
My 12 Month Life & Business Dream Planner

Welcome to Your Dream-Come-True Adventure!

Hey there, fellow Soulpreneur. I am curious: how many times did you start the year with good intentions, and then life got in the way? It happens to the best of us. This year is different. We are going in with a plan. A plan of action instead of a reaction. I'm beyond thrilled to be your guide and facilitator as you dream your life into being and then create a framework for flow. Think of this as your personal launchpad to the stars, where dreams aren't just wishful thinking; they're blueprints for an amazing future.

Let's Talk Dreams, Darling!

I may be a dreamer, but I'm not the only one! Everything that we see in life started out in our imagination. Dreams aren't just fluffy clouds in your mind's sky; they're the fire in your belly, the pep in your step. They're what gets you jumping out of bed in the morning (even before your coffee!). Dreams are the emotional jet fuel that propels you forward. They're your heart's deepest desires doing a sassy salsa dance with your wildest ambitions.

Powering Through the Slumps

But let's keep it real - we all hit a slump sometimes. That's when our dream-chasing engine seems to run out of steam. Worry not! This planner is your trusty sidekick, here to help you plan for those energy dips. It's all about having strategies up your sleeve to reignite your spark. Remember, even superheroes need a recharge!

Flexibility is Your Superpower

And here's the real kicker: plans are great, but being flexible is your secret superpower. Life's full of curveballs, and your ability to shimmy and sway with them is what keeps you on your toes. This

planner isn't just a rigid roadmap; it's your personal GPS, recalculating routes as needed to keep you zooming towards your dreams.

So, are you ready to begin the journey of a lifetime? Buckle up, because we're about to take off. Here's to your dreams, your journey, and the incredible year ahead. Let's make it dazzling, let's make it count, and most importantly, let's make it uniquely yours! 🚀🌟🌈

Dream Big, Work Hard

Step one: "Dream It, Plan It, Nail It: Your Life-Biz Makeover"

Hey there, Creatrix! Ready to turn those daydreams into your day job? Think back to those childhood mornings, bursting out of bed with dreams as big as your smile. That's the unstoppable energy we're channeling here. You're not just worthy of an amazing life; you're ready to design it. So, let's kick off this party by dreaming without limits.

Imagine a year from now. What's your life looking like? How's your business glowing up? Dive into the nitty-gritty: the vibe of your business, the cheers from your team, the ka-ching of your cash register. Picture your days filled with joy, purpose, and maybe a killer cup of coffee (or two).

But hey, it's not all about the hustle. Let's chat about you - your health, your wealth, and all the jazz that makes you, well, you. Scribble it down in your journal - every slice of your dream life pie. Be bold, be brave, and above all, be you.

Now, let's spill the tea on all your dreams. Not just a tidy list - I'm talking a full-on dream festival in your brain. Scribble down everything. Got a dream that's larger than life? Write it down anyway. We're all about big dreams and even bigger actions here.

Remember, too, that nothing is simply handed to us. The word 'manifest' is used in a few places but that doesn't mean closing your eyes and making a wish. Manifestation isn't magic. Manifestation is ALIGNMENT. Speaking your dreams out loud, taking action, and recognizing the right responses, synchronicities, coincidences and opportunities that are a HELL YES, using your human design strategy and inner wisdom. These opportunities will serve as your road map to your ultimate goals.

You're not just setting goals; you're starting your own life and business revolution. So, are you ready to make some magic happen? Let's do this! 🌟🎉

Are you ready to dream big and work hard?

"Dream It, Plan It, Nail It: Your Life-Biz Makeover"

EXERCISE: Look ahead and visualize your life ONE year from now.

Journal what you want to accomplish in the next year. Make this exercise fun by dreaming big!

What do you want your life and business to look like a year from now?

In one year, my LIFE will ...

In one year, my BUSINESS will...

In one year, my MENTAL HEALTH and PHYSICAL HEALTH will...

In one year, my WEALTH and FINANCES will...

In one year, my HOME and FAMILY will...

In one year, my SELF-CARE routine(s) will...

In one year, my TRAVEL PLANS will include...

