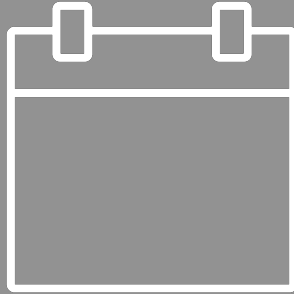


# YEARLY JOURNAL

BY

EVERGROWING JOURNAL



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# YEARLY JOURNAL

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EVERGROWING JOURNAL

# YEARLY JOURNAL CONTENTS

## GOAL THIS YEAR

THIS YEAR WILL BE THE YEAR OF \_\_\_\_.

**PERSONAL GOALS :** Write the personal goals you wanted to achieve this year.

**CAREER / PROFESSIONAL GOALS :** Write the career goals you wanted to achieve this year.

**FINANCE GOAL :** Write the finance goals you wanted to achieve this year.

**RELATIONSHIP GOALS :** Write the relationship goals you wanted to achieve this year.

**FITNESS GOALS :** Write the fitness goals you wanted to achieve this year.

**MENTAL HEALTH / SELF-CARE GOALS :** Write the mental health and/or self-care goals you wanted to achieve this year.

**HOBBIES / CREATIVITY GOALS :** Write the hobbies and/or creativity goals you wanted to achieve this year.

**TRAVEL / ADVENTURE GOALS :** Write the travel and/or adventure goals you wanted to achieve this year.

**VISION BOARD :** Make a vision board based on your goals.

Imagine the impossible things you wanted for yourself and write them as if they've already come true.

### Quotes and Affirmations

Imagine the person you want to become. You can sketch, doodle or jot down notes.

# OUTCOMES

**PERSONAL GOALS :** Write down the outcomes of the personal goals you set for this year.

**CAREER / PROFESSIONAL GOALS :** Write down the outcomes of the career / professional goals you set for this year.

**FINANCE GOAL :** Write down the outcomes of the finance goals you set for this year.

**RELATIONSHIP GOALS :** Write down the outcomes of the relationship goals you set for this year.

**FITNESS GOALS :** Write down the outcomes of the fitness goals you set for this year.

**MENTAL HEALTH / SELF-CARE GOALS :** Write down the outcomes of the mental health / self-care goals you set for this year.

**HOBBIES / CREATIVITY GOALS :** Write down the outcomes of the hobbies / creativity goals you set for this year.

**TRAVEL / ADVENTURE GOALS :** Write down the outcomes of the travel / adventure goals you set for this year.

Write the honest truth about who you are as a person this year. You can sketch, doodle or jot down notes.

Challenges that you've experience this year.

Solution to challenges.

Lesson learned.

Reflection.

Personal achievements.

Write a letter to yourself based on your achievements.

Failures.

Write a letter to yourself based on failures you've experience.

Write an oath.

## NEW YEAR GOALS

What do you need to improve on next year?

Write a letter to yourself and read it on December next year.

Imagine the impossible things you wanted for yourself next year and write them as if they've already come true.

How can you achieve the impossible with smaller goals?

Looking ahead.

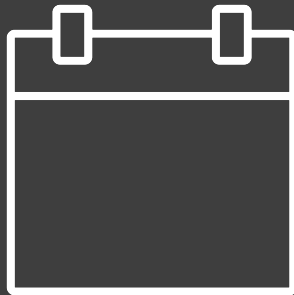
New year vision board : Make a vision board based on what you wanted to achieve next year.

Imagine the person you want to become next year. You can sketch, doodle, or jot down notes.

Quotes and Affirmations.

Next year will be the year of : \_\_\_\_\_.

I promise that I will : \_\_\_\_\_.



