

IT IS MY YEAR.

Make This Your Year

One goal. Thirty small steps. Four weekly reviews. Turn a change you care about into actions you can return to.

30 daily prompts · Start whenever you choose

Choose one prompt a day, or take longer. Use the writing space for your own thoughts, then tick the box when you have taken that step. Missing a day does not mean starting over.

My goal: _____

My start date: _____

DAY 01 · Choose your direction

Choose one goal for the next 30 days. Write what it means to you in your own words.

☐ I took this step

DAY 02 · Choose your direction

Describe a small, observable sign of progress. Focus on something you can influence.

☐ I took this step

DAY 03 · Choose your direction

Choose the smallest useful action towards your goal. Try it once today.

☐ I took this step

DAY 04 · Choose your direction

Decide when your action fits. Attach it to a routine or put a realistic time in your calendar.

☐ I took this step

DAY 05 · Choose your direction

Prepare what you need and remove one small obstacle to starting.

☐ I took this step

DAY 06 · Choose your direction

Repeat your small action. Notice what made it easier or harder.

☐ I took this step

DAY 07 · Choose your direction

Review week one: what did you try, what worked, and what will you adjust?

☐ I took this step

DAY 08 · Make room for action

Choose one priority for this week that supports your goal.

☐ I took this step

DAY 09 · Make room for action

Break that priority into a next action you can complete in a short session.

☐ I took this step

DAY 10 · Make room for action

Protect a manageable block of time for that action.

☐ I took this step

DAY 11 · Make room for action

Move one avoidable distraction out of reach during your next session.

☐ I took this step

DAY 12 · Make room for action

Take the next step, then record what you did in your daily focus.

☐ I took this step

DAY 13 · Make room for action

Write a backup version of your action for a busy or low-energy day.

☐ I took this step

DAY 14 · Make room for action

Review week two: where did your time go, and what deserves room next week?

☐ I took this step

DAY 15 · Keep going through real life

Look back at why you chose this goal. Adjust its scope if your circumstances have changed.

☐ I took this step

DAY 16 · Keep going through real life

Practise your backup action. A smaller step can still count.

☐ I took this step

DAY 17 · Keep going through real life

If you missed a day, return today. If not, write a simple plan for returning after a gap.

☐ I took this step

DAY 18 · Keep going through real life

Ask for one piece of practical help or useful feedback, if it would support your goal.

☐ I took this step

DAY 19 · Keep going through real life

Use one relevant resource to answer a question, then apply one thing you learnt.

☐ I took this step

DAY 20 · Keep going through real life

Notice a small win and describe what you did to create it.

☐ I took this step

DAY 21 · Keep going through real life

Review week three: what helped you return, and what can you simplify?

☐ I took this step

DAY 22 · Build your next chapter

Choose one repeatable action you want to keep beyond this programme.

☐ I took this step

DAY 23 · Build your next chapter

Make its cue, timing and smallest version clear.

☐ I took this step

DAY 24 • Build your next chapter

Check whether your plan leaves room for your other responsibilities and rest.

☐ I took this step

DAY 25 • Build your next chapter

Take one next step that you have been postponing. Make it smaller if needed.

☐ I took this step

DAY 26 • Build your next chapter

Compare your progress with the sign you chose on day two, without judging the whole month by one number.

☐ I took this step

DAY 27 • Build your next chapter

Prepare the tools, time or support you need for the next week.

☐ I took this step

DAY 28 • Build your next chapter

Review week four: what changed, what did you learn, and what will you carry forward?

☐ I took this step

DAY 29 · Build your next chapter

Write your next 30-day plan: one goal, one repeatable action and a weekly review time.

☐ I took this step

DAY 30 · Build your next chapter

Celebrate the effort you made. Choose a date to begin your next chapter.

☐ I took this step

My next small step

What worked? What will I keep doing? What support would help me continue?

This programme is a general reflection and organisation guide. It does not promise an outcome or replace personalised professional advice. The download contains the prompts, not your private saved answers.