Other notes: Did you think of other dreams that fall into different categories? Write them down here!

Activity: Your Future Self Says Thanks - A Gratitude Time Capsule!

Let's Get Grateful with a Twist!

Get ready to don your time-traveler's hat, because we're about to take a joyride to your future! Imagine this: it's a year from now, and you've turned all those dreams from your table into your new reality. Feels amazing, right? Now, let's sprinkle a little extra magic on this journey by writing a gratitude letter to your future self.

Write Your Gratitude Letter from the Future:

Create Your Perfect Space: Find your happy place, maybe light your favorite scented candle, incense, or essential oil, and crank the tunes.

Revisit Your Dream List: Take a good look at that table of dreams you filled in. Those aspirations? You've totally rocked them!

Step into Future You's Shoes: Time to write! Start your letter with a zesty opener like, "Hey there, [Your Name], you're not going to believe the incredible year we've just had!"

Heartfelt Gratitude Galore: Let Future You gush with gratitude for each dream conquered. Did you elevate your business? Give thanks for your bravery and smarts. Upped your wellness game? Cheer for making health a top priority.

Toast to the Ups and Downs: Celebrate the challenges you overcame. This journey is about the thrilling ride, not just the destination.

End with a Spark of Hope and Love: Conclude with something warm and hopeful, like, "Here's to us and to even more dazzling adventures ahead!"

Ready to Make It AI-Real?

To craft this letter with a little help from AI, just hand over the details from your dream table. Share your aspirations across all those life and biz areas. Then, it will whip up a gratitude letter that feels like it's straight out of your future self's heart. This prompt is meant to assist you in writing your own future self-letter and is not a replacement or a cheat. You have to do the work. Why? Connecting to the emotions of joy and gratitude is key to attracting more of what you want in life.

ChatGPT Prompt:

"Using the details from my ('One-Year Vision Table' insert here) that includes my goals and aspirations in life, business, health, wealth, family, self-care, and travel, create a gratitude letter from my future self, reflecting on all the wonderful achievements and experiences of the past year."

This isn't just a fun exercise; it's a powerful way to visualize and manifest your future. By writing this letter, you're not only dreaming big - you're laying the groundwork for your dreams to take flight! 🚀



EXERCISE: Brain Dump Bonanza!

Alrighty, time for a Big Ol' Brain Dump! I want you to write down at least 30 goals - think big, bold, and beautiful, covering everything from career highs to personal triumphs. Don't worry if some seem like they're a bit out of reach within a year; this is all about unleashing your inner dream genie. No holding back—let's make it rain goals! 🌟📝🌟

Brain Dump Your Dreams

GOAL #1:

GOAL #5:

GOAL #2:

GOAL #6:

GOAL #3:

GOAL #7:

GOAL #4:

GOAL #8:

GOAL #9:

GOAL #14:

GOAL #10:

GOAL #15:

GOAL #11:

GOAL #16:

GOAL #12:

GOAL #17:

GOAL #13:

GOAL #18:

GOAL #19:	GOAL #25:
GOAL #20:	GOAL #26:
GOAL #21:	GOAL #27:
GOAL #22:	GOAL #28:
GOAL #23:	GOAL #29:
GOAL #24:	GOAL #30:

Step two: Heart's Highlight Reel: Spotlight on your big dreams

Goal Categorization: Your Roadmap to a Rockin' Life!

Health: Your Superpower!

First up, let's chat about Health! But wait, we're not just talking about dodging colds here. Think of health as this awesome combo of a clear mind and a willing body. It's the get-up-and-go that gets you, well, going! It's about feeling so good you practically sparkle - mentally, physically, emotionally. Every little thing you do for your health? It's like planting seeds in the garden of your dreams. Whether it's shaking your booty in a dance class, munching on greens like a boss, or building a mind as strong as your selfie game, every healthy choice is a high-five to your future self.

Wealth: More than Just Cha-Ching!