**THIS YEAR WILL BE THE YEAR OF :**

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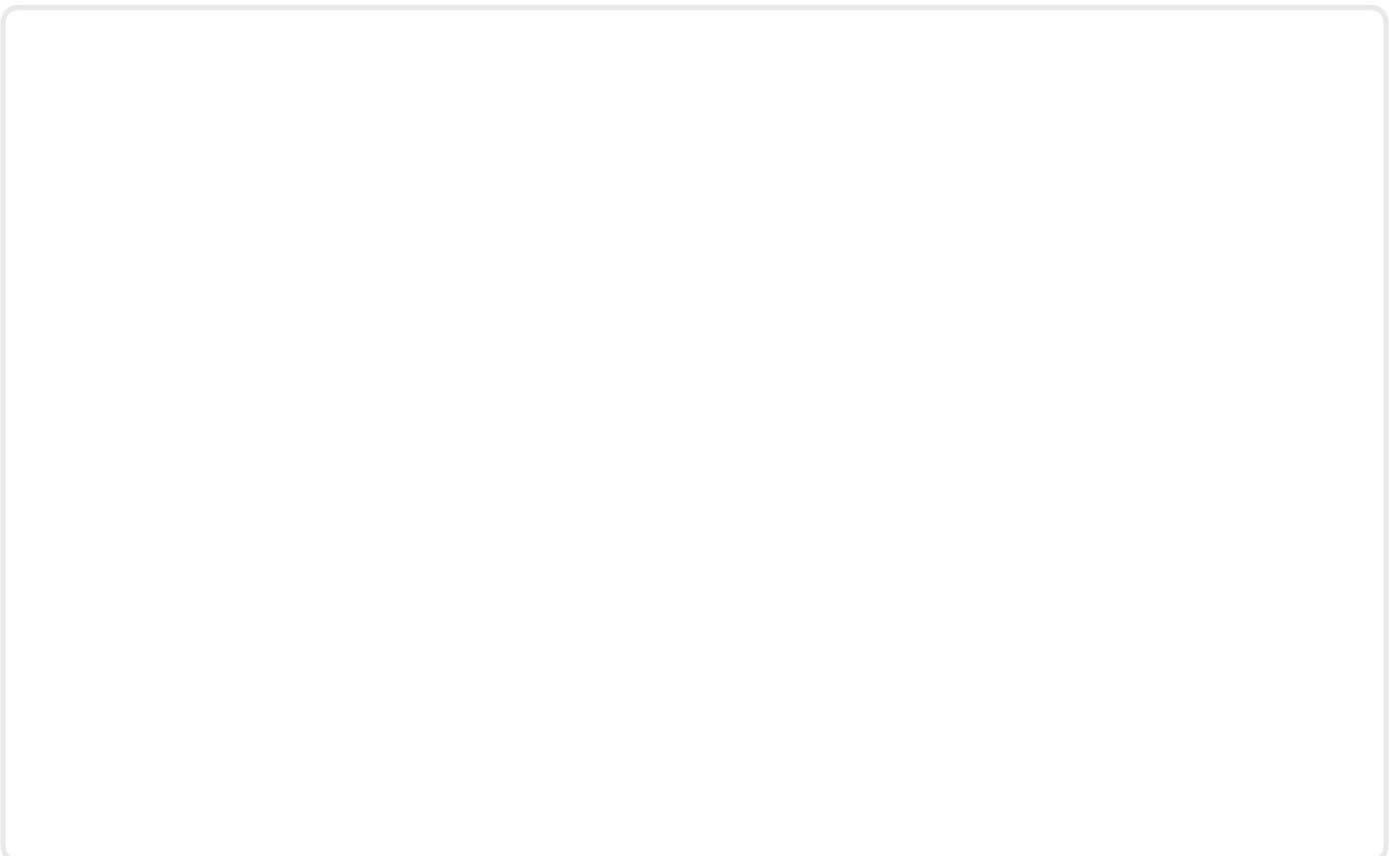
## **PERSONAL GOALS**

Write the personal goals you wanted to achieve this year.



## **CAREER / PROFESSIONAL GOALS**

Write the career goals you wanted to achieve this year.



