



3 P'S OF PLANNING AN EPIC 2018

How To Plan For A Fulfilling Year

EPIC 2018 WORKSHEET

Get the steps, tips, tools and strategies that you can use to make this year more fulfilling than the previous years.

Maria Majet Reyes

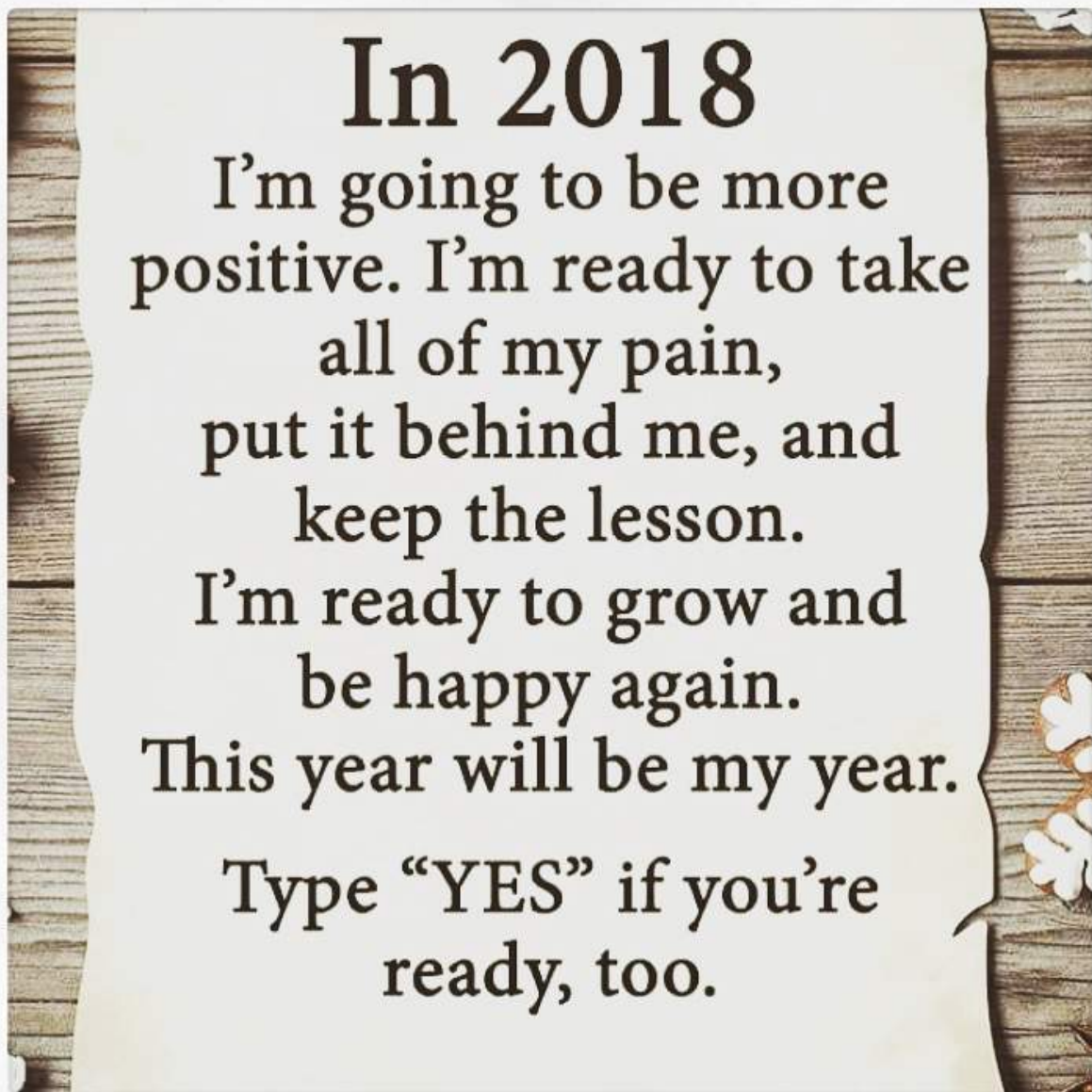
rmwcounseling@gmail.com

Mental Health Therapist/Owner

www.ResilientMindWorks.com

3 P'S OF PLANNING FOR AN EPIC 2018

1. Put It On Paper – write all your goals and plans to do this year on paper. It is your written contract to yourself
2. Prioritize – narrowing it down to the most important goals
3. Purpose – finding meaning in your plans



STEP 2.

PRIORITIZE

Narrow it down to Top 3 Priorities:

I. TOP 3 PRIORITIES FOR RELATIONSHIP:

II. TOP 3 PRIORITIES FOR FINANCIAL:

III. TOP 3 PRIORITIES FOR CAREER/BUSINESS:

IV. TOP 3 PRIORITIES FOR HEALTH:

V. TOP 3 PRIORITIES FOR SPIRITUALITY:

VI. TOP 3 PRIORITIES FOR PERSONAL DEVELOPMENT:

VII. TOP 3 PRIORITIES FOR FUN:

A Goal should scare you a little and excite you a lot!

STEP 3.

PURPOSE

People live their lives for various goals and ideals. Whether or not our lives are meaningful or worthwhile depends on the nature of these goals or ideals.

