A PRINTABLE

simple year

A GENTLE WAY TO SEE YOUR YEAR CLEARLY, FOR MORE FOCUS AND CREATIVE ENERGY.

by Alyssa-Ninja

yours ninja

hi
CREATIVE



I'm Alyssa-Ninja.
I'm a surface pattern designer, creative and dog mom
with a soft spot for gentle progress.
That's why I design systems for creatives
who want to make meaningful work
without burning themselves out.

I believe clarity comes from simplicity,
and that creativity needs structure that breathes.
This is one of the tools I use myself.



begin INSIDE

This is a simple set of sheets to help you move from a wide view of your year into smaller, workable focus points.

This is not a planner.
It's a place to hold your year. You don't need to be sure. You only need a direction that feels honest right now. This printable is designed to live where you can see it. To remind you what you're working toward when days get busy or foggy.

How to use this

1. Take a moment to reflect on your year so far and what matters most to you.
2. Focus on the intentions that feel most important this year, not the tasks.
3. Use the pages in order, or jump to what you need. There is no right way through.
4. Move only as far as feels useful today.
5. Hang it somewhere visible. Let it be a quiet check-in, not a taskmaster.

YOU CAN REVISE THIS ANYTIME. A GOOD PLAN IS ALLOWED TO CHANGE.

moments

LOOKING BACK

Take a quiet moment to review your year. Flip through your calendar or journal and notice the highlights: moments, achievements, or times that made you feel alive. Pick 3 per month, or up to 5 if it was full of good things. This is about noticing what matters to you.

JAN

FEB

MRC

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

dream

GOALS

Use this space to collect what wants your attention. Not just for this year, but beyond it. Ideas, wishes, projects, curiosities. Nothing here is a commitment. You'll choose what matters later.

Write freely, digitally or on paper.



focus

ANNUAL GOALS

what do you want your year to stand for?

MY WORD FOR THE YEAR:

_____

Next, return to your list and notice what stands out. Group what you've written into four areas: big life, health, connection, and professional. From there, choose only what feels meaningful for this year. Not everything belongs in this year. Choose up to three per category. Some may be seeds, not outcomes. Then let the rest go.

BIG LIFE GOALS: long-term * financial * lifestyle

1. _____
2. _____
3. _____

HEALTH GOALS: Physical * mental * personal growth

1. _____
2. _____
3. _____

CONNECTION GOALS: Family * friends * romance

1. _____
2. _____
3. _____

PROFESSIONAL GOALS: Career * purpose * contribution

1. _____
2. _____
3. _____

Choose up to two focus points per quarter. Less leaves room for life. You can review how they're feeling over time: supported, challenged, or complete. Use this as a way to notice, not to judge. Pot-its work well here (they're easy to move when life shifts).

QUARTERLY PURSUITS

Q1

Q2

Q3

Q4

Spread your focus across the year. Some months may stay empty. Empty is allowed.
Use post-its to stay flexible.



JAN

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JUN

JUL

AUG

SEP

OCT

NOV

DEC



Use this to mark moments you want to remember.

2026

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

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24	25	26	27	28	29	30
31						

JUNE

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21	22	23	24	25	26	27
28	29	30				

JULY

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19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	29
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



You're here!

JUST LIKE THAT

You've taken a moment to look at your year as a whole.
Nothing here needs to be perfect.
Nothing needs to be final.

Let *The Simple Year* be something you live with, not something you complete.

I hope this year brings you a few good surprises, steady progress, and time for what matters.