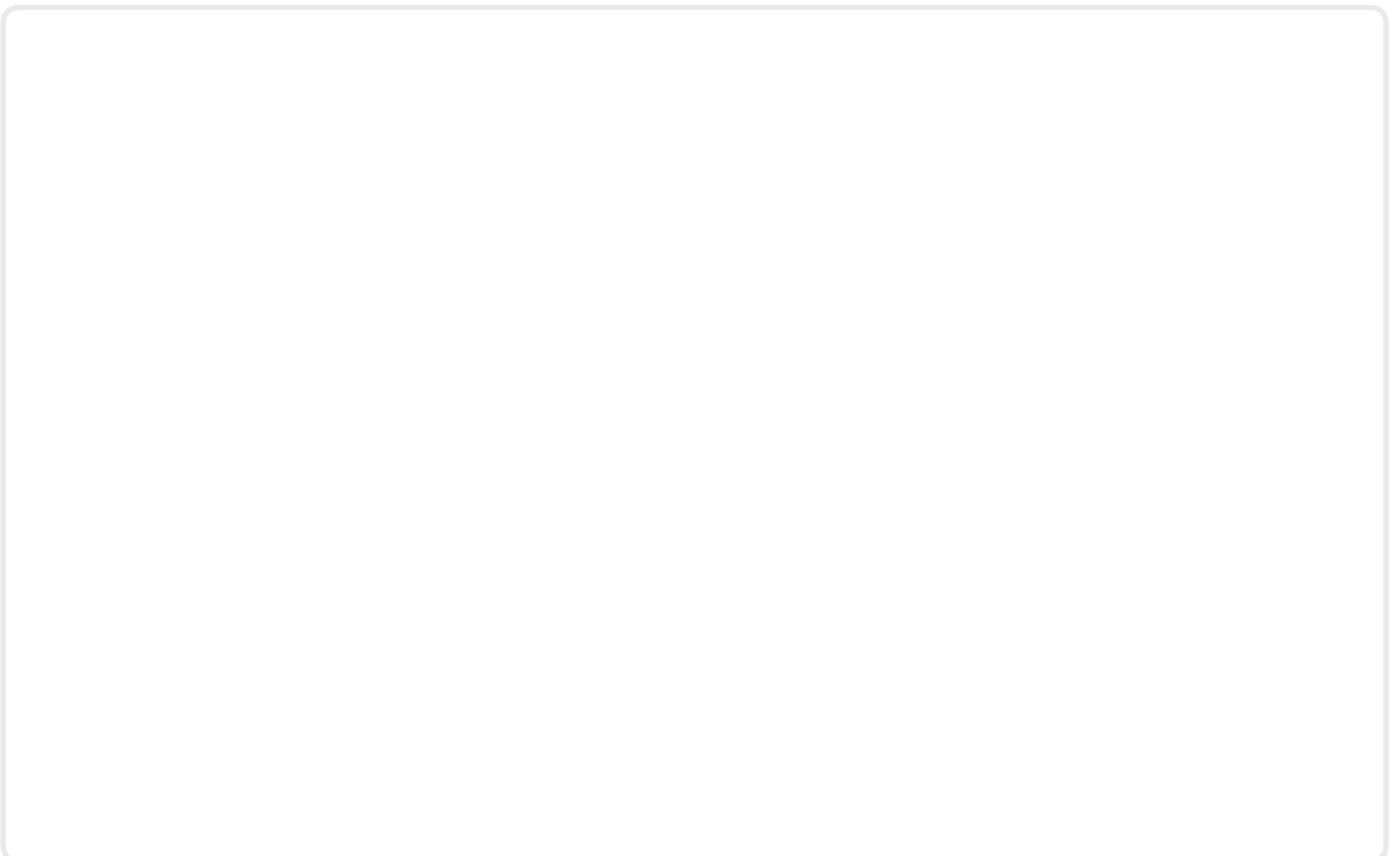
## **FINANCE GOALS**

Write the finance goals you wanted to achieve this year.



## **RELATIONSHIP GOALS**

Write the relationship goals you wanted to achieve this year.





