

2023 LIFE PLANNER

Are you ready to unleash your potential and take control of your life?

Are you ready to plan for a more fulfilling 2023?

You're in the right place!

This planner will take you on a journey of the five major areas of your life:
personal goals, career goals, relationships, finances, and hobbies
and help define your vision for a successful, bountiful, and balanced year.

You can print out or use a PDF filler to fill out your planner.





WELCOME TO A NEW YOU



Welcome to the ultimate life organisation tool:
your Baiji life planner!

Packed full of easy-to-follow prompts and
structured exercises, this planner guides you
through the process of reflection and creation so
that you can achieve success this year.

Gain a better understanding of yourself, create a
vision for who you want to be, and feel
empowered to reach your goals!

This planner is made
for those who seek a
more balanced life.

For those who want to
understand
themselves better.

For those who want to
become the best
versions of
themselves.

Let's do it!

Section 1

2023 PRINCIPLES

Let's start by setting our mindset for the year.

These are your life prompts to revisit every month or so to reinvigorate yourself and remind you of the person that you want to become.

My mindset for this year is

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I will be more

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I will be less

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Section 2

REFLECTIONS

Before we define our goals for the upcoming year, it's important that we reflect on last year. Be honest with yourself and take a look back at your 2022. Without being judgmental, lay out what you're proud of and what you feel could have gone better.

WHAT WERE YOUR GOALS FOR 2022?

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WHAT DID YOU ACHIEVE?

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WHAT WERE YOU UNABLE TO ACHIEVE?

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Section 3

ANALYSIS

This section is all about going deep into each of the 5 main areas of your life and picking out the parts that are going well and the parts that could use some TLC. Go with your gut when filling out the answers and don't second-guess yourself. Remember, no one knows you like you do!

How will you rate the following					
PERSONAL		Disagree	Neutral	Agree	Strongly agree
	I feel in control of my feelings & my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
CAREER		Disagree	Neutral	Agree	Strongly agree
	I am happy with my current career path	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a fulfilling job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel challenged in my current role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have good work-life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

RELATIONS

	Disagree	Neutral	Agree	Strongly agree
I am happy with my family relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a close, trusted circle of friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with my love life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I can be myself around people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy my own company	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

FINANCIAL

	Disagree	Neutral	Agree	Strongly agree
I manage my money with confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a realistic budget	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I'm earning enough money	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have an emergency fund	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I will be able to retire	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

HOBBIES

	Disagree	Neutral	Agree	Strongly agree
I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have activities that help me destress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not tie my hobbies to external success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 4

PRIORITIES

Now comes the tricky part: rank the 5 different areas of your life in order of importance to you!

The 5 categories are: Personal goals, Career goals, Relationships, Finances, and Hobbies.

For each of these, write out 1 major goal and up to 4 smaller goals you'd like to achieve in 2023.

#1		<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
#2		<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
#3		<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
#4		<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
#5		<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

Section 5

ACTION PLAN

This is the most important part of the whole planner: taking the time to think about how you're going to practically achieve each of your goals!

In rank order, write out some things you can do to work towards your major and minor goals, you can also add timelines, frequency, and even a prospective budget for each activity.



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Section 6

RESOLUTION

Look at how far you've come! You've not only honestly reflected on your past self, but now you've set meaningful and ambitious life goals for the year ahead. The final exercise is to reaffirm your determination and your belief in yourself that you can do anything this year!

1 Have I set realistic goals with actions within my control?

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2 What will my life look like a year from now if I follow this plan?

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3 If a friend came to me with this plan, what would I say to them?

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The purpose of Baiji is to deliver high-quality products to our customers and bring balance back to your life. We seek to empower you to find natural ways to improve all areas of your life and enhance your well-being. We are a community seeking wellness and fulfillment.



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