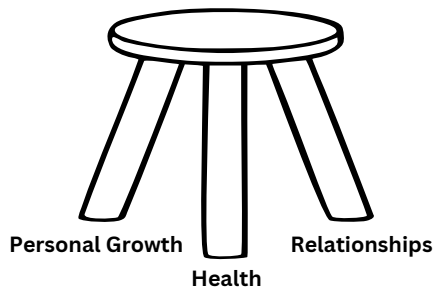


"What you think, you become. What you feel, you attract. What you imagine, you create."

-Buddha



Make This Year Your Best

To truly live the lives we want, we must have balance. This is the stool that holds us up and allows us to live our best lives. If we are out of balance, the stool will tip. Use this reflection form as a lightweight way to understand where you are doing well and where there are opportunities to focus.

Directions: Rate each aspect of your life on a scale from 1-10 (1 = Not good, 10 = Ideal). Write the number, but also color in the corresponding number of dots. Use the left over space to notate any thoughts on why you chose that score. This will give you a visual of where you want to improve and focus for this year.

PERSONAL GROWTH

Personal Mission	0 0 0 0 0 0 0 0 0 0 0 0	
Finances	0 0 0 0 0 0 0 0 0 0 0 0	
Skills	0 0 0 0 0 0 0 0 0 0 0 0	

HEALTH

Physical Health	0 0 0 0 0 0 0 0 0 0 0 0	
Mental Health	0 0 0 0 0 0 0 0 0 0 0 0	
Spiritual Health	0 0 0 0 0 0 0 0 0 0 0 0	

RELATIONSHIPS

Romance	0 0 0 0 0 0 0 0 0 0 0 0	
Family	0 0 0 0 0 0 0 0 0 0 0 0	
Friends	0 0 0 0 0 0 0 0 0 0 0 0	

Directions: Write our areas of focus for each section that you would like to improve. Keep it to 1 or 2 priorities per section. (Example: Family: I want to be more present with my kids especially when they are still young)

AREAS OF FOCUS

Personal Growth: Mission	
Personal Growth: Finances	
Personal Growth: Skills	
Health: Physical	
Health: Mental	
Health: Spiritual	
Relationships: Romance	
Relationships: Family	
Relationships: Friends	

Directions: Pick the 2 or 3 (no more than 3) most important areas of focus from the list above. This will help you understand how and where to focus your time. A person can only focus on 1-3 big intentions at a time. These can change over time, but document the most important to you in this moment.

FOCUS FOR 2024

Directions: List out the activities planned for each day (including days where you work on your focus areas). This includes work, exercising, areas of focus, family time, and anything that will consume any of your physical and/or mental energy. Notices which days are overloaded or where you are over programming. Adjust accordingly either through focus areas or other commitments. Use your focus areas as a lens to program your days and weeks.

WEEKLY PLANNER

Mondays	
Tuesdays	
Wednesdays	
Thursdays	
Fridays	
Saturdays	
Sundays	

MY INTENTIONS FOR 2024

If I could not fail, I would:

If money weren't an issue, I would:

My biggest dream is:

If you're ready to make this year the best year ever, go ahead and schedule a free strategy session with me today so you can have the life you've always wanted. [Book now.](#)

[Subscribe to my newsletter](#) for tips on leadership, coaching, and mindset.

If it doesn't challenge you, it doesn't change you. Messy action is better than no action.

@riconasol | riconasol.com | rico@riconasol.com