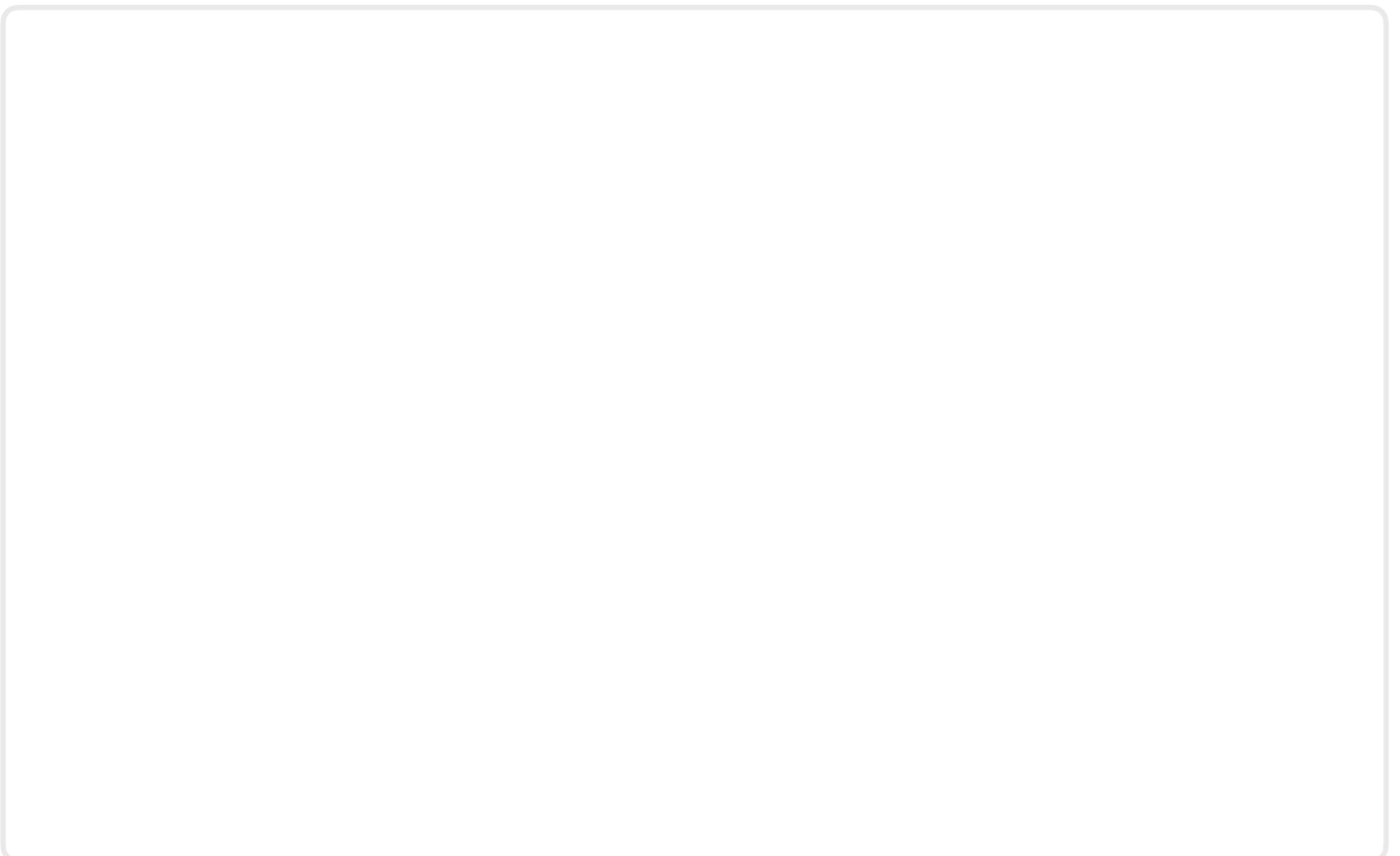
## **FITNESS GOALS**

Write the fitness goals you wanted to achieve this year.



## **MENTAL HEALTH / SELF-CARE GOALS**

Write the mental health and/or self-care goals you wanted to achieve this year.



## HOBBIES / CREATIVITY GOALS

Write the hobbies and/or creativity goals you wanted to achieve this year.

