



2021 WHOLE SELF

PLANNING GUIDE



TO BEGIN, BEGIN.



At the close of every year, taking time for a comprehensive look back over the past year and creating a plan for the year to come is one of my absolute favorite activities. I relish in the process every time, even though it looks different from year to year. This year, I am sharing my process with you!

Let's be honest, 2020 didn't pan out like you expected. And that is okay.

Many of us have felt stuck, unmotivated, or unsure of what the future holds. We have lost parts of ourselves that we want to reclaim and make a priority again.

Shake off the stuck feeling with my 2021 Whole Self Planning Guide. It will help you assess every aspect of where you are at, and prioritize where you want to go.

I hope it gives you clarity, hope, and a reminder of your awesomeness.

Cheers, friends, to a year where you feel whole.

Much love,

A handwritten signature in black ink, appearing to read 'Katie'.



A LOOK BACK: 2020 REVIEW

To Prepare: Collect any planning documents from the previous year, review calendar entries, journals and other evidence that shows how you planned your year, how you actually spent your year, and to whom you gave your time.

My 2020 Word/Symbol/Intention of the year was:

2020 Calendar Review

How did I spend my **time**?

Did it align with my **values**?

What **relationships** added value?

What did I **prioritize** in 2020 (for better or worse)?

On a scale of 1-10 (10 is highest), how **satisfied** am I with how I spent my time in 2020?

1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

What **energized** me this year?

When have I felt most **joyful**?

What am I most **proud** of?

What feels **unfinished**?

What word best describes how I **felt** last year?

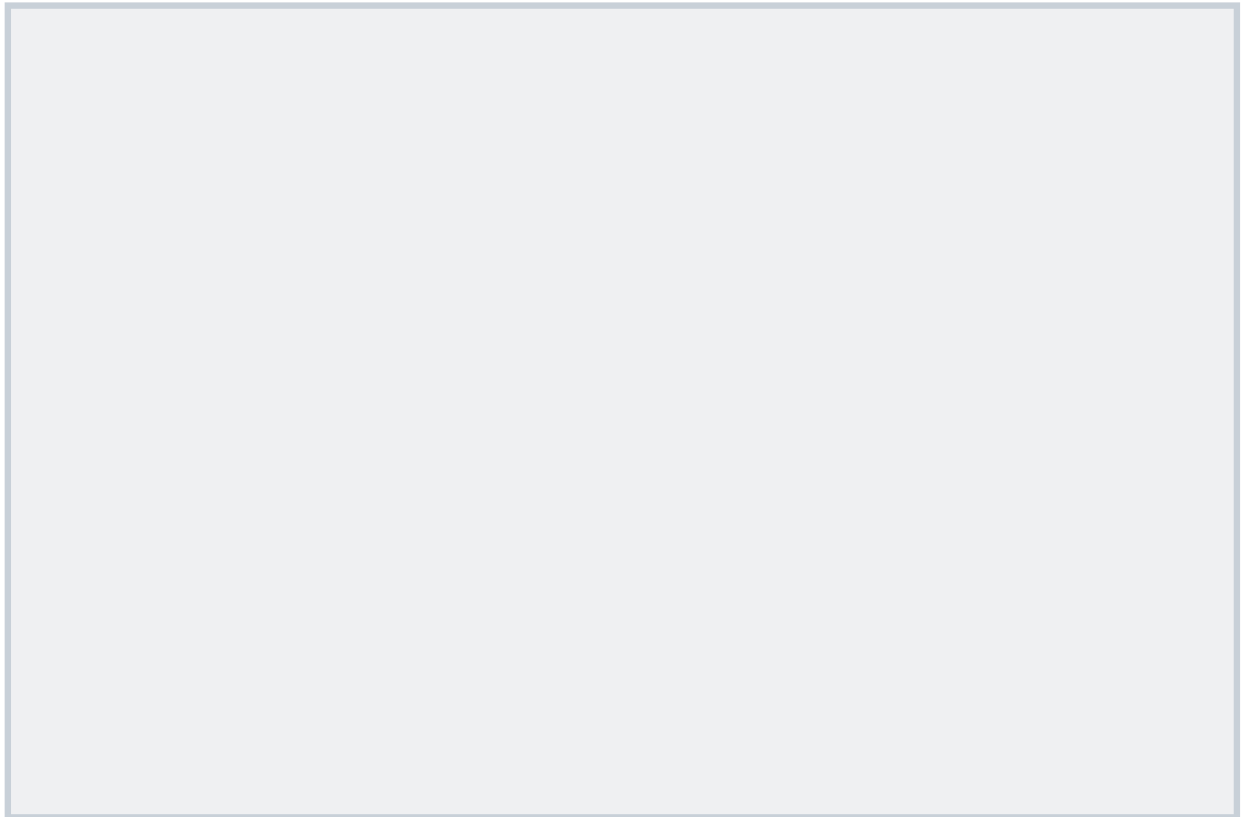
How have I **changed** in the past year?

What have I **learned** this past year?



Gratitude Practice

List at least 10 things or people you are **insanely grateful** for this year.



Bonus! Verbalize your gratitude. Write thank you notes or tell the people you love why you are grateful for them. Tell the things (yes, thank the objects) why you are grateful for them.

Snapshot of Right Now

Top 5 Values

What are your **top five values** right now?

(These may be the same, or perhaps have adjusted recently with the given circumstances) If you are unsure what your top values are, try this [Values Assessment](#).

1:	<input type="text"/>	4:	<input type="text"/>
2:	<input type="text"/>	5:	<input type="text"/>
3:	<input type="text"/>		

Satisfaction Check-In

Rate each of these categories on a scale of 1-10 (10 being highest) on how **satisfied** you currently are in these areas.

Physical Health/Aging	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Emotional Wellbeing/Self Care	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Family/Parenting	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Career	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Personal Development	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Spiritual Awareness	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Personal Finance	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Fun & Enjoyment	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Relationships (Intimate)	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Relationships (Social)	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10
Connection to Community	1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9 ----- 10

What priorities are most important to me?

What am I unwilling to live without?

Stop/Start/Continue

Based on your reflection here, write 1-2 things to **stop** doing that are not serving you. Write 1-2 things you must **start** doing to be the person you must become. Write 1-2 things that are working well to **continue**.

Stop:

Start:

Continue:

Whew! You've made it this far. Now let's put this information to work into the best. year. ever.



The Coming Year: An Intentional Plan

In 2021...

How do I want to feel?

What do I want to say, and how will I use my voice?

Who will I be?

What will I do in order to be that person?

I imagine myself 5 or 10 years out. What habits do I need to build right now?

I have faith that...

Word of the Year

My word/symbol/intention for 2021 is:

The Big DREAM

Maybe it you've never told anyone, because it is so big. Own it here.

2021 Priorities

We want to do it all, I get it. I find people are most successful when they **prioritize** only a few things and do them well, rather than trying to do many things at once.

Use your satisfaction ratings to choose no more than three categories to prioritize. In those priority categories, write down 1-2 actions that you want to focus on in 2021.

Physical Health

Emotional Care

Family

Career

Personal Develop.

Spiritual Awareness

Personal Finance

Fun & Enjoyment

Community

Relationships (Int)

Relationships (Soc)

IN CASE YOU FORGOT TO TELL YOURSELF TODAY...

You are smart.
You are strong.
You are kind.
You are beautiful.

You are loved.
You are worthy.
You are enough.
You can do **anything**.

2021: Go drive it like you stole it.

Much love,



FOLLOW KATIE'S WORK!

Leadership coach. Keynote speaker. Creator.



www.teamawesomecoaching.com

www.katierasoul.com



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