



HELLO PEACEFUL MIND

MAKE THE BEST OF 2017

WORKBOOK

First of all, I wanted to thank you for reading and following [Hello Peaceful Mind!](#)

In this workbook you are going to think about how you can change your life in 2017. You will first set up goals/habits you want to accomplished and also a bucket list. Then you will plan how and when to make it happen!

Let's get started !

## RESOLUTIONS VS HABITS

Every year, we make new resolutions, a lot of resolutions. The first two weeks of January it's all we talk about. We get a new gym membership, we don't eat fast food, we save money, name your last year's resolutions here ...

But how long does it last? Do you remember when was the last time you stucked to your New Year's resolutions?

I can't even name one finished resolution for my past 29 years!

And you know why?

Every January I overwhelm myself with too many new goals that I start all at once.

Are you feeling the same?

This is why this year, I am going to make a list of 12 new habits that I would like to acquire in 2017 and focus on one of them each month.

Does it sounds like a plan?

This workbook will help you make the best of 2017 by focussing on 12 goals and keeping track of them.



## 2017 THEME

What is your theme for 2017? Write down one or two words that you want to define next year. For example my theme for 2017 is Success & Happiness. Success for my professional life and happiness in my personal life.

### MY THEME FOR 2017 IS :

## 2017 AREAS OF FOCUS

What do you want to work on in 2017? Check all that apply.

- |                                  |  |                                       |
|----------------------------------|--|---------------------------------------|
| <input type="radio"/> Family     | <input type="radio"/> Reading            | <input type="radio"/> Online Activity |
| <input type="radio"/> Romance    | <input type="radio"/> Mindfulness        | <input type="radio"/> Get Organized   |
| <input type="radio"/> Friendship | <input type="radio"/> Intentional Living | <input type="radio"/> Balance         |
| <input type="radio"/> Career     | <input type="radio"/> Decluttering       | <input type="radio"/> Networking      |
| <input type="radio"/> Finance    | <input type="radio"/> Education          | <input type="radio"/> _____           |
| <input type="radio"/> Health     | <input type="radio"/> Fun                | <input type="radio"/> _____           |
| <input type="radio"/> Fitness    | <input type="radio"/> Giving             | <input type="radio"/> _____           |
| <input type="radio"/> Happiness  | <input type="radio"/> Self Care          | <input type="radio"/> _____           |
| <input type="radio"/> Home       | <input type="radio"/> Personal Growth    | <input type="radio"/> _____           |
| <input type="radio"/> Hobbies    | <input type="radio"/> Travel             | <input type="radio"/> _____           |
| <input type="radio"/> Creativity | <input type="radio"/> Addictions         | <input type="radio"/> _____           |



# 2017 GOALS

Now that you know which areas of your life you want to improve in 2017, let's make a plan. You are going to chose 12 goals or new habits and write them down in the following pages. For each one of them note how and when you will do it. Is it going to be a weekly habit? Do you want to travel somewhere and need to save money? How much and how often are you going to save?

You also have 12 checklists that you can use for each of your goals at the end of the workbook!

## NUMBER 1

Goal (Different tasks)       New Habit (Repetitive)      Month: \_\_\_\_\_

\_\_\_\_\_

Daily                               Weekly                               Monthly

Make it happen:

\_\_\_\_\_



**NUMBER 2**

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:

**NUMBER 3**

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:



## NUMBER 4

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:

## NUMBER 5

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:



**NUMBER 6**

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:

**NUMBER 7**

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:



**NUMBER 8**

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:

**NUMBER 9**

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:





## NUMBER 10

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:

## NUMBER 11

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:



NUMBER 12

Goal

New Habit

Month: \_\_\_\_\_

Daily

Weekly

Monthly

Make it happen:



# 2017 BUCKET LIST

This year let's make a bucket list of fun activities! Chose 12 adventures or anything you would like to do and cross one out of the list every month.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# MONTHLY TRACKER

What are goals and plans without a check-in and a tracker? The following pages will help you to be accountable with your new goals and habits, so you don't give up after only a month.

First write which item from your Bucket List you are going to cross that month, then chose a new goal or habit to focus on and select how often you are going to work on it.

The tracker will help to stay motivated, all you have to do is to mark the days when you work on your habits and goals.

## JANUARY 2017

Bucket List :

1 : New Goal/Habit:

Daily

Weekly

Monthly

	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																															



# FEBRUARY 2017

Bucket List :

2 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1 :

	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																												



# MARCH 2017

Bucket List :

3 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1:

2:

	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																															



# APRIL 2017

Bucket List :

4 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1 :

2 :

3 :

	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																														
4																														



# MAY 2017

Bucket List :

5 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1 :

2 :

3 :

4 :

	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
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5																															





# JUNE 2017

Bucket List :

6 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1:

2:

3:

4:

5:

	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
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6																														



# JULY 2017

Bucket List :

7 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1 :

2 :

3 :

4 :

5 :

6 :

	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
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7																															



# AUGUST 2017

Bucket List :

8 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1:

2:

3:

4:

5:

6:

7:

	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
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# SEPTEMBER 2017

Bucket List :

9 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1:

2:

3:

4:

5:

6:

7:

8:



# SEPTEMBER 2017

	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
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9																														



# OCTOBER 2017

Bucket List :

10 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1:

2:

3:

4:

5:

6:

7:

8:

9:



# OCTOBER 2017

	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
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# NOVEMBER 2017

Bucket List :

11 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1 :

2 :

3 :

4 :

5 :

6 :

7 :

8 :

9 :

10 :





# NOVEMBER 2017

	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
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10																														
11																														



# DECEMBER 2017

Bucket List :

12 : New Goal/Habit:

Daily

Weekly

Monthly

Previous Goal/Habit:

1 :

2 :

3 :

4 :

5 :

6 :

7 :

8 :

9 :

10 :

11 :



# DECEMBER 2017

	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
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12																															



## INDIVIDUAL CHECKLIST FOR YOUR GOALS

Did you ever try to create new habits and stopped after a few weeks because you got lazy to do some tasks? Or tried to reach a goal and was too overwhelmed and just gave up?

This year we are going to finish what we've started.

To help you, use the following 12 checklists. You can write down the steps you need to follow to accomplish your goal, or write ideas for your new habits like date ideas, recipes, friends you would like to reconnect with, etc... This is YOUR workbook so use it the way that will help you reach your goals!



NUMBER \_\_\_\_\_

               

NUMBER \_\_\_\_\_

               

NUMBER \_\_\_\_\_

               

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NUMBER \_\_\_\_\_

               

NUMBER \_\_\_\_\_

               

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NUMBER \_\_\_\_\_

               



DISCUSSION: Share your goals and new habits for 2017 in the comments of the blog post:

<http://hellopeacefulmind.com/2017-goals>

CONGRATULATIONS

YOU'RE ON THE ROAD TO A MAKE THE BEST OF 2017!

