

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?

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▶ 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:

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▶ 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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Habit:	Frequency:

Tasks I Will Accomplish

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

Ways to overcome those obstacles:

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▶ 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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Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

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

Ways to overcome those obstacles:

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▶ 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

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New Habits I Will Install This Year

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Habit:

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Tasks I Will Accomplish

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

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▶ 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

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New Habits I Will Install This Year

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Habit:	Frequency:

Tasks I Will Accomplish

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

Ways to overcome those obstacles:

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▶ 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!

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Ways to overcome those obstacles: