

# Planning Worksheet for Your 2013 Planning Exercise

<b>What I loved about my life in 2012</b>
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<b>My favorite 5 memories of 2012</b>
People:
Places:
Activities:
Environments:
Events:

<b>Activities that fulfilled me during 2012</b>
1.
2.
3.
4.
5.

# Planning Worksheet for Your 2013 Planning Exercise

## My top 3 learning experiences during 2012

1.

2.

3.

## My most spiritual moments in 2012

1.

2.

3.

## My core values for 2013

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## Core feelings, desires and situations I aspire to

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# Planning Worksheet for Your 2013 Planning Exercise

## Top priority activities/events in 2013

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## Already planned/committed events and activities

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## My physical activity commitments for 2013

1.

2.

3.

## My emotional health commitments for 2013

1.

2.

3.

# Planning Worksheet for Your 2013 Planning Exercise

## My spiritual growth commitments for 2013

1.

2.

3.

## My intellectual learning commitments for 2013

1.

2.

3.

## My social activities commitments for 2013

1.

2.

3.

## My professional development commitments for '13

1.

2.

3.

## My commitments to be good to myself in 2013

1.

2.

3.

4.