Moving on to Wealth – and nope, it's not all about cash in your wallet. Wealth here is like the ultimate backstage pass to life. It's about experiences that make your heart sing and having the freedom to live life by your own fabulous rules. Sure, a healthy bank balance is cool, but real wealth? It's about loving what you do for a living, having the freedom to chase your dreams, and finding that sweet spot between work and play. So, think big picture here – create a career that feels like a celebration, chase financial freedom like it's the last bus of the night, and create a life where every day feels like a win.

Happiness: Your Heart's Happy Dance!

And now, the grand finale: Happiness! This isn't about those LOL moments (though they're great too). It's about that deep, soulful joy. The kind that comes from heartwarming relationships, growing into your most awesome self, and doing things that set your soul on fire. It's basking in the now while jazzing up for the future. Happiness is that warm, fuzzy feeling of being totally in sync with your life's rhythm.

So, when you sort your goals into these categories, you're not just making a list – you're painting a masterpiece of your future. It's about crafting a life that's not just Insta-worthy on the outside but is also humming with satisfaction on the inside. Health, Wealth, Happiness – they're the VIP trio to a life that's not just lived, but loved! 🌟🚀❤️

EXERCISE: take your 30 goals and a red pen and quickly categorize them into PH or MH(health) W (wealth) and HA (happiness)

Step Three: The Soul of Your Success: Unlocking Your Biggest Why

"Dive Deep: Unveiling Your Soulpreneur 'Why' for Unstoppable Motivation"

Before we move forward with your goals for the next 12 months, let's take a soulful deep dive into the big, bold 'why' behind them. Remember, if your why doesn't make you cry, you may not be going deep enough. This is about connecting to the heart of your aspirations, where your passion pulses the strongest.

Your WHY is the rocket fuel for your entrepreneurial journey. Sure, it might be about creating an amazing business, but your WHY goes beyond that. It's your beacon for every goal you set, personal or professional. And the real juice? It's buried beneath the surface, nestled in the stories and beliefs you've been carrying since your first leap into the business world.

Let's spin the wheels of introspection with an example:

Q: WHY do you want to launch a new online course?

A: To share my expertise and reach more clients.

Q: And why is reaching more clients important?

A: So I can make a bigger impact and help others grow.

Q: Why is making a bigger impact crucial to you?

A: Because I believe in empowering others, it's what gives my work meaning.

Q: Why does empowering others resonate so deeply with you?

A: Growing up, I always felt unheard, and now I want to give a voice to others.

In this scenario, it's not just about launching a course; it's a mission fueled by a deep-seated desire to empower and uplift, stemming from a personal history of feeling voiceless. It's about transforming that personal challenge into a force for positive change in others' lives. Now, that's a WHY that can move mountains!

For this exercise, take the top 3 goals from your big list and dive to the core of each. Peel back the layers by continually asking WHY. The first answers may skim the surface, but it's the deeper, hidden meanings that truly illuminate your path and give your goals their true power.

ChatGPT Prompt:

"As a soulful strategist with a knack for unraveling the mysteries of the mind, help me dive into the depths of my psyche. I have three main goals as a Soulpreneur. Guide me in uncovering the hidden psychological layers and potential subconscious obstacles behind each. Through a series of insightful 'why' questions, assist me in revealing my true motivations and the foundational beliefs that drive my pursuit of these goals, ensuring a journey of profound self-discovery and clarity."

Get ready to unveil the real magic behind your aspirations. This is more than goal-setting; it's soul-setting, where your deepest whys meet your wildest dreams! 🌟🔍🌟

EXERCISE: Answer the following questions for your Top 3 goals from Step One. Choose one for Health, one for Wealth, one for Happiness.

Dig DEEP by asking yourself "why" multiple times.

#1 Goal:

Why do you want to achieve this?

Dig deeper...WHY do you want to achieve this?

Dig deeper...WHY do you want to achieve this?

Go further...WHY?

What will keep you motivated to continue to work toward this goal when setbacks come?

Is this a goal you truly want to tackle—or is it one you feel like you **should**?

Is this a goal you have the time, energy, resources and desire to work on this next year?.

