

[annual intention setting]

ASPIRATION *to* ACTION

YEARLY PLANNING DONE LIGHT

for

on



AUDIT

reflection

intention

MONEY What do you think about the money you generated and how you used that money?

What's your intention this coming year?

CREATIVE How do you feel about your creative work and the outcomes you provided?

What's your intention this coming year?

CLIENTS How do you feel about the clients you worked with?

What's your intention this coming year?

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

AUDIT

reflection

intention

TIME

What do you think about the space and time you had to do what you wanted and needed to?

What's your intention this coming year?

MINDSET

What were your thoughts and beliefs about your ability to achieve what you wanted?

What's your intention this coming year?

SELF

How do you feel about your actions, behaviours and how you were perceived?

What's your intention this coming year?

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

annual ASPIRATION

INTENTION

*What will success look like? What will be different? What will you do more and less of? What will have impact?
How do you want to feel and behave? What clients do you want, how will your time be used, what money will you make?*

AIM

Distil your intention into 2-4 guiding principles

WORD FOR THE YEAR:

What it means to you...

PERSONAL PILLARS *What's important to you this year, what will you focus on for yourself?*

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

quarterly **AMBITION**

*How will this support progress towards your aspiration?
What's the purpose? What will success look like?*

q1

monthly **ACHIEVEMENT**

*What step will you take each month towards achieving your
ambition? What is the tangible outcome or deliverable?*

Month 1

Month 2

Month 3

q2

Month 4

Month 5

Month 6

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

quarterly AMBITION

*How will this support progress towards your aspiration?
What's the purpose? What will success look like?*

Q3

monthly ACHIEVEMENT

*What step will you take each month towards achieving your
ambition? What is the tangible outcome or deliverable?*

Month 7

Month 8

Month 9

Q4

Month 10

Month 11

Month 12

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

QUARTER 1 / *weekly ACTION*

Month 1

Week 1

Week 2

Week 3

Week 4/5

Month 2

Week 1

Week 2

Week 3

Week 4/5

Month 3

Week 1

Week 2

Week 3

Week 4/5

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

QUARTER 2 / *weekly ACTION*

Month 4

Week 1

Week 2

Week 3

Week 4/5

Month 5

Week 1

Week 2

Week 3

Week 4/5

Month 6

Week 1

Week 2

Week 3

Week 4/5

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

QUARTER 3 / *weekly ACTION*

Month 7

Week 1

Week 2

Week 3

Week 4/5

Month 8

Week 1

Week 2

Week 3

Week 4/5

Month 9

Week 1

Week 2

Week 3

Week 4/5

ASPIRATION TO ACTION _____ *'rule of one' intention setting framework*

QUARTER 4 / *weekly ACTION*

Month 10

Week 1

Week 2

Week 3

Week 4/5

Month 11

Week 1

Week 2

Week 3

Week 4/5

Month 12

Week 1

Week 2

Week 3

Week 4/5