

NEW YEAR PLANNING GUIDE



2021 | 2022



MARIPOSA STRATEGIES

NEW YEAR PLANNING GUIDE

In my work, I support three types of people:
big dreamers,
carriers of change in their community, and
those going through life transitions.

What they all have in common is a desire for things to be different in some way and a hunger to make it so.

You may identify with one or all of these people and likely understand how your desire for change and hunger to make it happen can be both exhilarating and a recipe for overwhelm.

If the last couple of years have taught me anything, it has to do with how we move about our daily lives – particularly when we want to create generation-shifting change.

I believe the deep work is in how we approach the change we seek. It needs to be sustainable.

What if we noticed our limits before we reached them?

What if we understood why we deviate from what nourishes us?

Each of our ideas and important areas of work beg to be handled with care because they want to be seen through.

This guide was created to support you in naming what is not working and what you want & need moving forward.

Take your time.
After reflecting, I encourage you to pause. No need to rush into planning. Let go of rules around when this needs to be done.

As we approach 2022,
my highest hope is for your safety, health and joy.

Thank you 2021 for your lessons.

*If compelled to share your reflections or plans,
please tag me @mariposastrategies.*

END OF YEAR REFLECTIONS

2021

1. What goals did I have this year?

2. What did I do or accomplishment that I am proud of?
What occurred in order for these things to happen?

END OF YEAR REFLECTIONS

2021

3. What areas of my life had the most movement this year?
What helped with this progress?

4. What areas of my life had the least movement this year?
Do I care? If so, what got in the way?

END OF YEAR REFLECTIONS

2021

5. What brought me joy this year?

6. Who made me feel like the best version of myself?

END OF YEAR REFLECTIONS

2021

7. What did I do this year that did not feel good? Why?

8. Which interactions with people this year felt bad? Why?

END OF YEAR REFLECTIONS

2021

9. My biggest lessons in 2021 were...

10. For me, 2021 was about...

NEW YEAR PLANNING

2022

1. Next year, I'd like to accomplish and/or experience...

These goals are important to me because...

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2. Next year, I want to let go of...

These are ways I can practice letting go:

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3. Next year, I want to bring [] into my life.

These are ways I can practice bringing in what I want:

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4. Next year, I want to develop and grow...

These are ways I can find opportunities for growth and development:

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5. Next year, I want to take care of myself by...

These are ways I can make and protect the time I need for myself:

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6. I am ready to stop...

This is how I will lovingly hold myself accountable:

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7. I am ready to start...

This is how I will lovingly hold myself accountable:

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8. I am ready to honor my needs & boundaries by...

9. For me, 2022 will be about...

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2022

10. Words and statements resonating with me lately:



*Which have the strongest charge for you?
Could any of these be your word or mantra for 2022?*

I D E A S & N O T E S

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