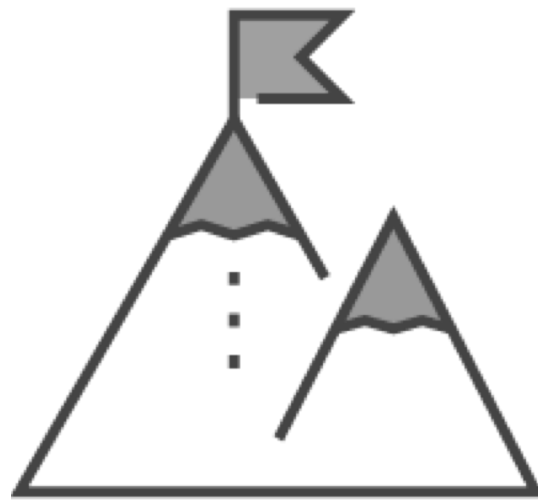


2018 PLANNER

Health & Happiness Guide



"The best way to predict the future is to create it."

2018 Playbook

For

(Name)

**Today is the first blank page
of a 365-page book...**

Write a good one.

Personal Mission Statement



Your personal mission statement will serve as your guide throughout the year providing you with clarity and a sense of purpose by helping you define who you are and how you will live. It's formed by your personal values and that which matters most to you. There isn't a right or wrong way to write a personal mission statement.

NOTE:

Write your Personal Mission Statement as if you are already acting in accordance to what you write.

Example:

I regularly give thanks for all I have. I take care of my health by exercising regularly and eating healthy so that I am always at my best. I use my talents to pursue all that makes me happy. I actively seek opportunities to help and serve others. I act will honor and respect at all times and am true to my word. I am honest with myself and others and strive every day to be better than I was the day before.

Personal Mission Statement



Signature

Date

Health & Fitness



“Take care of your body. It’s the only place you have to live.”

~ Jim Rohn ~

I. #1 Goal

Pick one goal you are committed to achieving this year and make it specific. “Lose weight” is not specific. Lose 30lbs is specific. Run a marathon is specific. Be able to do 20 full push-ups or one pull-up is specific. It must be specific and measurable.

II. Why Is This Goal Important To You

It isn’t enough just to have a goal, you must understand why you have this goal and why it’s important to you to achieve this goal. It’s these “why’s” that’ll keep you going and on track when the going gets tough.

III. One Step Commitment

Now that you’ve decided on one specific goal and know why it’s important to you, decide on one step you will begin immediately and commit to it regularly.

IV. Overall Health

Pick one healthy habit you will commit to daily for the entire year. It could be drinking an 8 ounce glass of water, or having one piece of fruit or salad every day. It can be stretching or meditation for 10 minutes or 20 push-ups. Make it small, simple, and doable.

Health & Fitness



I. #1 Goal

II. Why Is This Goal Important To You

III. One Step Commitment

IV. Overall Health

Wellness



“Health is a state of body. Wellness is a state of being.”

~ J. Stanford ~

I. Happiness

Think about the things you’ve done or haven’t done yet that make you happiest. What are they? It could be reading, traveling, or spending time with family and friends. Identify what makes you happy. Pick the one that makes you happiest.

II. One Step Commitment

Commit to one step you will begin taking immediately to start creating more of the one thing you have identified that makes you happiest. If it’s reading, commit to reading a few pages a day. If it’s time with family, dedicate time every week to spend with family.

III. Create Your Bucket List

A bucket list gives you the ability to dream, to think about what it is you would love to do. It helps you think and dream outside of your comfort zone. Create your very own bucket list and commit to completing at least one of the items on your list this year.

Wellness



I. What's the one thing that makes you happiest?

II. One Step Commitment

III. Create Your Bucket List (Pick one you will complete this year)

Career



“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. The only way to do great work is to do what you love.”

~ Steve Jobs ~

I. Satisfied With Your Career

If you're happy with the job or business you currently have, excellent! Commit to becoming even better at what you currently do. How will you become more valuable and add more value to the company you work for or business you own? What books will you read? What seminars, webinars, courses, or workshops will you attend this year?

II. Not Satisfied With Your Job

If you are unsatisfied with your job, write down your options and take action on the option that makes you happiest. Work to make things better with your current job, find a new job, start your own business, or other. Choose one and go to work to make it happen.

If you're unhappy with your current job, it doesn't necessarily mean you have to quite. Here's an excellent resource for you:

Creating The Job You Love Without Quitting

www.benfanning.com/quit

Career



I. Seminars, Webinars, Courses, & Workshops I Will Complete In 2017

Books I Will Read

II. Not Satisfied With My Job. I Will:

Relationships



“Good relationships don’t just happen.”

What actions will you commit to this year to cultivate your relationships? Commit to one weekly small step for each.

I. Spouse / Significant Other

II. Family

III. Friends

Finances



“If you do not know how to care for money, it’ll stay away from you.”

