



# My Big, Beautiful Life

## *GrowthMap 2024*



# Year Ahead

The year ahead is a wide open with possibility for you to create whatever you wish. Use this space below to list it all. Think of projects you'd like to start/finish, goals you'd like to achieve, rituals you'd like to incorporate, habits you'd like to build, wellness practices you'd like to try. Don't worry! You won't tackle them all, and only a few at a time, but you'll be able to pull from this list all year long.

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.

# Year Ahead

26.

27.

28.

29.

30.

31.

32.

33.

34.

35.

36.

37.

38.

39.

40.

41.

42.

43.

44.

45.

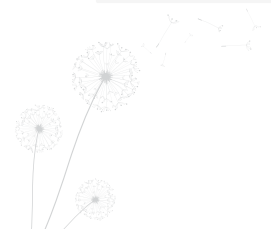
46.

47.

48.

49.

50.



# Year Ahead

(sample)

**Lose 15  
pounds**

**Start taking  
vitamins  
every day**

**Drink  
green tea**

**Go to bed  
earlier**

**Have a digital  
sabbath**

**Time block  
my week**

**Send birthday  
cards**

**Watch  
documentaries**

**Practice  
guitar**

**Learn to  
knit**

**Reorganize  
tupperwear**

**More house  
plants**

**Grow  
herbs**

**Read more  
novels**

**Have a  
garage sale**

**More time  
with**  

---

**Stretch  
daily**

**Date  
night**

**Volunteer**

**See a  
therapist**

**Organize  
photos**

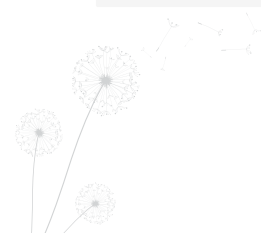
**Family  
game night**

**Travel to**  

---

**Join a book  
club**

**Finish  
wills**



“Planning is an essential tool for constructing a meaningful life,” writes Oliver Burkeman in his book, *Four Thousand Weeks*. “But all a plan is—all it could ever possibly be—is a present-moment statement of intent. It’s an expression of your current thoughts about how you’d like to ideally deploy your modest influence over the future.”

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

# Monthly Worksheet

(sample)

“Planning is an essential tool for constructing a meaningful life,” writes Oliver Burkeman in his book, *Four Thousand Weeks*. “But all a plan is—all it could ever possibly be—is a present-moment statement of intent. It’s an expression of your current thoughts about how you’d like to ideally deploy your modest influence over the future.”

1

**Task/Goal/Habit:** *Stretch daily*

**Why does this matter to me?**

*I feel more comfortable in my body when I'm not so tight and it's important for me to stretch after exercise.*

**What result am I aiming for?**

*I am aiming to create a daily stretching habit somewhere in my day and also after exercise.*

2

**Task/Goal/Habit:** *Learn to knit*

**Why does this matter to me?**

*It would feel good to have a mindful and calming activity I can do anywhere, anytime.*

**What result am I aiming for?**

*I am aiming to learn the basics of knitting and I'd like to integrate this activity regularly into my week.*

3

**Task/Goal/Habit:** *Date night*

**Why does this matter to me?**

*Our marriage feels better when we're connecting on a regular basis.*

**What result am I aiming for?**

*I am aiming to have more connection and fun with Marc, at least twice a month.*

# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

# Weekly Worksheet

(sample)

## Week 1

### Three actions I can take this week to move me forward:

1. *Look into an online stretch class*
2. *Look into a local knitting class*
3. *Book two date nights into our calendar*

### When

### Complete

- Saturday 8pm*
- Tuesday afternoon*
- Monday morning*

## Week 2

### Three actions I can take this week to move me forward:

1. *Try out stretching daily first thing in the morning*
2. *Buy a beginner knit kit*
3. *Make a list of date night ideas*

### When

### Complete

- Tuesday morning*
- Friday afternoon*
- Monday night*

## Week 3

### Three actions I can take this week to move me forward:

1. *Try out stretching daily right before bed*
2. *Find beginner knitting videos*
3. *Talk to Marc about taking turns planning date nights*

### When

### Complete

- Monday morning*
- Thursday afternoon*
- Saturday afternoon*

## Week 4

### Three actions I can take this week to move me forward:

1. *Try out stretching during lunch break*
2. *Set aside one hour to start knitting*
3. *Block date nights for next few months*

