

YEAR



m MOJO YOGA



BY

DESIGN



Welcome to your Year by Design!

Feel like last year flew by before you had time to work on any of your dreams?

If you've got dreams, aspirations, resolutions, and goals bouncing around in your head, this simple tool can help you bring them to fruition THIS YEAR.

It's simple.

Use this monthly guide to map out at least 1 and up to 5 goals for each month of the coming year. When we break our goals down into tangible steps, they become much easier to attain!

Then, for each goal choose up to 5 actions you can take that will move you towards achieving your goal.

Here's the kicker... Your actions MUST be concrete, tangible, active steps that you can easily take. For example, if your goal is to lose 10 pounds in January:

Active Action

vs.

NON Active Action

Jog for 30 minutes, 5 days/week and track it on my running app

Download neat running app and do nothing with it

Keep your actions simple and, well, actionable!

Review your goals at the end of each week, and at the end of each month. Remember, these are not set in stone. You can and should modify your actions and goals as you grow over the course of the year.

Let's make this year the best one yet!

First, Your Vision!

You can't create a map without a view of the larger picture.

Hint: this is supposed to be fun. Relax, meditate, grab a tasty beverage or snack, let your mind wander, and allow yourself to dream a little bigger.

Imagine yourself at the end of this year. Who are you? What kind of person do you see? Describe yourself:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now, imagine the course of your year that got you there. What are some of the things you accomplished, gained, or learned that created who you are? Be specific.

Now you have a blueprint. Draw out from your vision the goals that will get you there. Then, take ACTION throughout the year!

Sample Month

Goals	Actions
<p style="font-size: 1.2em;">Do Yoga Every Day</p>	<ul style="list-style-type: none"> ✓ Make space in the house for yoga ✓ Get a basic set of props ✓ Join MOJO Yoga ✓ Do 1 video every morning <li style="border: 1px dashed pink; padding: 2px;">Get 1 friend to do yoga every day too
<p style="font-size: 1.2em;">Read Every Day</p>	<ul style="list-style-type: none"> ✓ Shop for a set of books I've always wanted ✓ Put 1-2 books by the bed, toilet, and couch <li style="border: 1px dashed pink; padding: 2px;">Read for 10 minutes in the morning ✓ Read for 10 minutes before bed <li style="border: 1px dashed pink; padding: 2px;">Read for 10 minutes before turning on TV
<p style="font-size: 1.2em;">Advance Our Household Business</p>	<ul style="list-style-type: none"> ✓ Quick household party/meeting 1x/week ✓ Work together on a budget at the meeting <li style="border: 1px dashed pink; padding: 2px;">Work on 1 item of business at the meeting ✓ Develop plans for 1 fun thing together <li style="border: 1px dashed pink; padding: 2px;">Do 1 hour housekeeping 5 days/week
<p style="font-size: 1.2em;">Implement A Personal Development Routine</p>	<ul style="list-style-type: none"> ✓ Read Hal Elrod's Miracle Morning ✓ Do my own Miracle Morning every day ✓ Get a 5 Minute Journal <li style="border: 1px dashed pink; padding: 2px;">Do cardio/strength exercise > 3x/week ✓ Touch the guitar every day
<p style="font-size: 1.2em;">Drink > 8 Glasses of Water Daily</p>	<ul style="list-style-type: none"> ✓ Get a 48oz water bottle ✓ Fill it every morning ✓ Drink 8oz before doing anything else ✓ Keep it with me and finish it daily ✓ Add citrus/other fruit when it gets boring

- Books read:
- The Hobbit
 - Light on Life
 - Losing My Virginity
 - Let My people Go Surfing



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Goals	Actions
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