GOAL TRACKING WORKSHEET

Goal Name / Description

.....

.....

.....

.....

Progress: 0% 100%

Expected Completion

Actual Completion

Life Area

Life Role

Purpose / Why Is It Important

.....

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Action Plan

Action Item / Milestone	Target Date	Done Date	Priority
1.	☆☆☆☆☆
2.	☆☆☆☆☆
3.	☆☆☆☆☆
4.	☆☆☆☆☆
5.	☆☆☆☆☆
6.	☆☆☆☆☆
7.	☆☆☆☆☆
8.	☆☆☆☆☆
9.	☆☆☆☆☆
10.	☆☆☆☆☆

NOTES

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Continue Your Journey

Thank you for taking the time to reflect on where you've been, what you've experienced, and where you want to move next.

A meaningful life is rarely built through perfection or constant certainty.

More often, it grows through awareness, reflection, adjustment, intention, and the willingness to continue moving forward even when things feel unfinished or unclear.

Some of what you explored in these pages may already feel deeply aligned and encouraging. Other parts may reveal areas where you want to grow, simplify, reconnect, or move more intentionally over time.

Small moments of reflection and intentional direction can begin to shape meaningful change over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life