

# My 2016 Focus Plan

Happy 2016 and congratulations! Congrats on making the decision to create a focused plan for this next year. This plan is driven by YOU so take it in whatever direction you like.

The 8 focus areas for you to develop your plan around are:

*Family* - Anything to do with the special loved ones in your life

*Friends* - Anything to do with the awesome people you support and who support you

*Fiancé/e* - Anything to do with your love life (marriage does not have to be you end-goal)

*Faith* - Anything to do with your belief system

*Field* - Anything that has to do with your career/professional aspirations

*Finance* - Anything that has to do with your personal financial outlook

*Fitness* - Anything to do with your personal health

*Fabulosity* - Anything to do with how you want your personal brand to be received by others

Below are a few questions to help you get started when thinking about your goals, your approach and your actions. Take your time to write down your answers in a journal, talk them out with a confidant or whatever helps you deeply consider your plan.

What do you want to FOCUS on in terms of yourself this year?

Why do you want to FOCUS on these areas?

What are some challenges you may face when reaching your goals and how can you overcome them?

Once you've reflected upon these questions, complete the next 4 sheets with your goals, strategies and actions to focus on the aforementioned 8 areas of your life. Add a photo of yourself that you think captures you at the point of achieving your goal. Save these papers in a special place, binder, journal, whatever makes you happy.

Last, choose a day of the month when you will check in on your progress. Each month on that day make a copy of the last sheet and review your progress, make any adjustments and reward yourself for making this journey!

I really hope you enjoy this plan. Feel free to take the content and reformat it to suit your preferred way of managing your plan. I only ask that you don't re-purpose and/or redistribute as your own. But definitely spread the word to those who you think will find it useful and let me know if you do too.

Good Luck and happy new year!  
Amber, PK Girl



## Focus - Family

*Goals* - What I Want To Achieve

Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals

Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy

Current:

Future:

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## Focus - Friends

*Goals* - What I Want To Achieve

Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals

Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy

Current:

Future:

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# Focus - Finance/e



*Goals* - What I Want To Achieve

Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals

Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy

Current:

Future:

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# Focus - Faith



*Goals* - What I Want To Achieve

Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals

Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy

Current:

Future:

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## Focus - Field

*Goals* - What I Want To Achieve  
Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals  
Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy  
Current:

Future:

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## Focus - Finance

*Goals* - What I Want To Achieve  
Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals  
Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy  
Current:

Future:

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# Focus - Fitness



*Goals* - What I Want To Achieve

Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals

Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy

Current:

Future:

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# Focus - Fabulosity



*Goals* - What I Want To Achieve

Long Term:

Short Term:

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*Strategy* - My Approach To Reaching My Goals

Approach 1:

Approach 2:

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*Actions* - Specific Tasks I Am Doing/Need To Do As Part Of My Strategy

Current:

Future:

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# My Focus Plan Monthly Check-In

Family

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Friends

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Fiancé/e

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Fabulosity

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Faith

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God, grant me the serenity to accept the things I cannot change;  
The courage to change the things I can;  
And wisdom to know the difference.

Fitness

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Finance

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Field

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