

Fowler Hair Academy | Plan Ahead

What's in it for me?

- Make a plan or become part of somebody else's, Planning your year is a good habit!
- Become more aware of your success and sorrows and make it a reality to how much can happen in just one year.
- By learning from the past you can plan your future so that you don't repeat the same patterns and you feel more in control of your life.

What is it?

This plan helps assess the past year but more importantly look at the planning of a great year ahead. Making sure your energy is focused in your future and doesn't remain in the past.

It's human nature to have a strong relationship with difficult or painful moments.... but what about the good ones, the ones that bring us joy and life balance....this process focuses us there.

What's the commitment?

- At least a couple of uninterrupted time, one hour to plan the next year.
- Access to last year's calendar.
- A print of this document.
- Commit to being the most honest and open that you've ever been.
- Stationery and coloured pens to make a highlight of your personal moments

Ready to go?

Preparation is key - put on some relaxing music for your favourite drink and let go of all your expectations now let's get ready to start.

What happened last year?

Going through your calendar, look at the past years important events, significant tasks, gatherings with friends or family and any moment that really stood out for you. Okay let's write them down here... don't miss any out!

A large, empty rectangular box with a thin black border, intended for the user to write down their memories from the past year.

This is what my past year was about.

Under the subject headings, write down which significant events for each and summarise briefly why they were significant.

Personal life and family

Work, studies, profession

Belongings, objects, home

Relaxation, hobbies, creativity

Friends and community

Health and fitness

Intellectually

Emotional and spiritual

Finances

Bucket list/what's important to you, or what have you achieved as a life achievements this year

These sentences define my past year
The wisest decision I made was....

The biggest lesson I learned was....

The biggest risk I took was....

The biggest surprise of the year was...

The most important thing I did for others was...

The biggest thing I completed was

The thing I'm most proud of is...

The three people who influenced me most were...

The three people I influenced the most were.....

I was unable to accomplish...

The biggest thing I discovered about myself last year was...

The thing I am most grateful for last year is...

The best moments!

Describe the greatest, and most memorable moments full of joy and happiness for you. Draw them or Write them, however feels the best way for you. How did you feel? Who is there with you? What are you doing? What kind of smells, sounds or taste do you remember?



My big three!

List your three greatest accomplishments from the last year right here...

What actions did you take to achieve these three things last year?

Who helped you achieve these successes? and how did you achieve them?

What were the three biggest challenges for you last year?

State your three biggest challenges here...

Who or what helps you overcome these challenges?

What have you learned about yourself by overcoming these challenges?

Forgiveness

Did anything happen during the past year that still needs to be forgiven? What actions made you feel bad? Or are you angry with yourself? Do yourself good by forgiving.

(Start each line with- I Forgive)

Letting go

Is there anything else you need to say is there anything you have to let go of before you can start your next year? Draw a line under it, think about it and let it all go. Know the reason why you should let this go, for instance if it's challenging your beliefs or holding you back.

The following three words define my past year...

1.

2.

3.

What would be the title of the book written about your last year? Or maybe it was a film that was made, what was the title?

The final goodbye to last year.


Is there anything or anybody you would like to say goodbye to from last year? It's always a positive not taking old habits with you into the next chapter of your life. Celebrate and thank them for their learnings..... then but say goodbye to them here and now...



Time to take a break re-energise and then we'll start putting energy where it should be in our future.

The year ahead

Dream big, let go of your expectations or past experience. What does the year hold for you, write down exactly what you would love this year to bring to you in regards to experiences and ultimate happiness. No holds barred now!!

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and dreams for the year ahead.

Define the most important parts of your life that you want to focus on in the next year. If you can find eight then do so, They may be similar to the ones that we've listed in the last year or they can be completely new and bespoke to you.

1.....

2.....

3.....

4.....

5.....

6.....

7.....

8.....

Next, Write down next to your chosen areas above the 'why' these are important to you, what significant moments you wish to have in these areas of your life. Be specific about amounts of money or the measurement of happiness which you desire in each category. Also give a timing as to when you will achieve them during your year.

My 3 to thrive

I want to achieve these three things the most...

I will love these three things about myself...

I'm ready to let go of these three things...

These three people will be my pillars during rough times...

I would dare to discover these three things...

I will have the power to say no to these three things...

I will surround myself with these three things to make life more comfortable...

I will do these three things every morning as part of my morning ritual to prepare myself for a better day...

I will pamper myself with these three things regularly...

I will visit these three places...

I will connect with my loved ones in these three ways...

I will reward my success with these three presents...

The statements to success
This year I will not procrastinate over...

This year I will draw the most energy from...

This year I will be bravest when...

This year I will say yes when...

This year I advise myself to.....

This year will be special for me because...

The one word that I will commit to this year and that will lead to success in every area of my life is...

What are your secret wishes or worldly desires for the coming year? Don't leave anything out, the world is your oyster....

My declaration

All that I need is already inside of me. All the choices I need to make- I can make right now in this moment. I focus my energy in the future where it belongs, in doing this I create Experiences which create great emotions, These emotions I choose to experience in this moment.

I Believe anything is possible.

Signed..... Date...../...../.....

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