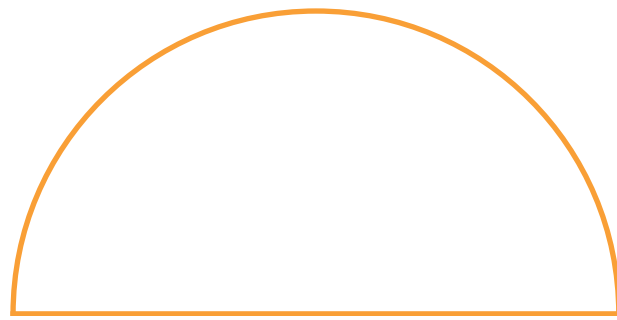


My Possibilities Planner

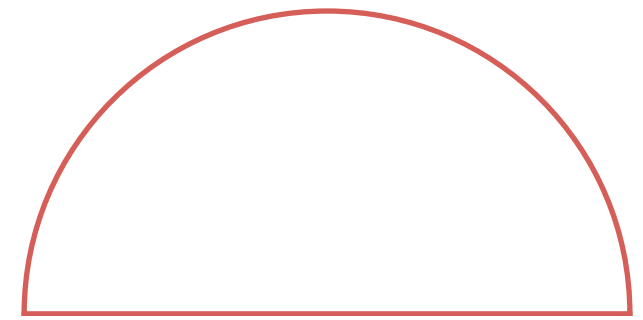
Habits are powerful tools that, in the long-run, can help you open up a world of possibilities. They also help you solve problems, become more efficient, and improve yourself in ways that are meaningful to *you*. This tool will help you identify a few goals, the habits that you have or need to build to make progress toward those goals, and what potential roadblocks stand in your way.

TO GET STARTED

What are three small, yet meaningful goals you want to accomplish in the next 30 - 90 days? Write those items in the three semi-circles below. Then, think about the habits that can help you make progress toward what you want to accomplish. List those habits on the lines below the semi-circle. Then, read through and answer the questions for each goal.







Why is this important for you to accomplish? How will it <i>feel</i> to accomplish this goal?
What could get in your way or discourage you?
What can you do about those things?
How can you get started?

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Be a healthier person

30 min walks

Smoothies for breakfast

Wake up earlier

Spend less time on devices

Read books before bed

Pay attention to screen time report

Use the Forest app

Be more in control of finances

Track spending

Eat out less

Regular budget convos with John

Why is this important for you to accomplish? How will it <i>feel</i> to accomplish this goal?
I want to feel good about myself. It will feel rewarding and energizing.
What could get in your way or discourage you?
Not scheduling time, eating out, going to bed late, social media
What can you do about those things?
Set intentions and write them down, limit screen time, only buy healthy foods
How can you get started?
Go to the grocery store and prep smoothie ingredients

Why is this important for you to accomplish? How will it <i>feel</i> to accomplish this goal?
It's a waste of time! It will feel productive and I will feel more focused.
What could get in your way or discourage you?
Current habits; the "urge" to check my phone; bringing phone to bed; not having books
What can you do about those things?
Use the Forest app to control screen time; check out new library books
How can you get started?
Leave my phone downstairs and use my alarm clock in my room

Why is this important for you to accomplish? How will it <i>feel</i> to accomplish this goal?
I want to be and feel financially free. It will feel like a relief.
What could get in your way or discourage you?
Splurge purchases; unexpected home repairs; not wanting to cook; too busy for convos
What can you do about those things?
Plan recipes for the week; pre-schedule meetings; find a tracking system
How can you get started?
Pick out a fun recipe using items already in the fridge