

Preview Only - Do Not Print

Book of Plans

Imagine a Future...

Describe your ideal life 3-5 years from now—the boldest vision you can imagine, even if it feels far off. Ask yourself: What do I truly want from life? What skills will I master? Which habits should I drop or build? What will my health and social life look like? How will I spend leisure time? What kind of family life do I want? Where will I be in my career and financially? What traits do I admire and want to grow into? What would I do if I had no fear? What kind of person will I grow into? Start by freewriting before refining your answer below.

Handwriting practice lines for the left page, consisting of multiple sets of solid top lines, dashed midlines, and solid bottom lines.

Imagine a Future...

Handwriting practice lines for the right page, consisting of multiple sets of solid top lines, dashed midlines, and solid bottom lines.

A Year of Growth

Imagine your life 12 months from now. Where do you want to be, and what do you hope to have accomplished? Be specific and aim for goals that excite you, even if they feel slightly out of reach. Think about how you want to grow personally, professionally, and emotionally. What changes do you want to see in your work, your relationships, and your overall well-being?

Handwriting practice lines for the left page, consisting of multiple sets of solid top and bottom lines with a dashed midline.

A Year of Growth

Handwriting practice lines for the right page, consisting of multiple sets of solid top and bottom lines with a dashed midline.

12 Week Potential

Imagine how your life will change over the next twelve weeks. Aim for progress that feels bold but within your reach. What fears will you face head-on? What talents will you grow? What knowledge will you seek out? What routines will help—or hold you back? Who will you spend time with? How will you relax or have fun? What kind of home life do you want? What will change at work or with money? How will you evolve as a person? Who are you choosing to become?

[illegible]

The Consequences of Inaction

Though it may feel unsettling, envision the genuine consequences of not honoring your commitments. Picture the most serious yet believable outcome. What does that scenario look like? Who do you become, and how are your health, finances, and relationships affected?

[illegible]

A Commitment to Growth

I, (your name), vow to be true to my word and to live with intention. I will no longer treat my time as something to be taken for granted. From this moment on, I commit to striving for my fullest potential—for myself, for those I care about, and for the greater good. I promise to dedicate time to this journal each day until it is complete, and through this practice, to bring my dreams, my purpose, and my highest self into being.

[illegible]

Goal

How does this goal support your values?

Advancement

Date

Tangible Results

Obstacles

Impacts of Success

Commitment Cadence

Celebration Plan

Goal

How does this goal support your values?

Advancement

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How does this goal support your values?

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Celebration Plan

Month # / / 20 -> / / 20

Week # /

Week # /

Week # /

Week # /

Month # / / 20 -> / / 20

Week # /

Week # /

Week # /

Week # /

Month # / / 20 -> / / 20

Week # /

Week # /

Week # /

Week # /

Important Dates

Lined area for writing important dates.

Week #	Reflections and Insights									
Last week I built momentum: disagree -2 -1 0 +1 +2 agree										
Notable achievements from last week:										
<div></div> <div></div> <div></div>										
Lessons Learned From Last Week										
<div></div> <div></div> <div></div>										
Unfinished Business										
<div></div> <div></div> <div></div>										
What do I need to prioritize for growth?										
<div></div> <div></div> <div></div>										
Thoughts and Reflections										
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>										
I appreciate...										
<div></div> <div></div>										

Week #	Prep		Start:	/	/	20
Goal 1		Goal 2				
<div></div> <div></div> <div></div>		<div></div> <div></div> <div></div>				
Goal 3		Goal 4				
<div></div> <div></div> <div></div>		<div></div> <div></div> <div></div>				
Visualize Your Week						
Sketch a visual of your expectations for the week.						
<div></div>						
How can I find the most fulfillment in these areas?						
Health		Connection				
<div></div>		<div></div>				
Enjoyment		Job				
<div></div>		<div></div>				
In the coming week, I'm eager to experience:						
<div></div> <div></div>						

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

Time Well Spent

05:00

06:00

Primary Efforts

Alignment

07:00

08:00

09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

16:00

Where can I invite more ease?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

It always seems impossible until it's done. — Nelson Mandela

This image shows a full page of handwriting practice paper. It features ten identical sets of horizontal guidelines arranged vertically. Each set includes three lines: a solid top line, a dashed middle line, and a solid bottom line. These lines are designed to help learners practice consistent letter height and placement. The paper is otherwise blank, with no text or other markings.

