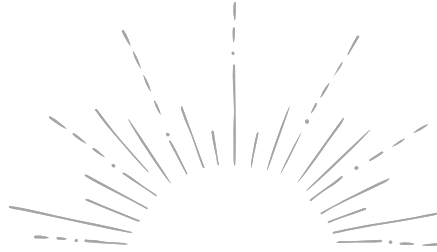


I seek to be who I  
am capable of being,  
THAT I MIGHT DO  
WHAT I AM CAPABLE  
OF DOING.

– A Year of Miracles

20  
23





# Ways to Work With This Calendar

## Word of the year:

Close your eyes/imagine – it's December 31, 2023. This year has been absolutely the year of your dreams and check in with how you feel about what you've experienced and accomplished. How you've shown up for yourself and others. Get specific. Looking back on your 2023, what is the ONE word that could encapsulate this 20/20 hindsight vision? What word or words describe what you want to manifest for yourself this year?

I recommend grabbing your journal and doing a free-write (automatic writing). Afterwards circle the words that make you FEEL the closest to your vision. Then maybe pop open a thesaurus and find the perfect descriptor that light you up – mind, body, soul.

## Goals:

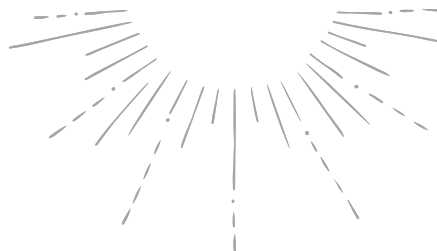
Get your journal back out. Now that you have an idea of how you want to feel, let's dig deeper. It's still December 31, 2023 – Free write what you accomplished in your career (vocation, avocation, job, career, profession, etc...) in the previous 12 months. What did your self-care/self-love look like at 100%? Your health? What personal endeavors did you take on? Get specific, but remember to use the reflection from the previous step, Let your word for the year be your filter for where you gravitate and what you magnify.

Then use the next couple pages to piece it out. What are the specific tangible outcomes you can accomplish in December? (start with three each) From there work backwards, if that's where you are in 12mo. what do you need to be doing in 6mo? After 6mo fill out 3mo. And now that you have a clearer idea, flip to January and fill out what you can be doing this month to get you to that three month goal. Bonus points if you can then fill in **what days** on your calendar you're going to get it done!

Using Pencil take the info from the next couple pages and fill out their corresponding months. 12mo goes into December. 6mo into June, and 3mo into march. You use pencil because goals are alive and shift through the year, that and you'll most likely complete them way sooner than you imagined.

## Theme/Energy:

This is found at the top of each month's page and can be chosen any way you like. I like to draw an oracle card and ask what energy do I need to focus on to bring about the most positive outcome. Alternatively you can choose a word, song, color, tarot card, you name it.



# The word for this year is



12MO

6MO

3MO

CAREER



PERSONAL



12MO

6MO

3MO

HEALTH



SELF-LOVE



# Theme/Energy

---

## CAREER



## HEALTH



## PERSONAL



## SELF-LOVE



"Be the kind of person  
you want to meet."



January.

SUN

MON



TUE

WED

THU

FRI

SAT

						
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31				

# Theme/Energy

CAREER



HEALTH



PERSONAL



SELF-LOVE



"Not all you love  
will love you back,  
love anyway."

February.





SUN

MON




TUE

WED

THU

FRI

SAT

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28						

# Theme/Energy

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CAREER



HEALTH



PERSONAL



SELF-LOVE



"I love the  
handful of earth  
you are."

– Neruda



# March.

SUN

MON

TUE

WED

THU

FRI

SAT

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# Theme/Energy

---

## CAREER



## HEALTH



## PERSONAL



## SELF-LOVE



"You know what's funny?  
Lots of shit,  
so lighten the fuck up."



SUN

MON

TUE

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THU

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# Theme/Energy

---

## CAREER



## HEALTH



## PERSONAL



## SELF-LOVE



"When I let go of  
what I am,  
I become what  
I might be."

– Lao Tzu



May.

