

## A Year of Personal Growth

Weekly activities for a year of personal development

### 2014 Calendar

- |  |   |
|--|---|
| <input type="checkbox"/> Purpose       | <input type="checkbox"/> Social         |
| <input type="checkbox"/> Physical      | <input type="checkbox"/> Financial      |
| <input type="checkbox"/> Spiritual     | <input type="checkbox"/> Career         |
| <input type="checkbox"/> Mental        | <input type="checkbox"/> Organizational |
| <input type="checkbox"/> Emotional     | <input type="checkbox"/> Recreational   |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Character      |

Find all the activities with links to great resources at [www.dailyplanit.com/year/](http://www.dailyplanit.com/year/)



Purpose

- Uncover hidden talents
- Map your values
- Your Unique Selling Proposition
- Create a vision board

~ January 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Notes:

"Where the needs of the world and your talents cross, there lies your vocation." -Aristotle



**Physical**

- Make healthy food choices & track diet
- Choose & schedule regular exercise
- Practice the Relaxation response & deep breathing
- Increase energy levels

~ February 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Super Bowl / Groundhog Day	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents' Day	18	19	20	21	22 Remember to Breathe!
23	24	25	26	27	28	Notes:

"Our bodies are our gardens – our wills are our gardeners." -William Shakespeare



### Spiritual

- Keep a Gratitude Journal
- Examine beliefs
- Practice meditation
- Practice the Four Agreements
- Check your environmental skills & go green

◀ Feb 2014		~ March 2014 ~					Apr 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17 St. Patrick's Day	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	<b>Notes:</b>					

"A grateful heart a garden is."



Mental

- Learn your learning style
- Set goals
- Increase productivity
- Plan weekly and daily

Learn how to set and achieve goals with "Get Goaling" Ebook at amazon.com.

◀ Mar 2014		~ April 2014 ~					May 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15 Tax Day (Taxes Due)	16	17	18 Good Friday	19	
20 Easter	21	22 Earth Day	23 Administrative Professionals	24	25 Arbor Day	26	
27	28	29	30	Notes:			

"Our life is what our thoughts make it" –Marcus Aurelius



### Emotional

- Identify emotions
- Understand the connection between thoughts & feelings
- Express with I statements
- Manage anger
- Choose love

[www.do2learn.com/organizationtools/EmotionsColorWheel](http://www.do2learn.com/organizationtools/EmotionsColorWheel)

~ May 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17 Armed Forces Day
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

"Where there is love, there is life." –Mahatma Gandhi



### Relationships

- Know what you want
- Meet people and get to know them
- Learn love languages with loving Actions for the Five Love Languages
- Make a jar-o-love
- Do a Needs Analysis
- Check your listening skills
- Know what you control

◀ May 2014		~ June 2014 ~					Jul 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14 Flag Day	
15 Father's Day	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	Notes:					

"One who cares is one who listens." -J. Richard Clarke



- Social
- Communicate well
  - Make connections
  - Develop a support system
  - Share gifts w/others
  - Develop your self-esteem
  - Set boundaries

◀ Jun 2014		~ July 2014 ~					Aug 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4 Independence Day	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31	Notes:		

“You never know when a moment and a few sincere words can have an impact on a life” - Zig Ziglar



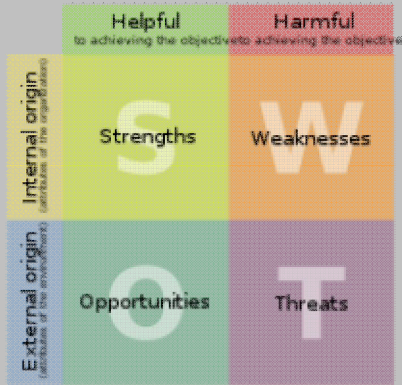


- Financial**
- Budget money & track bills
  - Set up a bill paying system
  - Organize important files
  - Check credit report
  - Save money and spend wisely

◀ Jul 2014		~ August 2014 ~					Sep 2014 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31	<b>Notes:</b>							

"An investment in knowledge pays the best interest." -Benjamin Franklin

## SWOT ANALYSIS

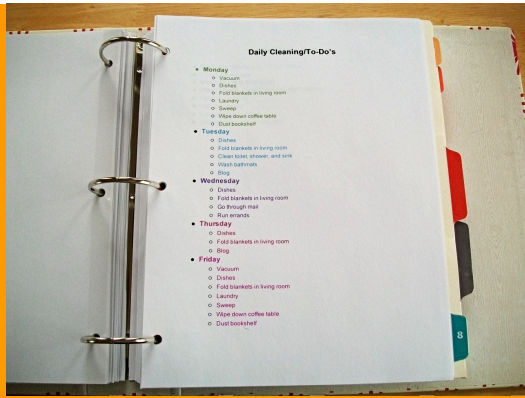


### Career

- Do a swot analysis
- Update resume
- Write a cover letter and prepare for interviews
- Set work goals
- Develop work skills

~ September 2014 ~						
◀ Aug 2014						Oct 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Notes:			

“Genius is 1% inspiration and 99% perspiration.” –Thomas Edison



### Organizational

- Declutter
- Set up storage
- Set up a household notebook
- List repeating tasks
- Plan menus

◀ Sep 2014		~ October 2014 ~					Nov 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13 Columbus Day	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31 Halloween	Notes:	

“Clutter is nothing more than postponed decisions.” - Barbara Hemphill



Recreational

- Choose the best activities
- Keep a screen time log
- Plan to entertain
- Expand your comfort zone

◀ Oct 2014		~ November 2014 ~					Dec 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4 Election Day	5	6	7	8	
9	10	11 Veterans' Day	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27 Thanksgiving	28	29	
30	<b>Notes:</b>						

"Life is either a daring adventure, or nothing at all." –Helen Keller



- Character
- Develop Character
  - Who are your heroes?
  - Be authentic
  - Choose responsibly
  - Get Creative

◀ Nov 2014		~ December 2014 ~					Jan 2015 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25 Christmas	26	27	
28	29	30	31	Notes:			

“Happiness is when what you think, what you say, and what you do are in harmony.” –Mahatma Gandhi

Calendars courtesy of <http://www.wincalendar.com/>