

Your year, one goal at a time

Use this map to choose a focus. Leave future months blank, and carry a useful goal forward when it still fits.

Areas to consider: mind, body, sleep, and social connection

2027	ONE FOCUS OR GOAL	REVIEW DATE
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

Before you fill the first row

Ask: Which part of my ordinary week needs attention? What can I change with the time, money, energy, and support available to me?

Choose one starting goal. You do not need a different goal for every month.

Choose your starting goal

Print a fresh copy whenever you begin or revise a goal. A two-week trial is a review window, not a deadline for forming a habit.

Start date: _____ First review date: _____

1 What would I like to make more manageable?

Name a need or a situation, such as rushed evenings or too little time with friends.

2 What action will I try, and how often?

Choose something you can observe: what, how long, and which days.

3 When and where will I do it?

After _____, I will _____.

4 What is my smaller version for a difficult day?

Keep it practical: one sentence, a shorter activity, or a brief message.

5 What might get in the way, and what can I change?

Consider timing, access, cost, privacy, equipment, or asking for support.

Example: After breakfast, I will write three sentences on Monday, Wednesday, and Friday. On a difficult day, I will write one sentence.

Keep, Shrink, or Swap

Print one copy per month. Review for five minutes each week: record what happened, then choose one adjustment.

Month: _____ My goal: _____

Week	What I planned	What I did	Main obstacle or useful detail	Keep, Shrink, or Swap?
1				
2				
3				
4				
5				

- KEEP**It fits my week and still feels useful.
- SHRINK**Try less time or fewer sessions.
- SWAP**Change the cue, timing, or activity; retire a goal if needed.

One change I will try next month:

This is a planning tool, not a clinical assessment or a validated habit program. These general wellness ideas are not a substitute for professional care.