

Positively

— BEAMING —

Printable Planner

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Welcome



Hello there, Wildly Wonderful Woman!

Welcome to the first day of the rest of your life wherever you are. And you are about to embark on a new chapter of your life's journey. So are you going to close your eyes and hope for the best? Or are you going to get clear? This year I'm inviting you to set some intentions for the next twelve months. It's not about perfection, about getting things right or chasing an invisible ideal. Instead it's about living with purpose. Every single day.

And the best place to start?

Exactly where you're at right now. So get yourself a cup of tea, clear some space around you and then get started on the next page. Now, it might feel like you are alone at this, but please know that you are just one of many women who are taking time out to imagine their new year. Each with her own hopes and dreams for the future. So, let's get started, shall we?

Positively yours

Jen



Commit to Your Journey

THE CHOICE TO CHANGE

When you were a child, you learned what it meant to be you. From the people around you, the places you lived and the experiences you had. All of those things brought you here. To who you are today. And as you sit here, right now. You're about to embark on a whole new year in your life. Some things will stay the same. But many things will change. People will come and go. Experiences will be had and memories will be made. But you've been given a gift in this moment. To decide.

What you will do, how you will live and who you will become? And sure. Things could stay the same. You could stop here, and remain stuck. But in this moment, with this breath, you have a chance to say yes. Not to yourself, but to the you that you were meant to be. Remember, that what you are not changing you are choosing. Its time for you to step out, stand up and commit to yourself, once and for all. So, let me ask you, are you ready for the next step?

A Letter To Myself

Dear _____,

It's time. I am ready to let go of the old, commit to myself and embrace change. I believe that the world is transformed by the choices we make and I know that my life is important. My words, thoughts and actions are powerful.

So I am open to becoming more _____ and choose to do more _____. I am ready to commit to releasing my old stories about who I am and what I am capable of because _____.

From this point forward I am going to be _____ I'm going to spend more time with _____, _____, _____ doing things like _____, _____, & _____.

I am also going to devote myself to spending less time doing things that waste my precious time like _____, _____, & _____ because they make me feel _____, _____, & _____.

The top three things that are important to me are:

- 1.*
- 2.*
- 3.*

...and I am ready to make them a priority in my life. No matter what.

One last thing: I love you and appreciate you _____, because of all of the amazing things you have made it through and all the incredible things you have accomplished. Especially that time you _____.

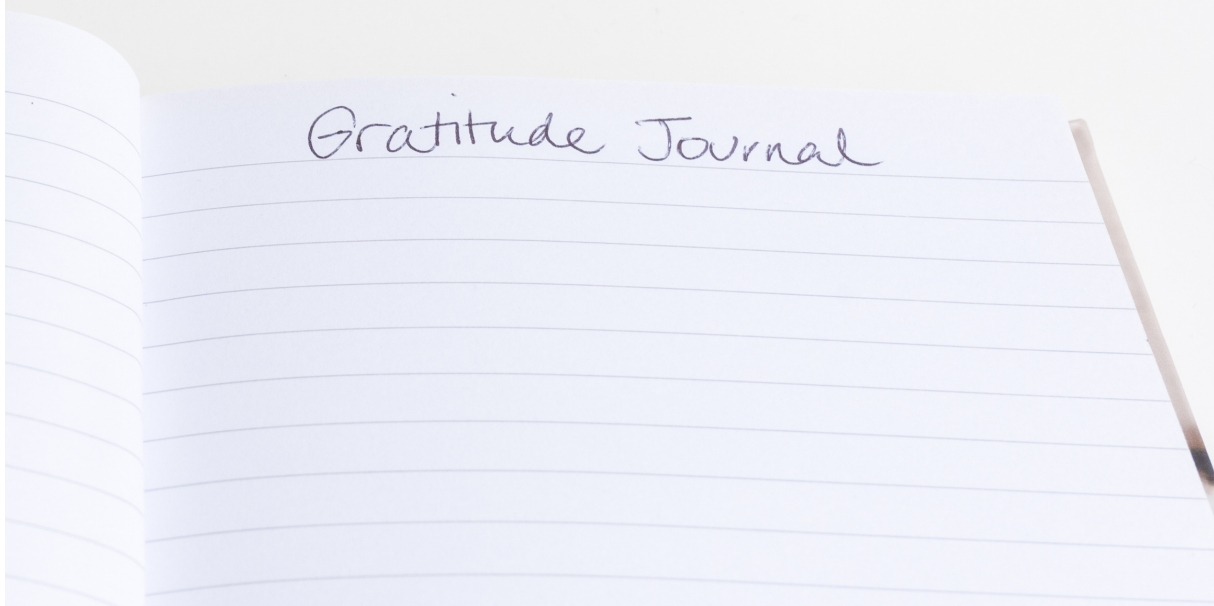

I wish for you a life worth living, my friend. And I'll be here with you, until the end.

With love,



Dream Day Ritual

You know in movies when the main character roles out of bed to the sound of their alarm clock? Annoying right? I feel the same way. But you know what? It doesn't have to be that way. In fact, it shouldn't be. Your life shouldn't be something that you have to be forced into. And even when times are tough, there should always be something to look forward to. That perfect cup of coffee, the call from a friend, the sound of the birds outside your window or the feeling you get when you finally hit your goal. Most of us have been told that life is hard and it's supposed to be. That we are supposed to be busy and tired. But I believe so much more is possible for us all. And I know you do too. So I want you to take some time to write out your dream day. Who would you be spending it with? What would you do? Where would you live? How would you dress? Imagine what it could be like, so you can start to make little changes to create that for yourself. One day at a time.