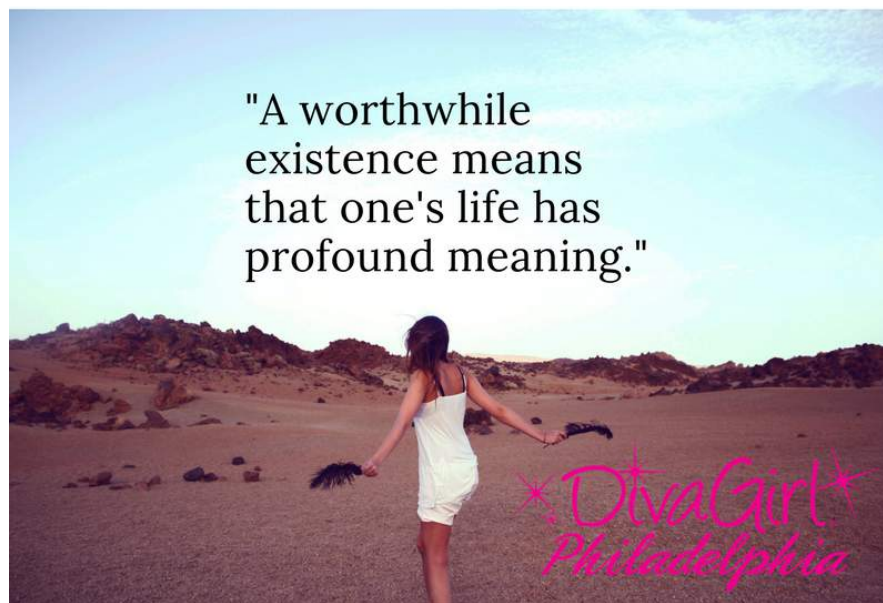
In 2018 lets put meaning in the things that we do.

Ask yourself these questions about each of your goals:

- What is the significance?
- What is the value?
- Why am I doing this?
- What's the point?
- How is this serving me?
- Am I making a difference?
- Am I growing?

It's part of being human to want to lead a meaningful life but we get so caught up on just "doing" – to just cross off things on our list, or to keep up with the Joneses or to compete or to show off. This year lets be more self-aware and mindful.

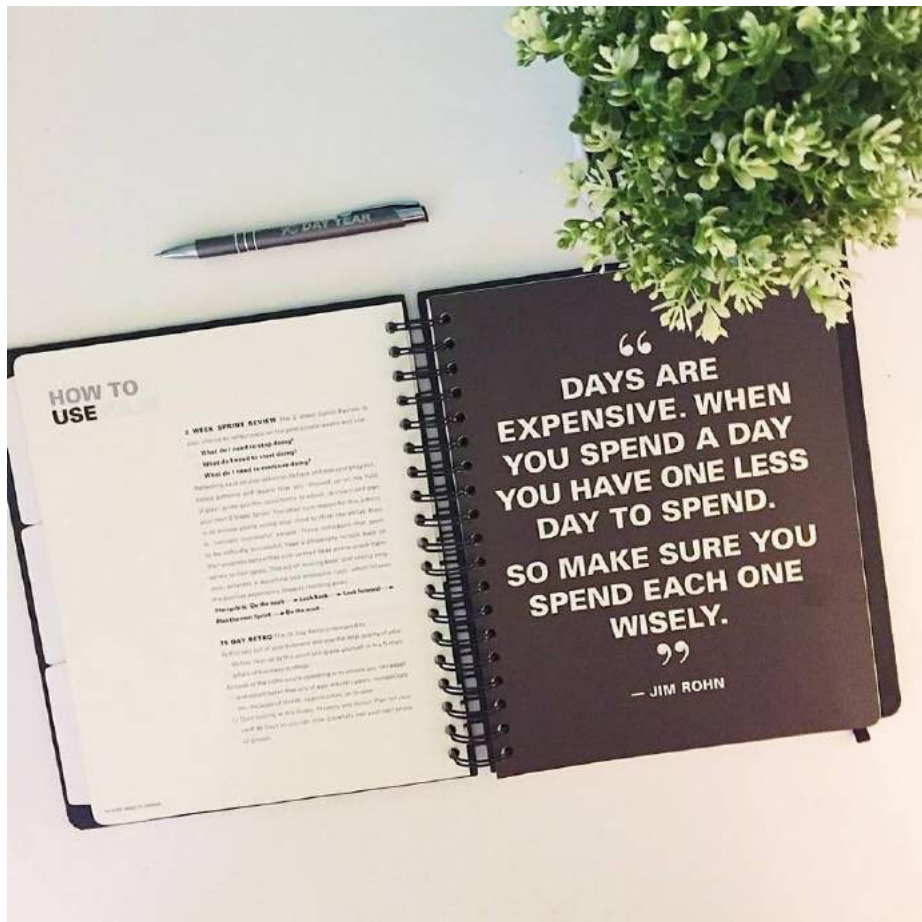
People always try to enjoy life by finding meaning or purpose to it and seeking to have some sort of effect in the world around them.



PLANNING

“Focus on the feelings you’d like to experience in life vs. listing resolutions”. – Jim Rohn

- A. Look at your list
- B. Categorize
- C. Prioritize
- D. Reflect
- E. Put in your planner
 1. Plan your upcoming week on a Friday, Saturday or Sunday at the latest
 2. List down all the things that you need to accomplish this week (including self care regimen)
 3. Take an item on your list and put it on a day that you can tackle it in a timely manner



STAY POSITIVE

Stay positive! You will fall off the wagon.

- Reflect – what is happening in the moment
- Refocus – maybe change strategy or approach
- Ask for help – find an accountability partner, get a mentor, find a therapist

