



Annual Prospectus

Take some time to reflect on what you want to create this year: the moments, projects, emotions, and relationships that are most important to bring into the world. Feel free to skip the components that do not feel pertinent to you, and put your own spin on it to make it a truly meaningful practice.

QUESTIONS

1. What is the single-most important thing you want to accomplish this year?
2. What risks are you willing to take to make it happen?
3. What relationships do you want to cultivate? How will you do it?
4. What impact do you want to have on others this year?
5. If you could experience a miracle this year (for yourself or someone else), what would you want it to be?
6. What skills do you want to learn or master?
7. What do you want your everyday life to look like?
8. How can you have more fun this year?
9. What personal quality or virtue do you want to strengthen? How will you do it?
10. What do you want to spend more time doing this year?
11. What time wasters are you willing to let go of in order to make room for juicier stuff?
12. What unfinished business do you want to bring to a close this year?
13. How will you take care of yourself?
14. How do you want to remember this year when you look back on it in ten years?
15. What advice does Current You have for Future You?



Think of a word, phrase, or theme that captures your aspirations for this year.

- What is your catalyst for selecting this word? Why does it matter to you?
- What specific things will be happening when you've embodied this word to its fullest?
- What habits or reminders can you implement to keep it front and center?

BOOKS

Consider the areas where you want to learn, grow, and expand. What books will help you on your journey? Here are a few bookish questions to ponder.

- Do you have a target number of books you'd like to read this year?
- How much fiction and non-fiction do you want to read?
- Are there any specific books on your list?
- How can you make reading a habit?

TINY GOALS

This has become my favorite part of the annual prospectus. Each year I choose a series of goals that are pure FUN. (You can tie them to your age if it suits your fancy - e.g., 25 goals if you're turning 25 this year.)

The heavy-hitting goals are in the next section, so keep this light and joyful. Here are a few examples from my lists over the years: memorize a poem, buy myself flowers, send a handwritten letter, bake a fabulous cake, go down a slide. If you get stuck, consult your inner five-year-old!



GARGANTUAN GOALS

Time for the nitty gritty! Drop into your deepest dreams and conjure up an epic vision for the year ahead. Give some thought to these areas: wellness, relationships, fun, financial, growth/intellectual, contribution (work, in less flowery terms), spiritual, and surroundings. Then lay out the specifics, building the categories below into your process. If you'd like a template to help you lay out your goals and track your success, drop me a line!

- *Goal*: State your aim in concrete terms.
- *Time frame*: When will you begin working toward this goal? What's your target date?
- *Definition of success*: What will it look like/feel like when the goal has been achieved?
- *Supporting habits*: What are the small, daily behaviors that will propel you forward in reaching your target? Habits may not be sexy, but it's where all the magic happens.
- *Accountability*: Build in the rewards (or punishment!) that will keep you jazzed about your progress. Remember to plan for failure and accommodate for triggers that trip you up.

HAPPINESS CHECKPOINT

Take a look at the goals you've created and see if they stack up against the happiness model developed by Martin Seligman, the father of positive psychology.

- *Positivity*: Experiencing positive emotions such as gratitude, satisfaction, and serenity
- *Engagement*: Having pursuits that captivate you
- *Relationships*: Experiencing affection and love
- *Meaning*: Working toward something that transcends yourself
- *Achievement*: Feeling a sense of accomplishment
- *Vitality*: Taking care of your body and mind

May I have the courage today to live the life that I would love, to postpone my dream no longer, but at least do what I came here for and waste my heart on fear no more.

John O'Donohue