Mon Tue Wed Thu Fri Sat Sun / / 20

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05:00

06:00

Primary Efforts

Alignment

07:00

08:00

09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

16:00

What roadblock do I need to address?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

Be yourself; everyone else is already taken. — Oscar Wilde

[illegible]

Values

Time Well Spent

05:00

06:00

Primary Efforts

Alignment

07:00

08:00

09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

16:00

How can I embrace discomfort?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

Although the world is full of suffering, it is also full of the overcoming of it. — Helen Keller

Handwriting practice area with multiple sets of three horizontal lines (solid top and bottom, dashed middle) for letter formation.

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

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05:00

06:00

Primary Efforts

Alignment

07:00

08:00

09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

16:00

What am I avoiding?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

Every morning we are born again. What we do today is what matters most. — Buddha

Mon Tue Wed Thu Fri Sat Sun / / 20

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06:00

Primary Efforts

Alignment

07:00

08:00

09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

16:00

What can I let go of?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

You cannot escape the responsibility of tomorrow by evading it today. — Abraham Lincoln

This image shows a full page of primary-ruled paper designed for handwriting practice. It features multiple sets of horizontal lines across the entire page. Each set consists of three lines: a solid top line, a dashed midline, and a solid bottom line. These lines are repeated down the page to provide ample space for practicing letter formation and alignment. The paper is otherwise blank, with no margins or additional markings.

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

Time Well Spent

05:00

06:00

Primary Efforts

Alignment

07:00

08:00

09:00

To Do

10:00

11:00

12:00

13:00

14:00

Gratitude

15:00

16:00

What am I learning about myself?

17:00

A tiny triumph or epic win...

18:00

19:00

Emotional and values check-in:

20:00

21:00

The most important thing in life is to learn how to give out love, and to let it come in. — Morrie Schwartz

Mon Tue Wed Thu Fri Sat Sun / / 20

Values

Time Well Spent

05:00

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

Primary Efforts

Alignment

To Do

Gratitude

How can I care for myself today?

A tiny triumph or epic win...

Emotional and values check-in:

Your body hears everything your mind says. — Naomi Judd

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Nightly Reflection

Mon Tue Wed Thu Fri Sat Sun / / 20

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Mon Tue Wed Thu Fri Sat Sun / / 20

Mon Tue Wed Thu Fri Sat Sun / / 20

Nightly Reflection

Mon Tue Wed Thu Fri Sat Sun / / 20

Mon Tue Wed Thu Fri Sat Sun / / 20

Mon Tue Wed Thu Fri Sat Sun / / 20

Mon Tue Wed Thu Fri Sat Sun / / 20

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Mon Tue Wed Thu Fri Sat Sun / / 20

Nightly Reflection

Mon Tue Wed Thu Fri Sat Sun / / 20

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Mon Tue Wed Thu Fri Sat Sun / / 20

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Nightly Reflection

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Acknowledge • Connect • Engage: Worksheet Instructions

Source: Adapted from methods developed by Dr. Russ Harris, author of "The Happiness Trap" and Anna Runkle, author of "Re-Regulated"

About the ACE Method

ACE is a method used as tool to "unhook" oneself when experiencing unpleasant emotions. These feelings can cause our nervous system to dysregulate and can trigger one to engage in behaviors and thought patterns that moves a person away from their ideal self.

How It Works

When you experience a triggering thought or feeling, pause and fill out the worksheet as described below.

The Worksheet

ACKNOWLEDGE

Reference the list of 87 Emotions and Experiences and identify the terms that most closely represent your current state.