### When

### Complete

- Tuesday morning*
- Monday morning*
- Monday night*



“ Your attention is one of your most precious resources. Don't squander it.  
- Ryan Holiday -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

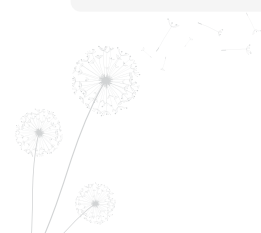
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

“ Good fortune is what happens when opportunity meets with planning.  
- Thomas Edison -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

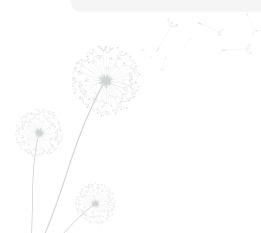
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

“ Don't go through life; grow through life.  
- Erica Butterworth -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

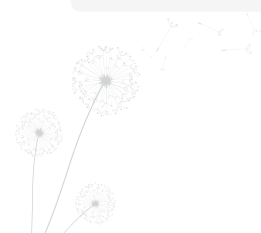
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

“Someone’s sitting in the shade today because someone planted a tree a long time ago.”  
- Warren Buffett -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

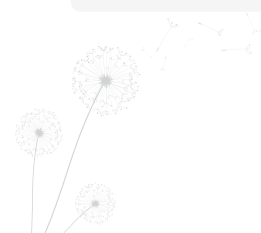
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>



“ Give yourself permission to be a beginner.  
- Julia Cameron -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

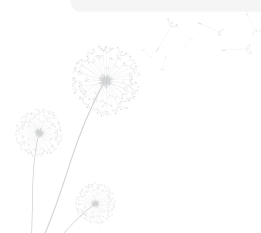
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

“ As for the future, your task is not to foresee it, but to enable it.  
- Antoine de Saint Exupery -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

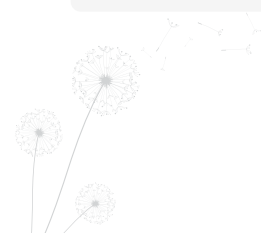
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

“ Not being busy is a competitive advantage.  
- James Clear -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

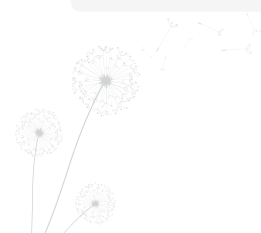
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

“ Unless commitment is made, there are only promises and hopes; but no plans.  
- Peter F. Drucker -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

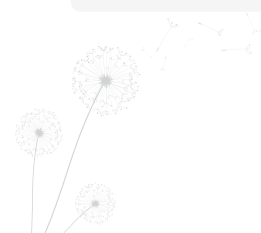
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>



“ Create a definite plan for carrying out your desire and begin at once, whether you're ready or not, to put this plan into action.   
 - Napoleon Hill -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

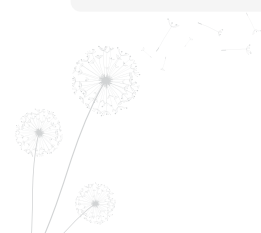
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

# Monthly Worksheet

“ If Plan A doesn't work, the alphabet has 25 more letters.  
- Claire Cook -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

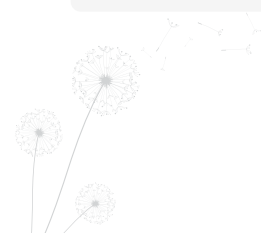
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

“ By failing to prepare, you are preparing to fail.  
- Benjamin Franklin -

1

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

2

Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_

3

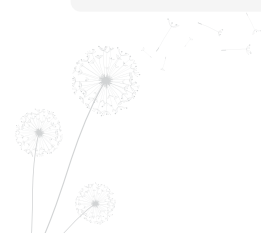
Task/Goal/Habit: \_\_\_\_\_

Why does this matter to me?

\_\_\_\_\_

What result am I aiming for?

\_\_\_\_\_



# Weekly Worksheet

## Week 1

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 2

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 3

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## Week 4

Three actions I can take this week to move me forward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When

Complete

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>



[kristenmanieri.com](http://kristenmanieri.com)