2019
The best year of your life!
This worksheet provides an easy framework to better plan and organize your life.

Every single one of us wants to live a happy and fulfilled life. A life full of meaning, joy, triumphs, family and friends around. We feel happy when what we do matters, when we develop deep connections with people around us.

This useful worksheet aims to help you better understand yourself. Pause for a moment and try to answer a few simple questions: “What do I want from my life? Who do I want to be? Where do I want to go?”.

These simple questions are hard, that’s why this framework will help you find answers, set priorities and make an action plan on how to achieve your goals.

I believe that knowing what you want will help you achieve it, or at least move in the right direction. For the last 3 years I’ve been conducting research on goal setting, productivity, efficiency, energy and time management. I modified and improved existing framework with the knowledge and experience we have.

Here at Readdle we believe that being productive doesn’t mean working 16 hours a day. Productivity happens when you organize your thoughts, actions and creativity into a single coherent and efficient system. We create tools and apps that help you win back your time, so you can work less, focus on what matters and spend time with the loved ones.

I’ve shared this framework with 1,000,000 Readdle users last year and we received a phenomenal response. Some people even reached out in January 2019, asking for a new one.

So, with that, here it is.

I’d love to hear your feedback and thoughts.

Denys Zhadanov
VP of Marketing
Readdle
Let’s look back at 2018
2018 was:

1. 

2. 

3. 

4. 

5.
My main achievements of 2018:
Look back at 2018

Let’s try to rate each life category:

- Body
- Mind and Energy
- Work, business, education
- Money
- Personal development
- Relationships
- People around me
- Happiness and Joy

Rating values from 1 to 10.
# Calendar of main events in 2018

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Your emotional journey in 2018

This will help you to better understand what makes you happy or sad.
The 3 happiest moments of 2018:

What was my contribution to the world in 2018?
What would I do differently in 2018 to achieve all my goals?

What advice would I want to give myself using all the experience of 2018?
What am I grateful for in 2018?

The key people for me in 2018:
Who supported me the most?
What were my biggest failures in 2018?

How did they make me better? What did I learn?
My main insights of 2018:
Let’s plan

2019
I want my 2019 to be:

1. 

2. 

3. 

4. 

5. 

Let’s give 2019 a name, so you can keep that as your North Star.

I want my 2019 to be a year of
Let’s divide your life into strategic areas so you can plan and set goals for each of them.

1. **Body:**
Health, fitness, weight, diet, sport, stress, medical checks, sleep, etc.

**Vision**
Write in the present tense your vision of the best possible results at the end of 2019.

**Goals**
Set goals that will help you achieve your visions and desired outcome. You can use the SMART system to increase your chances of hitting the goals.
S - specific, M - measurable, A - achievable, R - relevant, T - time-bound
Affirmation

Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

First Steps

What are the first steps to achieve my goals?
For example: Get gym membership by Friday, do medical checks next week, etc.
2. Mind and Energy:

Energy level, mindfulness, awareness, meditation, fears, way of thinking, etc.

Vision

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Goals

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**Affirmation**

Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

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**First Steps**

What are the first steps to achieve my goals?
3. Work, business, education:
Projects, careers growth, new skills, motivation, vision, drive, values, future, goals, etc.

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Affirmation

Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

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First Steps

What are the first steps to achieve my goals?
4. Money:
Financial goals, taxes, investment portfolio, future opportunities, savings, etc.

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Affirmation

Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

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First Steps

What are the first steps to achieve my goals?
5. Personal development:
Books, languages, new skills, talent improvements, professional growth, etc.

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Affirmation

Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

First Steps

What are the first steps to achieve my goals?
6. Relationships:
Love, passion, family, friends, deep conversations, etc.

Vision
Write in the present tense your vision of the best possible results at the end of 2019.

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Set goals that will help you achieve your visions and desired outcome. You can use the SMART system to increase your chances of hitting the goals.
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Affirmation

Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

First Steps

What are the first steps to achieve my goals?
7. People around me:
I’m going to surround myself with positive, driven, intelligent and kind people.

Vision
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Affirmation
Why do I want this? Why does my vision matters to me? What will I get and how will I feel when I’m there?

First Steps
What are the first steps to achieve my goals?
8. Happiness and Joy:

What makes me happy? how can I make people happy? Random acts of kindness, giving back to community, helping others, doing what I really love, etc.

Vision

Write in the present tense your vision of the best possible results at the end of 2019.

Goals

Set goals that will help you achieve your visions and desired outcome. You can use the SMART system to increase your chances of hitting the goals. S - specific, M - measurable, A - achievable, R - relevant, T - time-bound
Affirmation

Why do I want this? Why does my vision matter to me? What will I get and how will I feel when I’m there?

First Steps

What are the first steps to achieve my goals?
Intentions for 2019 to make it the best year of my life

I will stop:

start:

attend:

learn:

do:

see:

give:

receive:

invest:

try:

accomplish:

risk:

start doing:

execute:

buy:

gift:

achieve:
Let’s pick one main goal for each month in 2019

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Visualize

Write down how your life will change for the better when you achieve all your goals. Be specific, describe actions, feelings and emotions.
Why are my goals important to me?

What will I do if I fail?
What will be possible once I achieve all my goals?

Who can help me to achieve my goals? When will I ask them to help me?
I’ll make 2019 the best year of my life!
P.S.

There is one more exercise that I like.

Write down 100 goals that you want to achieve in your life. (Or 100 things you want to get/do). The first 20 are easy, since many of them might be material and socially related. The most interesting starts after 30 and 40, when you become really creative and think hard about what you want in life.

In the end, the biggest gift you have is life itself and the experiences you get every day.

Have a wonderful 2019!