CONNECT

Connect with your physical body to re-regulate your nervous system. Choose from one of the exercises listed below or use another practice to calm your body and mind.

5-4-3-2-1 SENSE AWARENESS: Identify 5 things you can see, 4 things you can touch, 3 distinct sounds, 2 scents, 1 thing you can taste.

GROUNDING THROUGH TOUCH: Press your feet firmly into the floor or press your hands into a solid surface (like a table or chair arms). Notice the pressure, stability, and connection with the ground.

PROGRESSIVE MUSCLE RELAXATION: Lay on your back and close your eyes. Systematically tense and release muscles starting from your toes and ending with the top of your head.

BOX BREATHING: Sit comfortably and close your eyes. Inhale for four seconds, pause for four seconds, exhale for four seconds, hold for four seconds. Practice for at least 10 breaths.

SHAKE: Stand with your feet hip-width apart and gently bounce your heels while keeping the balls of your feet grounded. Keeping your body loose, let your shoulders bounce, your arms and hands shake out, and your head move gently side to side or in small circles. Continue for 1-2 minutes.

HUMMING OR VIBRATION: Take a deep breath and hum gently as you exhale. Feel the vibration in your chest, throat, and face. Continue for 1-2 minutes.

SELF-HOLD: Cross your arms and gently rest your hands on the opposite upper arms or shoulders, as if giving yourself a hug. Hold for 30-60 seconds while breathing slowly.

(RE-)ENGAGE

After executing the connection exercise, write down what activity you choose to (re)engage with.

This can be what you were doing before experiencing the trigger, or an intentional act of self care.

Commonly understood acts of self care include going outside, physical activity, or journaling. Other acts of self care include a household chore, creating art, or starting a task you've been avoiding.

87 Emotions and Experiences

Source: "Atlas of the Heart" by Brené Brown

Things are uncertain or too much

Stress Overwhelm Anxiety	Worry Avoidance	Excitement Dread	Fear Vulnerability
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We compare

Comparison Admiration	Reverence Envy	Jealousy Resentment	Schadenfreude Freudenfreude
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Things don't go as planned

Boredom Expectations	Regret Resignation	Frustration Disappointment	Discouragement
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It's beyond us

Awe Wonder	Confusion Curiosity	Interest	Surprise
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Things aren't what they seem

Amusement Nostalgia	Irony Paradox	Sarcasm Bittersweetness	Cognitive Dissonance
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We're hurting

Anguish Hopelessness	Despair	Sadness	Grief
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With others

Compassion Pity	Empathy Sympathy	Boundaries	Comparative Suffering
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We fall short

Shame Perfectionism	Guilt Humiliation	Embarrassment	Self-Compassion
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We search for connection

Belonging Fitting In	Connection Disconnection	Insecurity Invisibility	Loneliness
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The heart is open

Love Lovelessness Heartbreak	Trust Self-Trust	Betrayal Defensiveness	Flooding Hurt
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Life is good

Joy Happiness	Calm Contentment	Gratitude Relief	Tranquility Foreboding Joy
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We feel wronged

Anger Contempt	Disgust Hate	Dehumanization	Self-Righteousness
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To self-assess

Pride	Hubris	Humility
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Acknowledge • Connect • Engage: Re-Regulation Practice

ACKNOWLEDGE

How is the dysregulation manifesting?

What emotions are you experiencing?

What was happening before the trigger?

CONNECT

Re-regulation technique to practice

Reflections after practice

(RE-)ENGAGE

What activity will you (re-)engage with?

Five Senses Grounding Exercise

See: Name 5 things you see.

Touch: Name 4 things you can physically feel.

Hear: Name 3 things you hear.

Smell: Name 2 things you smell.

Taste: Name 1 thing you can taste.

Five Senses Grounding Exercise

See: Name 5 things you see.

[illegible]

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Acknowledge • Connect • Engage: Re-Regulation Practice

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