#2 Goal:

<p>Why do you want to achieve this?</p>	
<p>Dig deeper...WHY do you want to achieve this?</p>	
<p>Dig deeper...WHY do you want to achieve this?</p>	
<p>Go further...WHY?</p>	
<p>What will keep you motivated to continue to work toward this goal when setbacks come?</p>	
<p>Is this a goal you truly want to tackle—or is it one you feel like you should?</p>	
<p>Is this a goal you have the time, energy, resources and desire to work on this next year?.</p>	
<p>#3 Goal:</p>	
<p>Why do you want to achieve this?</p>	

Dig deeper...WHY do you want to achieve this?	
Dig deeper...WHY do you want to achieve this?	
Go further...WHY?	
What will keep you motivated to continue to work toward this goal when setbacks come?	
Is this a goal you truly want to tackle—or is it one you feel like you should ?	
Is this a goal you have the time, energy, resources and desire to work on this next year?.	
Extra Notes:	

Step Four: "Goal-Getting, the Fun Way: Rock Your Results with SMART-y Pants Goals"

Goal-Setting with a Side of Sass!

Alright, goal-getters, ready to give your goals a glow-up with a dash of fun? Setting goals is like a high-five to your future self, but let's make sure it's not one of those awkward misses. It's time to slice and dice those big dreams into bite-sized, totally doable pieces. This way, you're cruising towards success without feeling like you're herding cats.

Exercise One: Time-Travel with Your Goals!

First up, let's play a bit of time-travel with your goals. Sort them into time capsules like 'The One-Year Wonders', 'The Three-Year Thrillers', 'The Five-Year Fantasies', and 'The Ten-Year Titans'. You'll be juggling short-term and long-term goals like a circus pro! Think about tackling a few 'Next Year's News' while laying the groundwork for your 'Five-Year Fireworks'.

For example, say you're aiming to wave goodbye to student loans in 3 years (bye, Felicia!) while also hitting a cool \$100k in your biz next year. Time to break it down! How much dough do you need to stash away for those loans, and what's your game plan for raking in that \$100k? It's all about plotting your path with a sprinkle of strategy and a whole lot of sass.

Exercise Two: Get SMART-y with Your Goals!

Next, let's get SMART-y with each goal. SMART stands for:

- **Specific** – Get clear! Vague goals are like decaf coffee, just why?
- **Measurable** – If you can't measure it, did it even happen?
- **Attainable** – Reach for the stars, but maybe grab a ladder?
- **Relevant** – Keep it in line with your dream life's theme!
- **Time-Bound** – Set a date, because goals are hot dates with your future self!

And hey, some SMART experts think 'R' is for Realistic, kinda like Attainable's twin. Can you lose 20 pounds in a month? Maybe, but that sounds like a reality TV challenge, not real life. We're here for goals that stick, not just hit-and-run achievements.

Same goes for money goals. Want to hit \$50k a month? Fab! But let's plot that rise like you're climbing a ladder, not shooting out of a cannon.

Tracking Triumphs: Your Monthly Goal Gala!

Finally, let's talk tracking. Say you want to stroll a cool 100 miles in a month. How will you keep tabs on each trek? Or if you're hunting for three new clients, what's your plan to track those victories?

Remember, in the world of goal-getting, being realistic with time is like having a secret superpower. It keeps you moving forward, frustration-free. Let's make those goals happen, but let's make them fun, too! 🎯🎉👉

EXERCISE: Sort your goals into different time categories.

Use 1 year, 3 years, 5 years, and 10 years to start. Remember, this list can be fluid and can be adjusted at any time.

Goal Time Frames	
1 Year	3 Years
5 Years	10 Years

Exercise: Set SMART goals.

ChatGPT Prompt: "

Envision yourself as a mastermind in the art of SMART goal setting, here to elevate my goal-setting game. I have goals that I'm passionate about, but they need the Midas touch of specificity and structure. Walk me through an electrifying exercise to transform each goal into a SMART masterpiece - Specific enough to visualize, Measurable for tracking progress, Attainable yet challenging, Relevant to my ultimate vision, and Time-Bound to keep the momentum. Let's ignite my goals with a strategy that sets the stage for triumph and personal growth."