Gratitude Journal



Describe Your Dream Day

UNCOVER WHAT REALLY MATTERS

Take deep breath, before you begin. I want you to close your eyes and think about what it is you want. Yes, what do YOU want? Write down the details of what your ideal day would look like and feel like. Be as vivid and descriptive as you can!

Setting Your Goals

DREAM BIG



Even if it doesn't quite feel like it yet, there is a reason why you want what you want. Which is why you should never EVER listen to anyone else tell you what that is. Your dreams and desires are unique. And they should be. Because nobody else knows what is in your heart.

So it's time to give up the fight. That never-ending race to an invisible finish line. That you will never live up to. Those unrealistic and even harmful expectations that other people have for you and even those you have for yourself.

Who do YOU want to be?

What is the leader, the parent, the partner that YOU want to be? How does that person think, feel act and live?

Take some time to get clear on the goals you have for yourself. Don't stop yourself from dreaming big here. Write down what you want to feel, do and become in every area of your life.

This is your chance to make those things happen, but first you have to write them down - so you can!



Yearly Goal Setting

DREAM BIG

This is the place to explore how you want to feel, what you want to do and who you want to become in the next year of your life. Write down your each of your goals in the following areas of your life.

EMOTIONAL GOALS

PHYSICAL GOALS

CREATIVE GOALS

FINANCIAL GOALS

SPIRITUAL GOALS

RELATIONAL GOALS

A warm, inviting scene featuring an open book with a blue cover and white pages, resting on a wooden surface. To the right of the book is a white ceramic cup filled with coffee. In the background, a small potted plant with green leaves and white flowers sits on the same surface. The background is softly blurred, showing a window with light streaming in. A white rectangular box with a thin pink border is centered over the image, containing the text "January 2021" in a black, elegant script font.

*January
2021*

Monthly Intentions

Date _____

MONTHLY GOALS



DATES TO REMEMBER

TO DO LIST

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

January

"If people are doubting how far you can go, go so far that you can't hear them anymore." - Michele Ruiz

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1 New Year's Day	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





Monthly Review

Take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

Main Goal

Progress Made

Next Steps



February 2021

Today I am grateful for...



Monthly Intentions

Date _____

MONTHLY GOALS



DATES TO REMEMBER

TO DO LIST

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

February

*“Go confidently in the direction of
your dreams. Live the life you've
imagined.”- Thoreau*

SUN	MON	TUE	WED	THU	FRI	SAT
31	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	1	2	3	4	5	6





Monthly Review

Take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

Main Goal

Progress Made

Next Steps

A top-down view of a wooden desk. On the left is a small potted plant with green, rounded leaves. In the center is a closed, light pink notebook. A pair of black-rimmed glasses rests on the notebook. A white rectangular box with a thin pink border is centered over the notebook, containing the text 'March 2021'.

*March
2021*

Monthly Intentions

Date _____

MONTHLY GOALS



DATES TO REMEMBER

TO DO LIST

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

March

“How wonderful it is that nobody need wait a single moment before starting to improve the world.” - Anne Frank

SUN	MON	TUE	WED	THU	FRI	SAT
28	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	1	2	3





Monthly Review

Take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

Main Goal

Progress Made

Next Steps

April
2021



Monthly Intentions

Date _____

MONTHLY GOALS



DATES TO REMEMBER

TO DO LIST

☐ _____

☐ _____

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☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

April

"I now tried a new hypothesis: It was possible that I was more in charge of my happiness than I was allowing myself to be." - Michelle Obama

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	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	1





Monthly Review

Take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

Main Goal

Progress Made

Next Steps

A close-up, warm-toned photograph of a person's hands. One hand holds a brown pen, writing in a small, spiral-bound notebook that is resting on a laptop keyboard. The other hand is positioned near a white cup of coffee with a latte art design. The background is softly blurred, showing more of the laptop and the person's arm. A white rectangular box with a thin pink border is centered over the image, containing the text 'May 2021' in a black, elegant script font.

*May
2021*

Monthly Intentions

Date _____

MONTHLY GOALS



DATES TO REMEMBER

TO DO LIST

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

May

*“Don’t be pushed around by the fears
in your mind. Be led by the dreams
in your heart.” - Roy T. Bennett*

SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2	3	4	5





Monthly Review

Take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

Main Goal

Progress Made

Next Steps



*June
2021*

Monthly Intentions

Date _____

MONTHLY GOALS



DATES TO REMEMBER

TO DO LIST

☐ _____

☐ _____

☐ _____

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☐ _____

☐ _____

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☐ _____

☐ _____

June

“Work hard, be kind, and amazing things will happen.” - Conan O’Brien

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	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	1	2	3





Monthly Review

Take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

Main Goal

Progress Made

Next Steps



Half Yearly Review

This is the place to reflect on the goals you've been working on for the past six months of your life. Write down your accomplishments in the spaces below to get clear on what you achieved and finally celebrate!

EMOTIONAL GOALS

PHYSICAL GOALS

CREATIVE GOALS

FINANCIAL GOALS

SPIRITUAL GOALS

RELATIONAL GOALS



About the Author

Jenny is a busy professional woman, a mess of glorious imperfections stitched together with good intentions.

She is a coach, facilitator, educator and mother to Albert the spaniel.

Her professional qualifications are diverse; Industrial Relations; Education; Coaching; Leadership and Positive Psychology. She is endlessly curious and distracted by shiny things.

In a former life, she was a School Principal, after her inglorious exit from education she established two companies BEAM Consulting and Positively Beaming.

Jenny is fascinated by human (mis)behaviour. She female coaches leaders to lead in a way that is authentic, effective and that doesn't come at the cost of their mental health. She runs online and in person workshops for aspirant leaders and teams



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*“Go confidently in the
direction of your
dreams. Live the life
you've imagined.”*

HENRY DAVID THOREAU

