

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!

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!

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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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 at 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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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				
AL	I feel in control of my feelings & my life	Disagree	Neutral	Agree	Strongly agree
Z	I exercise to keep my body healthy				
S	I get 7-8 hours of sleep every day				
N N	I include nutritious food in my diet				
PE	I spend time in nature				

	How will you rate the following				
K	I am happy with my current career path	Disagree	Neutral	Agree	Strongly agree
E	I have a fulfilling job				
X	I feel challenged in my current role				
CF	I have good work-life balance				

	How will you rate the following				
NS	I am happy with my family relationships	Disagree	Neutral	Agree	Strongly agree
	I have a close, trusted circle of friends				
	I am happy with my love life				
LA	I feel like I can be myself around people				
RE	l enjoy my own company				

	How will you rate the following					
AL	I manage my money with confidence	Disagree	Neutral	Agree	Strongly agree	
$\overline{\mathbf{C}}$	I have a realistic budget					
Z	I feel like I'm earning enough money					
NA	I have an emergency fund					
FII	I feel I will be able to retire					

	How will you rate the following				
E S	I allot time for my hobbies	Disagree	Neutral	Agree	Strongly agree
BI	I have activities that help me destress				
OB	I have a positive outlook and energy				
H(I do not tie my hobbies to external success				

PRIORITIES

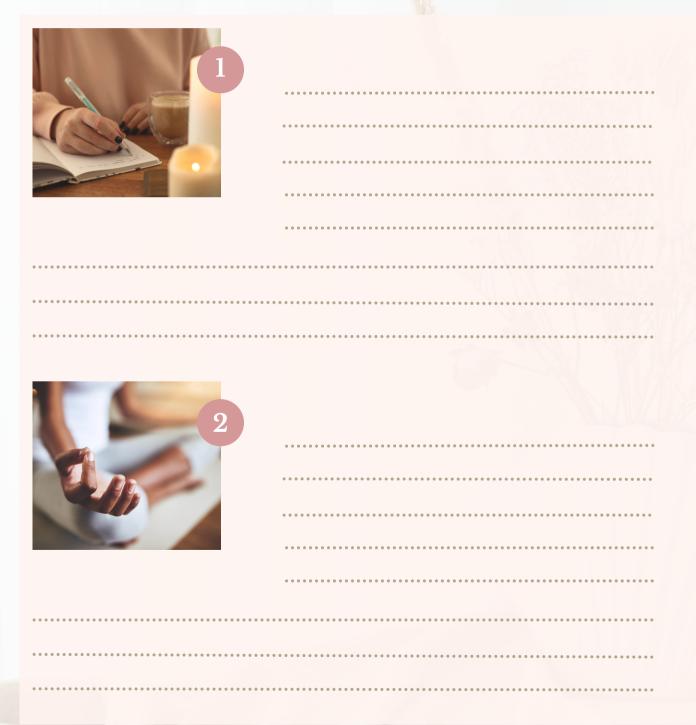
Now comes the tricky part: rank the 5 different areas of your life in order of importance to you! The 5 categories are: Personal goals, Career goals, Relationships, Finances, and Hobbies. For each of these, write out 1 major goal and up to 4 smaller goals you'd like to achieve in 2023.

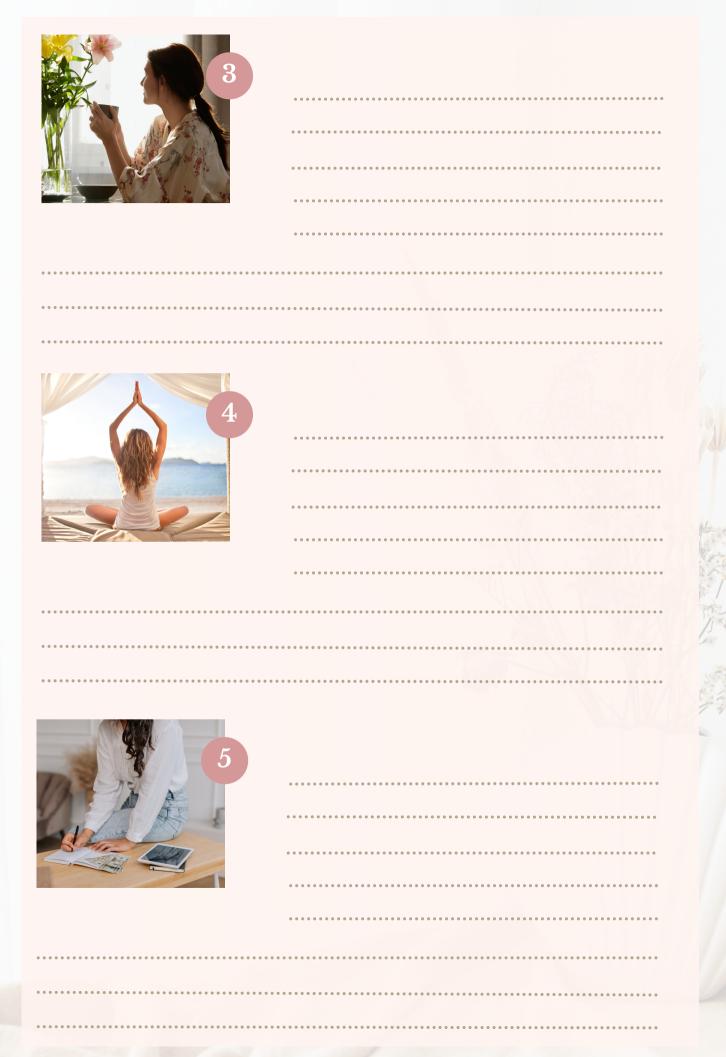
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ACTION PLAN

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.







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!

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Have I set realistic goals with actions within my control?
What will my life look like a year from now if I follow this plan?
If a friend came to me with this plan, what would I say to them?



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.



Subscribe to our mailing list where we discuss trends and research in health, fitness, and nutrition, as well as practical tips for incorporating them into your daily routine. Discover new ways to manage stress, improve your mental health, and find the motivation you need to achieve your goals. Make informed decisions about your menstrual cycle, understand your symptoms and learning about the latest products. If a happier, healthier, and more balanced lifestyle is your goal, we're here to support you!

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