

PLANNING TOGETHER

1 YEAR IN 1 HOUR

STEP 1

PLAN TOGETHER (...AS A TEAM!)

- Planning together isn't just about logistics – it's quality time together that also future-proofs your relationship
- Set the scene: book a table at your favourite café or pub, head outdoors for some fresh air, or get cozy at home with drinks and snacks. The goal? Make it something you actually look forward to

STEP 2

START WITH A VISUALISATION EXERCISE

- One of you closes your eyes while the other asks:

"Imagine it's a year from now. It's your perfect day—what does it look like from start to finish?"

Encourage details with some questions:

- How does it feel to wake up? What's the first thing you do?
- What do you see around you when you eat breakfast?
- What do you spend your morning doing? Where are you doing it?
- What's bringing you joy as you go through your afternoon?

- Jot down the key themes and priorities that stand out. This will help shape your plan

STEP 3

IDENTIFY YOUR 3 PRIORITIES AND KEY GOALS

- Pick three major life categories each to focus on over the next year
- Examples: Health, Family, Hobbies, Business/Career, Finances, Personal Growth, Relationship, Social Connection
- Then, set three measurable goals for each category

For example:

- **Priority A->Health**
 - **Goal 1:** Train for and complete a half Ironman by Dec 26
- **Priority B->Family**
 - **Goal 1:** Pick and lead an outdoor activity to do as a family every Sunday for 1 hour
- **Priority C->Relationship**
 - **Goal 1:** Go to bed at the same time every night together

- Be specific – vague goals don't lead to action! (Hint: Use SMART goals)

And Remember!

Make your plan visible

- Keep it somewhere you'll see it – on the fridge, in your study, or even on your bedroom wall. This keeps your priorities top of mind

Revisit & adjust at least every 6 months

- Plans aren't set in stone! Check in with each other regularly:
 - "Are we on track? Do we need to adjust? Where can we support each other more?"
- A little planning now = a stronger, more connected team for the long haul

OUR 2025 TEAM PLAN

Priority A

1. _____

2. _____

3. _____

Priority A

1. _____

2. _____

3. _____

Priority B

1. _____

2. _____

3. _____

Priority B

1. _____

2. _____

3. _____

Priority C

1. _____

2. _____

3. _____

Priority C

1. _____

2. _____

3. _____
