

DREAMBOOK

+ PLANNER 2024

SAMPLE PAGES

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HOW THIS BOOK WORKS

Connect

We start by connecting with what's really important to you. This section is designed to help you identify your inspiration, core values, gifts, and life purpose.

Dream

This is the space to stretch your perception of what is possible for you. Stop playing small and start seeing yourself as the magical creator you are. Besides dreaming bigger and better, we want to help you align these dreams with your highest potential and the values, gifts, and purpose you identified previously.

Craft

This is where it gets real. You'll be selecting items from the Dream section to pursue, and you'll create maps to flesh them out.

Ritualize

Next, it's time to come up with rituals that will make this process fun, meaningful, and an integral part of your life.

Plan

Yearly, quarterly, monthly, and weekly planning is essential to keep you on track with your dreams, health, and happiness.

Act

All the preparatory work above only changes your life when you follow through and live it. Keep your agreements with others and yourself, do your rituals, use your superpowers, remember where you're headed, be willing to grow.

BECOME CONSCIOUS OF HOW YOU'RE INVESTING YOUR ATTENTION

We wish to remind you of the preciousness of your attention. It's easy to get distracted from what's important by email, worry and complaining, social media, nonessential tasks, and other activities that don't contribute to your wellness. You could fill days, weeks, even years of your life letting your attention be directed by habit, comfort, or the distractions of your environment.

Your attention is your power. It dictates the direction in which your energy flows. What you put your attention on grows and becomes a theme of your life – whether you intend it or not. As you embark on a new year with this book, consider committing to a new way of life in which, as often as possible, you are intentionally choosing where to invest your attention.

The hardest part is remembering to do it, and that's what this book is for:

1. To remind you to make choices that support what you've identified as most important and of greatest value
2. To help you stay conscious of what you're choosing throughout each day
3. To provide a way of structuring your life so that even when you forget and you're running on autopilot, you're going to stay roughly on the healthy path you've chosen

As a first prompt to help you build this structure, we offer you this:

Schedule what's most important first. Always.

CONNECT

QUESTIONS TO CONNECT YOU TO YOUR TRUE DESIRES & PURPOSE

This section is designed to get you thinking and feeling into what truly makes you happy, what inspires you, what nourishes your soul, what makes you feel valuable, creative, and satisfied. It may also shed light on aspects of your current life that aren't serving your highest good.

Answer these questions honestly. As if no one else will ever see your answers. As if your parents would be thrilled no matter who you are, no matter what you do with your life. As if no one else's opinion matters. These responses are for you alone, so you have everything to gain by reaching deep.

1 What are you longing for most in life?

2 When you're at the end of life what do you want to have accomplished?

3 If you knew you had one year left to live, would there be anything you'd want to fix or clean up?

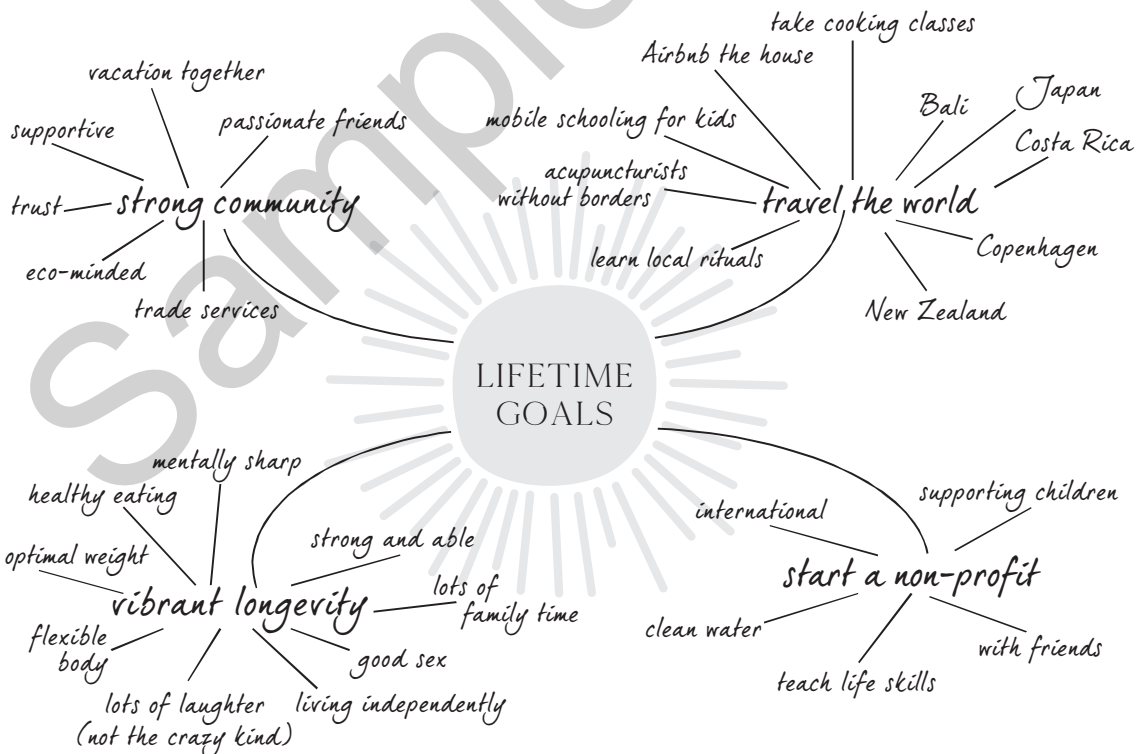
CRAFT

Now, a message to you from your Highest Self:

