

PLANNER



ANCHORING IN TODAY IN ORDER TO BUILD BRIDGES THROUGH THE FUTURE

THIS PLANNER IS DESIGNED TO HELP YOU SLOW DOWN AND MAKE DECISIONS NOW THAT MAY BE HELPFUL LATER. YOU MAY USE THIS PLANNER FOR YOUR DAY-TO-DAY OR FOR MORE LONG TERM GOALS. IT IS NOT MEANT TO BE RIGID, RATHER A WAY TO EXPLORE AND PROCESS YOUR NOW AND YOUR BELIEFS AROUND YOUR FUTURE.

SINCERELY JESSICA R.

WHAT IS THE BIG PICTURE?

This gives your day direction. Your big picture is a combination of your emotional, mental, physical, sexual, professional, and personal wellbeing and desires. How do you want to live today? What do you want to experience today? Consider what is non negotiable in your day. This may require you to think about the people in your life and the spaces that you fill. How will you spend your time and your money? This is not just a space to dream big but a space to dream better.

[illegible]

HOW WILL YOU OBTAIN THE BIG PICTURE?

Personal Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective: _____
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Goal: _____

Objective: _____
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Goal: _____

Objective: _____
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Goal: _____

Objective: _____
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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Professional Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Psychological Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Physical Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Heart and Spiritual Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Emotional Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Sexual Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Relationship Goals (family, friends, romantic)

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

Objective:

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Goal: _____

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

HOW WILL YOU OBTAIN THE BIG PICTURE?

Financial Goals

Example:

Goal: Not lashing out on others

Objective: 1. Spend time regulating when I wake and before I come home from work

2. Use my stress ball when I feel overwhelmed

3. Take a mindful walk

Goal: _____

Objective:

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Goal: _____

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Goal: _____

Objective:

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Goals with objectives are meant to be specific, measurable, attainable, relevant, and timable. In other words, what are you trying to accomplish, how will you know when you have done it, is this reasonable, plausible, and possible, is it beneficial to your direction in life, and how long will it take you to do it.

BARRIERS TO YOUR GOALS

WHAT COULD POTENTIALLY PREVENT YOU FROM OR MAKE IT MORE CHALLENGING FOR FOR YOU TO MEETING YOUR GOALS?

Personal: _____

Professional: _____

Physcological: _____

Physical: _____

Heart/Spiritual: _____

Emotional: _____

Sexual: _____

Relationship: _____

Financial: _____

THE ROUTINE OF SELF CARE

When considering self care think about each area you defined a goal in and how you will take care of yourself while reaching towards those goals. Also consider if a support system has to be engaged to both meet the goals and self care needs. For a list of self care tools go to www.jessicaljross.com.

Morning routine

Plan the day

- ☐ Ex: Progressive muscle relaxation
- ☐ Ex: 1 hour Fitness
- ☐ Ex: 45 min Family time
- ☐ Ex: 3 things I want today are: Laughter, physical touch, and no yelling
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Evening routine

- ☐ Ex: Take mindful shower
- ☐ Ex: Spend time with partner
- ☐ Ex: Take time to be grateful
- ☐ Ex: Recap the day
- ☐ Ex: Celebrate progress
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

CHECKPOINT-DAILY

1. HAVE YOU ACCOMPLISHED ANY OF YOUR GOALS? ☐ YES ☐ NO
2. DID YOU FOLLOW YOUR OBJECTIVES? ☐ YES ☐ NO
3. WERE YOU WITHIN YOUR TIME FRAME? ☐ YES ☐ NO
4. WERE THERE BARRIERS? ☐ YES ☐ NO
5. IF THERE WERE BARRIERS, WERE THEY ALREADY LISTED ☐ YES ☐ NO
6. DID YOU LEARN ANYTHING ☐ YES ☐ NO
7. DID YOU LEARN ANYTHING ABOUT YOURSELF ☐ YES ☐ NO
8. IF A GOAL WAS NOT MET WILL YOU TRY AGAIN ☐ YES ☐ NO

ACCOMPLISHED GOALS

GOALS FOR REVIEW

WHAT DID YOU LEARN AND HOW WILL IT HELP YOU MOVE FORWARD?

IF YOU DID NOT MEET A GOAL GO BACK, REVIEW, AND UPDATE.

CHECKPOINT-30 DAYS

1. HAVE YOU ACCOMPLISHED ANY OF YOUR GOALS? ☐ YES ☐ NO
2. DID YOU FOLLOW YOUR OBJECTIVES? ☐ YES ☐ NO
3. WERE YOU WITHIN YOUR TIME FRAME? ☐ YES ☐ NO
4. WERE THERE BARRIERS? ☐ YES ☐ NO
5. IF THERE WERE BARRIERS, WERE THEY ALREADY LISTED ☐ YES ☐ NO
6. DID YOU LEARN ANYTHING? ☐ YES ☐ NO
7. DID YOU LEARN ANYTHING ABOUT YOURSELF? ☐ YES ☐ NO

ACCOMPLISHED GOALS

GOALS FOR REVIEW

WHAT DID YOU LEARN AND HOW WILL IT HELP YOU MOVE FORWARD?

IF YOU DID NOT MEET A GOAL GO BACK, REVIEW, AND UPDATE.

CHECKPOINT-6 MONTHS

1. HAVE YOU ACCOMPLISHED ANY OF YOUR GOALS? ☐ YES ☐ NO
2. DID YOU FOLLOW YOUR OBJECTIVES? ☐ YES ☐ NO
3. WERE YOU WITHIN YOUR TIME FRAME? ☐ YES ☐ NO
4. WERE THERE BARRIERS? ☐ YES ☐ NO
5. IF THERE WERE BARRIERS, WERE THEY ALREADY LISTED ☐ YES ☐ NO
6. DID YOU LEARN ANYTHING ☐ YES ☐ NO
7. DID YOU LEARN ANYTHING ABOUT YOURSELF ☐ YES ☐ NO
8. IF A GOAL WAS NOT MET WILL YOU TRY AGAIN ☐ YES ☐ NO

ACCOMPLISHED GOALS

GOALS FOR REVIEW

WHAT DID YOU LEARN AND HOW WILL IT HELP YOU MOVE FORWARD?

IF YOU DID NOT MEET A GOAL GO BACK, REVIEW, AND UPDATE.

CHECKPOINT- 1 YEAR

1. HAVE YOU ACCOMPLISHED ANY OF YOUR GOALS? ☐ YES ☐ NO
2. DID YOU FOLLOW YOUR OBJECTIVES? ☐ YES ☐ NO
3. WERE YOU WITHIN YOUR TIME FRAME? ☐ YES ☐ NO
4. WERE THERE BARRIERS? ☐ YES ☐ NO
5. IF THERE WERE BARRIERS, WERE THEY ALREADY LISTED ☐ YES ☐ NO
6. DID YOU LEARN ANYTHING ☐ YES ☐ NO
7. DID YOU LEARN ANYTHING ABOUT YOURSELF ☐ YES ☐ NO
8. IF A GOAL WAS NOT MET WILL YOU TRY AGAIN ☐ YES ☐ NO

ACCOMPLISHED GOALS

GOALS FOR REVIEW

WHAT DID YOU LEARN AND HOW WILL IT HELP YOU MOVE FORWARD?

IF YOU DID NOT MEET A GOAL GO BACK, REVIEW, AND UPDATE.