## TRAVEL / ADVENTURE GOALS

Write the travel and/or adventure goals you wanted to achieve this year.

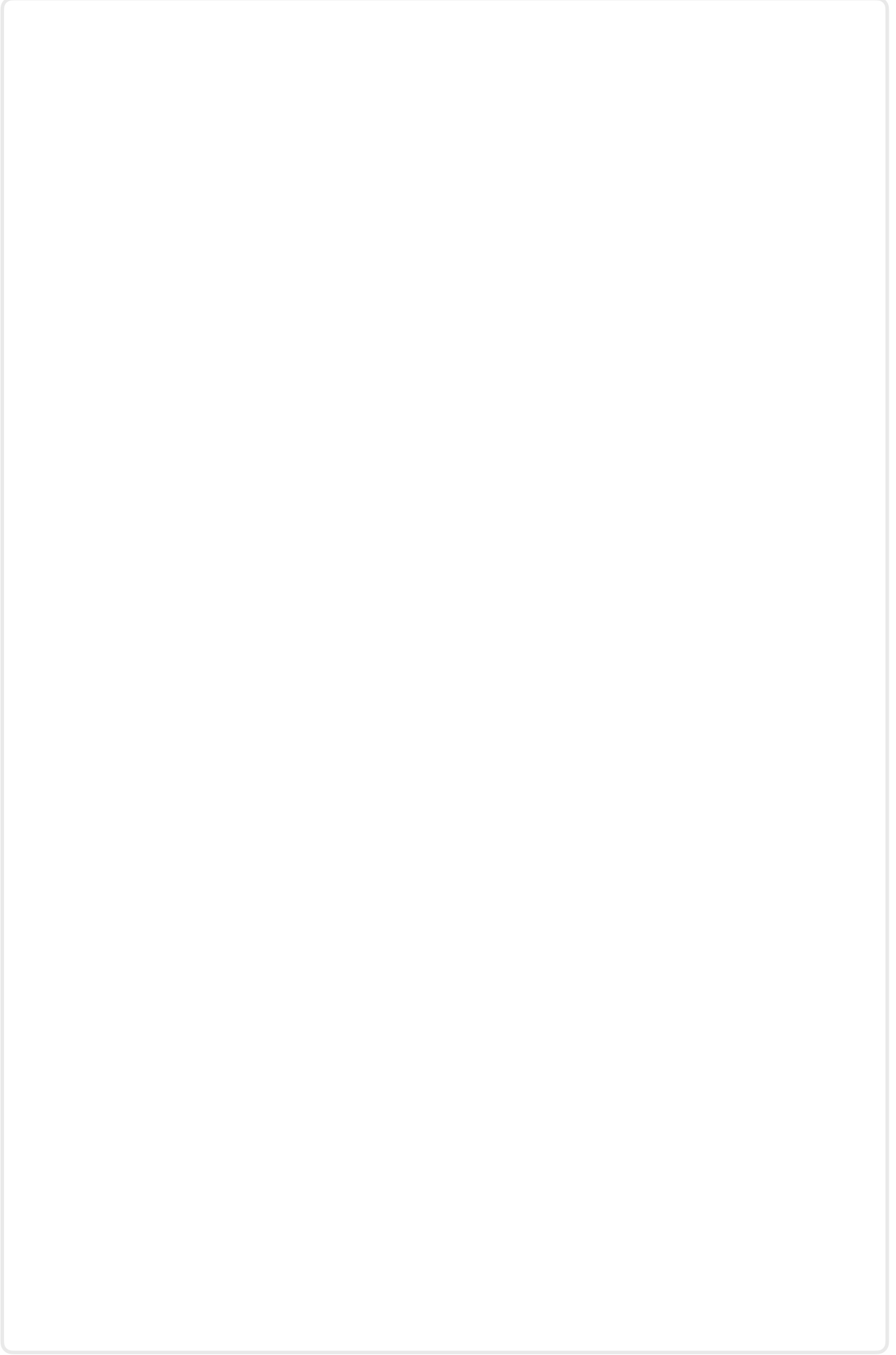
## VISION BOARD

Make a vision board based on your goals.

