

Annual Planning



▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw closer to God? Where did you help others grow in their faith?



▶ What's Not Working

Where are you struggling in your faith? What feels hopeless? When did you feel far from the Lord? What got in the way of you growing spiritually last year?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Narrow down your ideas and pick the ones you're actually going to tackle this year. Be realistic. I recommend picking 1-2 habits to install (i.e. daily bible reading, weekly adoration, monthly confession etc.) and no more than five tasks to accomplish (attend a Catholic conference, visit closest Catholic shrine, purchase a journaling bible.)

New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:



Annual Planning



▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw grow closer to your husband? Did you help others grow in their marriages? What part of your marriage makes you smile?

▶ What's Not Working

Where are you struggling in your marriage? What feels hopeless? When did you feel disconnected from your husband? What got in the way of having a healthy and growing marriage last year?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

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Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. weekly date night, praying together before bed, weekly review etc.) and no more than five tasks to accomplish (plan a weekend away, try a marriage counselor, make a list of 25 things you can do that makes your spouse happy etc.)

New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

_____	_____
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Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning



▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw grow in your vocation of motherhood? Did you help others grow as mothers? What parts of motherhood make you smile?



▶ What's Not Working

Where are you struggling in your vocation of motherhood? What feels hopeless? When did you feel disconnected from your children? What got in the way of being a calm, Catholic-centered parent?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

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New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK	COMPLETION DATE
_____	_____
_____	_____
_____	_____
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Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning



▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you really rest your body, your mind and your soul? Did you help others find true rest? What are your favorite ways to rest?



▶ What's Not Working

How are you struggling to rest? What feels hopeless about finding rest? What makes you feel burnt out? What or who keeps getting in the way of your finding true, deep rest?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

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Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. protecting time for daily rest, instituting a digital sunset, going to bed at an earlier time etc.) and no more than five tasks to accomplish (buy some bubble bath, find a knitting pattern, find a friend who likes to relax in the same what you do etc.)

New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK	COMPLETION DATE
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_____	_____
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Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning



▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What aspects of your health improved? Did you help others to get healthier? What were your favorite ways to get healthier?



▶ What's Not Working

How are you struggling to be healthy? What feels hopeless about your health? What foods and activities make your body feel bad? What or who keeps getting in the way of you becoming healthier?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. eat better foods, drink more water, daily exercise/stretching, annual doctor check-up etc.) and no more than five tasks to accomplish (i.e. buy a kettlebell, read a health book, schedule a doctor appointment etc.)

New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

_____	_____
_____	_____
_____	_____
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Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning

▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? Where did you save money by not buying things or by making smart purchasing choices? How did you or your spouse bring money into the family?

▶ What's Not Working

How are you struggling to manage your finances? Where do you keep spending money that you shouldn't be? What feels hopeless about your finances? What is out of control about your finances?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

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Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. review budget weekly, make your lunch at home, put money in savings monthly, look for coupons weekly etc.) and no more than five tasks to accomplish (i.e. learn how to make coffee at home, make a budget, sell something you don't use etc.)

New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

_____	_____
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Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning

▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What aspects of creating a peaceful, God-centered and well-ordered home environment are working? What is your favorite part of your home?

▶ What's Not Working

How are you struggling to manage your home? Where does it feel disorganized? When does your home lack peace? Which rooms in your home increase your anxiety?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. commit to a weekly chore routine, do housework as a family on Saturday mornings, do deep cleaning once per month etc.) and no more than five tasks to accomplish (i.e. read a book about housekeeping, buy a laundry organizer, etc.)

New Habits I Will Install This Year

Habit:	Frequency:
Habit:	Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

_____	_____
_____	_____
_____	_____
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Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Habit Schedule

Look at the habits you listed in each sector for Annual Planning and assign them to a month. You can use sticky notes and move them around until you think you have a reasonable order. For example, I don't plan extra homemaking skills in December when I'm busy with the holidays, I try to pick something spiritual for Lent, etc.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

MONTHLY PLAN

Look back at the habits and tasks you laid out in your Annual Plan, which ones need to be accomplished this month? Make sure to include completion date. Add in important dates like birthdays, anniversaries, feast days you want to celebrate and Holy days of obligation.

MONTH:

Habit I'm Focusing On:

Frequency:

Obstacles I May Face:

Ways to Overcome Those Obstacles:

Important Dates (Anniversaries, Birthdays, Feast Days, Holy Days of Obligation etc.):

Tasks I Will Accomplish

TASK

COMPLETION DATE

Books I Will Be Reading:

WEEKLY PLAN

Review the habits and tasks you laid out in your Monthly Plan and write down the ones that need to be accomplished this week. At week's end, come back to this worksheet and do a weekly review before making next week's plan.

WEEK OF:

Habit I'm Focusing On:

Frequency:

Important Dates (Anniversaries, Birthdays, Feast Days, Holy Days of Obligation etc.):

Memory Verse:

TASK

COMPLETION DATE

Weekly Review



What's Working?



What's Not Working?

Rollover any uncompleted tasks that you still want to complete to next week's plan.

MONTHLY REVIEW

Grab the last Monthly Planning worksheet you filled out. Look over your chosen habit and tasks. Add any notes on that paper about major events or surprises that took place. For example, if you find out you're pregnant, that's a big deal! Jot down a note about that. After reviewing those pages, fill out the following:

▶ What's Working

Where are you crushing it? What are you really proud of? What rocked during the last month?

▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this month? What left you feeling disorganized or discouraged? Do you notice any patterns or bad habits forming? What people or bad habits are holding you back?

Brainstorming Plans for Next Month

Look over your Annual Plan and your Annual Habit Schedule to get an idea of what you can tackle in the upcoming month. Take 5-10 minutes to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last month. Review the Motivation Equation again and Be A Scientist! This is the time to revise your expectations and add or take out any tasks from your Annual Plan.

ANNUAL REVIEW

Grab last year's Annual Plan, all the Monthly Plans and review sheets you've filled out this year. Review them slowly and thoughtfully. Add any notes on that paper about major events or surprises that took place. After reviewing those pages, fill out the following:

▶ What's Working

Where are you crushing it? What are you really proud of? What rocked during the last year?

▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this year? What left you feeling disorganized or discouraged? Do you notice any patterns or bad habits forming? What people or bad habits are holding you back?

Brainstorming Plans for Next Year

After reviewing last year and thinking about the positive things you want to carry over and the negative things you want to lose or improve, take 5-10 min. to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last year. Review the Motivation Equation again and Be A Scientist! This is the time to revise your expectations and make your plans for next year.

QUARTERLY REVIEW

Grab the last three Monthly Plan worksheets you filled out. Look over them. Add any notes on that paper about major events or surprises that took place. For example, if you find out you're pregnant, that's a big deal! Jot down a note about that. After reviewing those pages, fill out the following:

▶ What's Working

Where are you crushing it? What are you really proud of? What rocked during the last three months?

▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this quarter? What left you feeling disorganized or discouraged? Do you notice any patterns or bad habits forming? What people or bad habits are holding you back?

Brainstorming Plans for Next Quarter

Look over your Annual Plan and your Annual Habit Schedule to get an idea of what you can tackle in the upcoming quarter. Take 5-10 minutes to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last quarter. Review the Motivation Equation again and Be A Scientist! This is the time to revise your expectations and add or take out any tasks from your Annual Plan.