Solidify Your Timeframes

GOAL #1:	LENGTH OF TIME NEEDED:
GOAL #2:	
GOAL #3:	

Exercise: Break your short-term goals into actionable steps.

List the obvious so no steps get overlooked.

Action Steps

GOAL #1:

STEPS:

GOAL #2:

STEPS:

GOAL #2:

STEPS:

GOAL #3:

STEPS:

STEP SIX:

"Quarterly Conquests: Your Secret Sauce for Smashing Goals!"

Dream Big, Plan Smart, Achieve Quarterly!

Let's talk about slicing and dicing your big, beautiful dreams into delicious quarterly chunks – it's like meal prepping for success! Why aim for the distant future when you can seize the day, every day, right now? Adopting a 3-month hustle mindset means you'll be ticking off goals faster than most make New Year's resolutions.

Sprint Your Way to Success with the 12-Week Year

Ever heard of "The 12 Week Year" by Brian P. Moran and Michael Lennington? It's like the life coach you never knew you needed. This strategy is all about turning those yearly marathons into a series of sassy sprints. No more analysis paralysis or overthinking—just pure, unadulterated goal-smashing. You'll be zooming through your to-dos with the focus of a laser beam!

Quarterly Planning: Your Calendar's BFF

Here's the game plan: carve up your year into four fabulous quarters. Handpick goals for each season, but hey, don't pack them in like sardines – no one likes a cluttered calendar. Each goal gets its own special due date. It's like setting up mini-celebrations throughout the year! And the best part? You get to build momentum as each quarter sets up the stage for the next.

Habit Hacking: Quarterly Style

Got a habit you're looking to lock in? Devote an entire quarter to make it stick. Want to hydrate like a boss? Spend a quarter turning water-sipping into second nature. By the time the next quarter rolls in, you'll be ready to tackle another life-enhancing habit.

Visualize & Victories: The Dynamic Duo

Now, unleash the power of visualization – but with a quarterly twist. Regularly eyeball your current quarter goals. Imagine the sweet taste of success as you crush each one. Feel the high-fives, the fireworks, the triumph! Watch as "I might" turns into "I did." Keep a journal to track the evolution of your thoughts – it's like a diary of your awesomeness.

EXERCISE: The 12-Week Goal Glow-Up

Slice your year into four quarters and assign heart-thumping goals to each. Remember, this isn't just about hitting targets; it's about dancing to the rhythm of success and personal growth. So, are you

ready to turn those yearly dreams into quarterly achievements? Let's do this - quarter by quarter, victory by victory! 🎉📅🌟

These goals need to move more quickly so make your action steps efficient without leaving out important details.

Quarter 1 Goal(s)	
GOAL # 1:	GOAL # 2:
STEPS:	STEPS:

Quarter 2 Goal(s)	
GOAL # 1:	GOAL # 2:
STEPS:	STEPS:
Quarter 3 Goal(s)	
GOAL # 1:	GOAL # 2:
STEPS:	STEPS:
Quarter 4 Goal(s)	
GOAL # 1:	GOAL # 2:
STEPS:	STEPS:

STEP SEVEN: "Dream It, Do It: Daily Doses of Dream-Chasing Magic!"

Let's Make Those Dreams Your Daily Reality!

Picture this, fabulous you: living your dream life, goals in the bag, and oozing confidence. Why? Because every day, you're not just dreaming it, you're doing it. With a pinch of visualization, a sprinkle

of belief, and a whole lot of sass, you're stepping into your power. Remember, you're not just capable of creating a dream life - you're already on your way!

Micro Habits: The Secret Ingredient to Big Wins

Now, let's jazz up those visualizations! Ever heard of "Atomic Habits" by James Clear? It's like the fairy godmother of habit books. Clear says, forget about going zero to hero overnight. It's the tiny, consistent steps that lead to big-time changes. Think baby steps to boss moves!

- **Chasing hydration happiness?** Start with 16 oz of water each morning.
- **Boosting your business?** Chat with one new prospect daily.
- **Becoming a marketing maven?** Nail one marketing move a day.