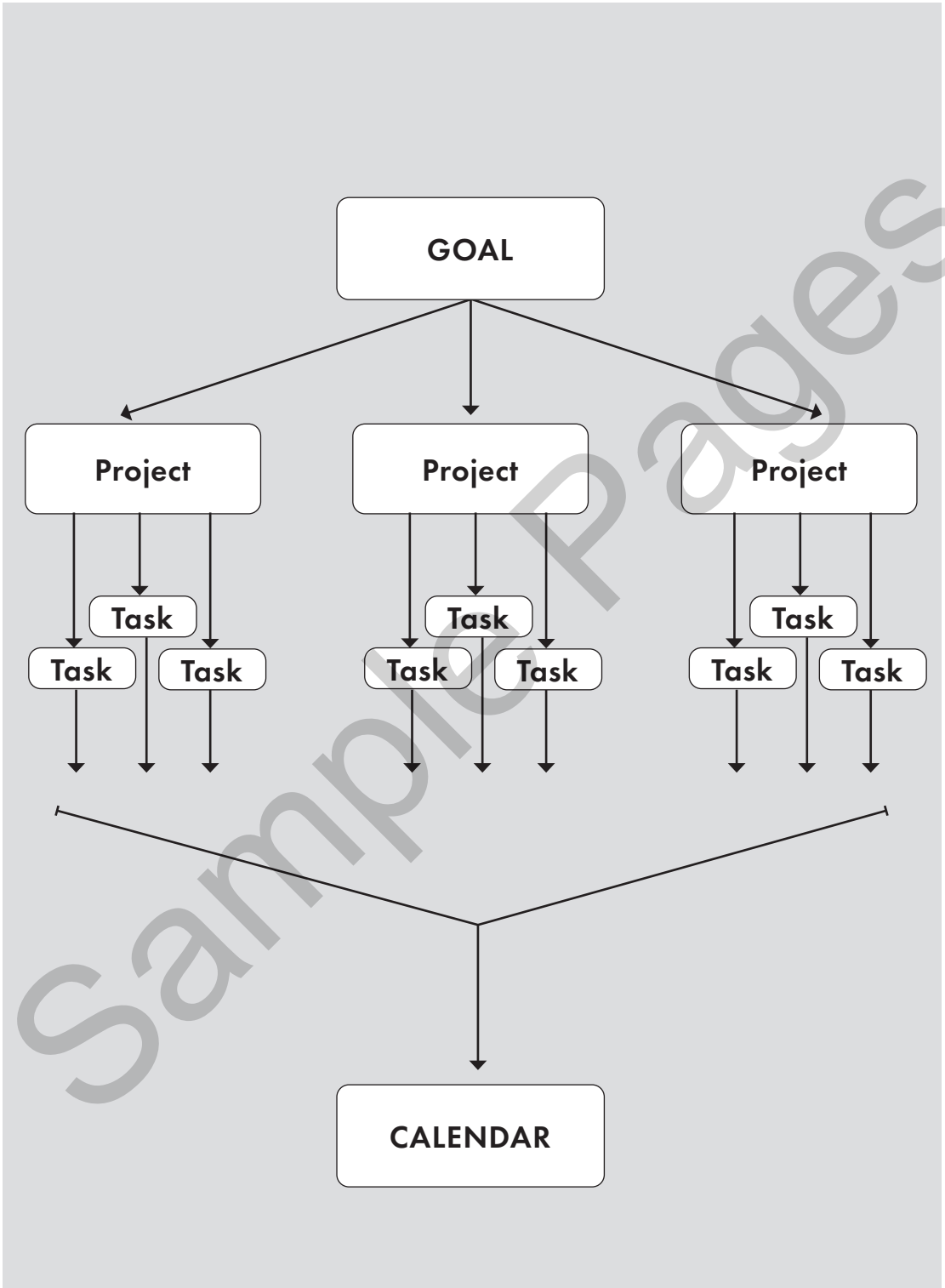
Thank you for taking the time to let me express myself and make my deepest wishes known. I am absolutely ready to step into the reality you just wrote about. I know we can do it together! You might want to let me steer more often, though. I love you.

The material you came up with was not just a psychological exercise, but a window to your true dreams. Use your answers to determine the qualities and behaviors you plan to cultivate from this day forward.

