



~ THE CONSCIOUS CALENDAR MASTER PLANNER 2025

I AM A WOMAN WHO TAKES EXCELLENT CARE OF HERSELF

2025	1 x BIG ROCK			2 x SMALL ROCKS		Future ideas 2026+: Park and Plan	
	What area of life is this addressing?	I am a woman who takes excellent care of herself by...	What do I need to do to lock in this Big Rock?	Small Rock 1	Small Rock 2	Big Rocks	Small Rocks
1.	<i>Mental Health & Personal Growth</i>	1.		2.	3.		
2.	<i>Key Relationships</i>	4.		5.	6.		
3.	<i>Living Environment</i>	7.		8.	9.		
4.	<i>Physical Wellbeing</i>	10.		11.	12.		
5.	<i>Career & Passion</i>	13.		14.	15.		
6.	<i>Financial Health</i>	16.		17.	18.		
7.	<i>Social, Hobbies & Fun</i>	19.		20.	21.		
8.	<i>Friends and Family*</i>	22.		23.	24.		

COFFEE. SECTION 8: *friends and family. This is the *coffee section! Catching up/ having experiences with old friends and making new connections. You can capture additional connections here that you intend to embrace in 2025.

BUDGETING: What do I need to budget for? What do I need to plan financially for next year? Do I need to discuss with anyone else the financial decisions on these goals?

TIMING: What is TOO MUCH? Do a gut feel check. What do I need to reduce? Delay for a future year? What are the likely calendar clashes? What is easier to lock in NOW with multiple people's diaries? What will I be stopping doing to make room for these Big and Small Rocks?

CONVERSATIONS AND SUPPORT: do I need to ask for practical, logistical or emotional support with my goals.