These micro habits are like your daily dream seeds. Plant them, nurture them, and watch as they grow into your new, fabulous reality.

Turn Your Goals into Bite-Size Daily Wins

What tiny, yet mighty actions can you take each day or week to turn your dreams into your everyday? In this final exercise, let's get down to the nitty-gritty. Break down your goals into weekly or daily action steps. Remember, slow and steady may win the race, but a little hustle never hurt!

The more you embrace these daily steps, the more natural they become - like your morning coffee or evening wind-down. It's all about building that dream-chasing muscle, one micro habit at a time.

EXERCISE: Your Weekly & Daily Goal-Getter Plan

Let's slice and dice each of your goals into weekly and daily actions. Think of them as your mini-milestones on the expressway to your dreams. The quicker you embrace these steps - ditching the fear and stepping into your power - the faster you'll see your dreams come alive.

Ready to turn your dreams into your daily to-do list? Let's make it happen, one fabulous step at a time!



ChatGPT Prompt:

"As a goal-setting genius, help me transform my big dreams into daily bite-sized wins. I have a list of ambitious goals and need your expertise to create micro-steps for each. Guide me through a process of breaking down each goal into manageable, daily tasks that are both motivating and achievable. These tasks should be simple enough to integrate into my daily routine, contributing steadily towards my larger objectives, and keeping me on a consistent track to success."

Goal:

Main Action Step	Weekly Action Step	Daily Action Step

Goal:

Main Action Step

Weekly Action Step

Daily Action Step

Goal:

Main Action Step

Weekly Action Step

Daily Action Step

Goal:		
Main Action Step	Weekly Action Step	Daily Action Step

Planner Conclusion:

"And That's a Wrap on Your Dreaming Into Being Journey! 🎉"

You've Got This, Soulpreneur!

You've journeyed through this planner with the heart of a lioness and the grace of a gazelle. You've set goals, crushed micro habits, and you're stepping into your power – one fabulous day at a time. Remember, every big dream starts with a small step, and you're already dancing down that dreamy path.

Want to Keep the Magic Alive?

If you're craving more, if your soul is shouting for deeper dives and bigger leaps, I've got just the thing. Check out ['Business by Design \(BBD\)'](#) for strategies that turn business dreams into delightful realities aligned with your human design. I am also in this community and would love to see you there. If you do choose this option, email me and I will give you a free deep dive into your human design chart that will blow your mind.

Your Next Steps:

- Dive into **Business by Design** for strategic mastery using your human design.
- Keep turning those dreams into daily victories with the power of this planner.

You're not just building a business; you're crafting a legacy. Let's make it extraordinary, together. 🌟"

Five ChatGPT Prompts for the Planner:

ChatGPT Prompt:

"As a soulprism coach who specializes in helping others achieve their dreams through "beliefs, behaviors, and becoming, help me identify daily actions that align with my core values and business vision. Guide me in creating a sustainable daily routine that fosters personal growth and business success, ensuring each step resonates with my soulpreneur journey."

ChatGPT Prompt:

"As a strategic planner, assist me in developing weekly checkpoints for my business goals. These checkpoints should reflect both short-term progress and alignment with my long-term vision, providing a balance of immediate action and visionary planning."

ChatGPT Prompt:

"Envision yourself as a habit-building expert for soulpreneurs. Guide me in establishing daily habits that not only contribute to my business growth but also enhance my personal well-being and creativity, ensuring a harmonious blend of business acumen and self-care."

ChatGPT Prompt:

"As a motivational mentor, help me design a monthly reflection routine. This routine should include assessing the progress of my business goals, adjusting strategies as needed, and celebrating successes, all while maintaining a focus on personal fulfillment and joy."

ChatGPT Prompt:

"Imagine you're a master at weaving creativity into business planning. Assist me in identifying unique, creative approaches to my daily business tasks, turning routine activities into inspiring and enjoyable experiences that fuel both my soul and my entrepreneurial spirit."

These prompts are tailored to help maintain the momentum gained from the planner and encourage continuous growth and success in both the personal and business realms.

