

# Planning Reflection Worksheet

*A guide to mindful planning and goal setting*

## Introduction & Purpose

Welcome to your planning journey. This worksheet is designed to help you reflect on your planning needs and create a meaningful path forward. Take your time with each section, being honest and thoughtful in your responses.

## Your Planning Journey

**1. How would you describe your current planning habits?**

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**2. What aspects of planning do you find most challenging?**

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**3. What planning methods have worked well for you in the past?**

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**4. What motivates you to want to improve your planning approach?**

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## Vision & Goals

**1. What do you hope to achieve through better planning?**

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**2. Where do you see yourself in 3 months with improved planning?**

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**3. What areas of your life would benefit most from better planning?**

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**4. What does an ideal day look like when you're well-organized?**

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## Action Steps & Implementation

**1. List three specific actions you can take to improve your planning:**

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**2. What resources or tools do you need to succeed?**

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**3. How will you overcome potential obstacles?**

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**4. Who can support you in this journey?**

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## Regular Check-in Prompts

Review your progress weekly using these prompts:

- What worked well this week?

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- What challenges did I face?

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- How can I adjust my approach?

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- What wins am I celebrating?

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- What support do I need moving forward?

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*Remember: Planning is a journey, not a destination. Be patient with yourself as you develop new habits and systems.*