A large, empty rectangular box with rounded corners, intended for creating a vision board. The box is white and occupies most of the page below the instructions.

## **VISION BOARD**

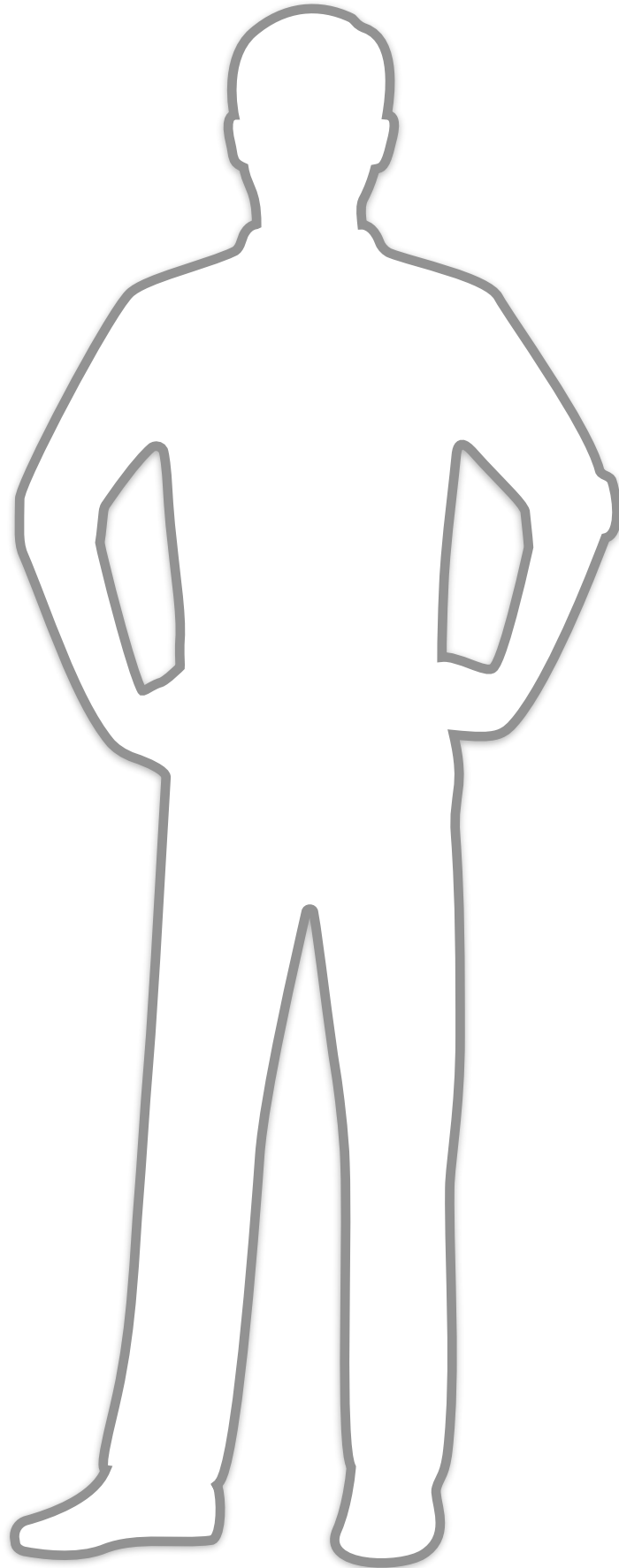
Make a vision board based on your goals.



**IMAGINE THE IMPOSSIBLE THINGS YOU WANTED FOR YOURSELF  
AND WRITE THEM AS IF THEY'VE ALREADY COME TRUE.**

## QUOTES AND AFFIRMATION

IMAGINE THE PERSON YOU WANT TO BECOME.  
YOU CAN SKETCH, DOODLE, OR JOT DOWN NOTES.



IMAGINE THE PERSON YOU WANT TO BECOME.  
YOU CAN SKETCH, DOODLE, OR JOT DOWN NOTES.