Now it's time to start crafting the tangible goals that align with your unique truth, gifts, and purpose. A mind map is a visual representation of ideas that makes it easy to organize concepts and connections. On the following pages, you are going to create maps of the goals you will achieve in the next year, in 3 years, in 10 years, and over your lifetime. Frame all goals in the positive – i.e., what you want to have, be, or do – not what you want to avoid or get rid of. Consider all the areas of your life we went through in the previous section: physical wellness; psychological and spiritual health; creation, exploration, and play; community connection; livelihood, career and influence; relationship and family. Here is an example:



BREAK IT DOWN



YEAR AT A GLANCE

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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			

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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		

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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			

2024

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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					

JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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	

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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					

JANUARY

PROJECT BREAKDOWN

1 Get into your *ritual for planning* space.

2 Gather the projects from the Quarterly Breakdown (page 42) that pertain to this month and write each one on a PROJECT line below.

3 Under the project name, enter all of the tasks that are involved in the project. Each of these tasks must be a single action step so that it can be scheduled in your calendar, and when it's time to do it no analysis needs to occur – you know exactly what to do. If you have a project with very many tasks, you may need to use two project blocks to enter all the tasks.

Project:

Project:

Project:

Project:

JANUARY

	TUESDAY	WEDNESDAY
1 New Year's Day	2	3 ●
8	9	10 ●
15 Martin Luther King Jr. Day	16	17 ●
22	23	24 Belly Laugh Day
29	30	31

○: New Moon ●: First Quarter ●: Full Moon ●: Third Quarter

THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	5	6	7
11	12	13	14
●			
18	19	20	21
		♈ Aquarius	
25 Australia Day Tu Bishvat	26	27	28
○			
(1)	(2)	(3)	(4)

Dates for moon phases are based on the Eastern Time Zone of the U.S. In other parts of the world these phases may technically occur on the previous or following day. If precision is a concern, we encourage you to consult a moon phase calendar specific to your time zone.



WEEKLY ALIGNMENT

JANUARY 1-7, 2024

Intention

Top Priorities

HABIT TRACKING

CHALLENGE FOR EXPANSION

SLEEP OPTIMIZATION • Get at least 7 hours every night. • Wind down before bed with dim lights and quiet. • No screens before or in bed. • Keep your room dark and cool, no lights if you get up in the night. • Sleep tight.

Wins from last week—*what I gained, how I grew*

How will I reframe something I find difficult, painful, or stressful?

How will I create more freedom in my life this week?

Rituals For Thriving

- Exercise
- Meditate / Breathe
- Journal
- Dance
- Go On A Date
- Connect With Nature
- Visualize
- Family Time
- Cook / Eat A Healthy Meal
- Organize My Space / Life
- Get Rid Of Things I Don't Love
- Be With Friends
- Play
- Let Go / Forgive
- Sing / Make Music
- Create Art
- Read For Enjoyment
- Connect / Pray
- Call Someone / Write A Letter
- Stretch / Do Yoga
- Massage / Exchange Touch
- Serve My Community
- Technology Break
- Take a Bath
- Celebrate

CAPTURE YOUR BRILLIANCE

Dream, Expand, Record, Reflect

Sample Pages

LIFE EDITS

It's time to reflect on the past quarter, and decide what you want to refine as you move forward.

1 What was your biggest time and/or energy waster in the past quarter?

2 Which activities and rituals yielded the biggest "return" for you (tangible or intangible) in the past quarter?

3 Review the habits you've been tracking in the last quarter. Reflect on the progress you've made and the habits you want to continue to work on as you move forward.

4 Is there anything you've been procrastinating over the past quarter?

5 What has been infringing on your happiness, health, or productivity in the past quarter that you intend to let go of in the coming quarter?

6 Self-Trust Personal Assessment: Compare your self-trust to the start of the year and see how you're doing. Rate your ability to trust yourself in each of the following areas of life on a scale of 0 to 10.

Total lack of trust ① • • • • • • • • • • ⑩ Complete trust

COMMUNICATION How much do you trust yourself to tell the truth, say what needs to be said for healthy relationships, speak kindly, and express yourself authentically? _____

MONEY How much do you trust yourself to stay conscious of what you have, to maintain a positive attitude around money and to avoid taking on unnecessary debt? _____

DEPENDABILITY How much do you trust yourself to show up for friends and family, and support them when they need it? _____

HEALTH MAINTENANCE How much do you trust yourself to treat your body & soul well, to get the care you need and to be kind to yourself? _____

TIME MANAGEMENT How much do you trust yourself to be on time, to stick to your schedule and to plan appropriately? _____

NUTRITION How much do you trust yourself to make good food choices, to eat in a healthy manner and to stick with your agreements around eating? _____

FOLLOW THROUGH How much do you trust yourself to follow through on your projects, in the time frame intended, to completion? _____

WORK PERFORMANCE How much do you trust yourself to honor the work you do, to do your best and to show up enthusiastically? _____

FOCUS How much do you trust yourself to stay focused on what you have chosen to work on and avoid indulging in distraction? _____

VALUES How much do you trust yourself to live by your core values? _____