SUN

MON



TUE

WED

THU

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SAT

						
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# Theme/Energy

## CAREER



## HEALTH



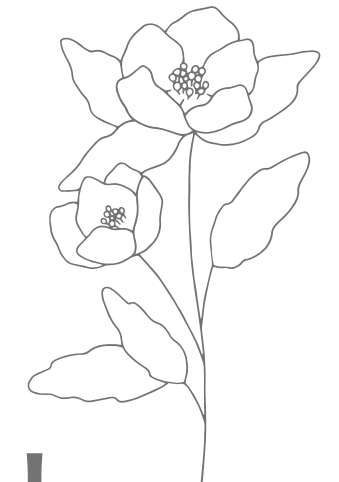
## PERSONAL



## SELF-LOVE



\*Take a sec. to  
update your goals,  
rewrite/reset  
where needed—  
Most likely you're  
further than you think!



June.



				1	2	3
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# Theme/Energy

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## CAREER



## HEALTH



## PERSONAL

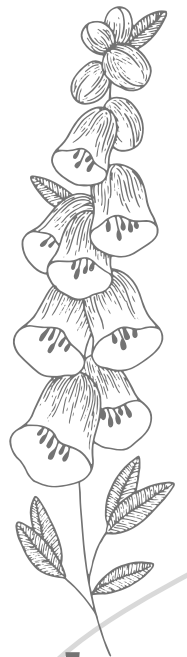


## SELF-LOVE



"Be kind whenever possible.  
It is always possible."

– Dalai Lama



July.

SUN

MON

TUE

WED

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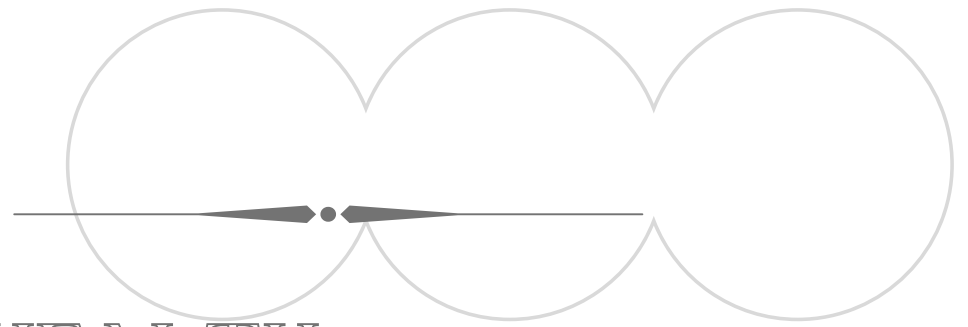
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# Theme/Energy



CAREER



HEALTH



PERSONAL

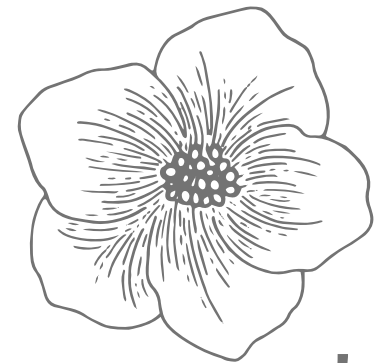


SELF-LOVE



"Breathe it all in,  
love it all out."

— Mary Oliver



August.

SUN

MON

TUE

WED

THU

FRI

SAT

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<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>
<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>
<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>		

# Theme/Energy

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## CAREER



## HEALTH



## PERSONAL



## SELF-LOVE



"The river of the body,  
the river of the brain,  
and the river of the mind  
are all one,  
flowing from the soul to the skin  
and back to the soul."

– B.K.S. Iyengar



# September.

SUN

MON

TUE

WED

THU

FRI

SAT

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# Theme/Energy

## CAREER



## HEALTH



## PERSONAL



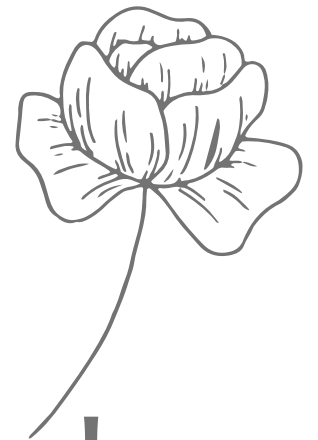
## SELF-LOVE



"Don't move the way  
fear makes you move.

Move the way  
love makes you move."

— Rumi



# October.



SUN

MON

TUE

WED

THU

FRI

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# Theme/Energy

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CAREER



HEALTH



PERSONAL



SELF-LOVE



"The privilege of a lifetime  
is to become who  
you really are."

– Carl Jung



# November.

SUN

MON

TUE

WED

THU

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# Theme/Energy

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CAREER



HEALTH



PERSONAL



SELF-LOVE



"What we do flows  
from who we are."

– Paul Vitale



# December.

SUN

MON

TUE

WED

THU

FRI

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