I. Investing

Commit to an amount or percentage you will invest. If you have a 401K you contribute to already, increase your contribution by 1% or more. If you don’t have one, get one – either through your current employer or on your own.

II. Savings

Commit to a monthly amount you will allocate to savings. Have the amount you decide on automatically transferred to your savings account so you don’t even have to think about it.

Note: *A portion of all you make is yours to keep.*

III. Debt

Commit to eliminating one account in which you are in debt. It could be a credit card, student loan, department store credit card. If you don’t have any debt accounts, kudos to you! Instead, eliminate a weekly expense (coffee, alcohol, lottery tickets) and add that money you’ll be saving to either investing or savings.

Finances



I. Investing

I currently invest _____% into my 401K Retirement Account.

I will increase my investment to _____% this year.

Don't have a 401K Retirement Account yet? Learn how to start one:
[How To Set-Up A Retirement Account](#)

II. Savings

I commit to saving _____ every month.
(amount)

Have this amount automatically added to your savings account every month. Most banks offer this option.

III. Debt

I commit to eliminating _____ this year.
(account you're in debt)

I don't have debt but will eliminate _____.
(weekly expense)

(Add the money you are now saving here to savings or investing)

Serve



“Only a life lived in the service of others is worth living.”

~ Albert Einstein ~

I. Acts of Service

Acts of service can be anything from smiling at others, holding doors, saying hello, letting cars merge into your driving lane, buying the person behind you a cup of coffee, or donating to charity. No gesture too big or too small.

II. Volunteer

There are numerous opportunities to volunteer and give back. Opportunities can range from community welfare, special needs assistance, youth work, adult education, advocacy, fundraising and everything in between. Commit to volunteering once every couple of months.

Here’s a great resource for finding volunteering opportunities near you: www.volunteermatch.org

Serve



I. Acts of Service I Will Commit To This Year

II. Volunteering Log

1st Volunteer _____ Date _____

2st Volunteer _____ Date _____

3st Volunteer _____ Date _____

4th Volunteer _____ Date _____

Checkpoints

The time to evaluate progress isn't the following year, but regularly (monthly), to identify what's working and what not, and then making the necessary changes.

Self-Grading

Self-grading and reporting on a regular basis is an effective way to increase motivation and help build habits for long term success.

Rewards

Rewards, when used correctly, have the ability to motivate and encourage you to work harder and strive to be more and do more. They provide you the opportunity to appreciate and reflect on your work and the efforts and sacrifices that you've put in.

Note: *Decide on your rewards ahead of time so that you know what you're working towards.*

Putting It All Together

Use the checkpoint form below to track your progress, self-grade your progress, and identify what went well and what you'll improve upon, and reward yourself when enough success points are earned every month. (See reward / point system below)



_____ (month) 2017 Checkpoint

| Subject | What I Did Well | What To Improve | Grade | Points |
|---------------------|-----------------------------|-----------------|-------|--------|
| Health | | | | |
| Wellness | | | | |
| Career | | | | |
| Relationships | | | | |
| Finances | | | | |
| Serve | | | | |
| Total Points | (27-30 points earns reward) | | | |

Reward: _____ Achieved: Yes / No

| Grading | Qualification | Points |
|---------|--------------------------------------|--------|
| A | Completed all commitments this month | 5 |
| B | Missed one week | 4 |
| C | Missed two weeks | 3 |
| D | Missed three weeks | 2 |
| F | Missed all four weeks | 0 |

Guiding Word of the Year



A guiding word is a word you choose that will guide you through the entire year. It's simply one word that stands out for you and offers a way for you to invite that feeling or desire into your life. It'll guide your daily choices and decisions, your weekdays and weekends, and your interactions with others.

How To Choose Your Guiding Word

1. What words excite you?
2. What words describes you?
3. What's important to you?
4. Don't rush it.
5. Pick one word

Word Ideas

Joy, Calm, Peace, Love, Adventure, Curiosity, Patience, Organization, Action, Healthy, Change, Serve, Learn, Give, Travel, Open, Committed

My Guiding Word of The Year Is:

2018



Now that you've planned your work, it's time to work your plan.

Remember, nothing works unless you do. You've just created your own personal blueprint to boost your health and happiness. Commit to it; work your plan, put in the time and effort, complete your small daily steps and everything you've planned for will be yours.

Think you can and you're half way there. Back it up with action and you'll be there before you know it.

Here's to a happy, healthy, and successful 2018.

You're awesome!

Cheers!

Mike

Additional Resources



Having the perfect plan in place is one thing, staying motivated and accountable to follow through is another.

Not to worry, I've got you covered.

30 Day Wellness Coaching

A private one-on-one experience, exclusively with me, that's specifically tailored to you, your goals, and lifestyle.

During these 30 days, we will work together by first creating a healthy mindset, followed by setting clear and specific goals.

Next, we'll establish a nutrition and exercise game plan, and combine it all with daily accountability check-ins.

I'll provide you with continuous guidance, support and motivation throughout all 30 days – no more guessing game of what needs to be done, when, why, and how.

[More Details Here](#)