



THIS IS THE  
YEAR I REALLY  
GET MY SHIT  
TOGETHER

✦ @SPIRALROOTS.LOVE

*ANNUAL*

# SWOT ANALYSIS

A SWOT ANALYSIS IS A SIMPLE TECHNIQUE TO IDENTIFY YOUR STRENGTHS, WEAKNESSES, OPPORTUNITIES AND THREATS. FILL OUT THE BOXES BELOW TO FIND OUT YOURS!

STRENGTHS

S

WEAKNESSES

W

OPPORTUNITIES

O

THREATS

T



# ANNUAL SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

## SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

## MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

## ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

## RELEVANT

DOES THIS SEEM WORTHWHILE?

T

## TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?



# 6 MONTHS OF STEPPING STONES

QUOTE TO LIVE BY

JANUARY

FEBRUARY

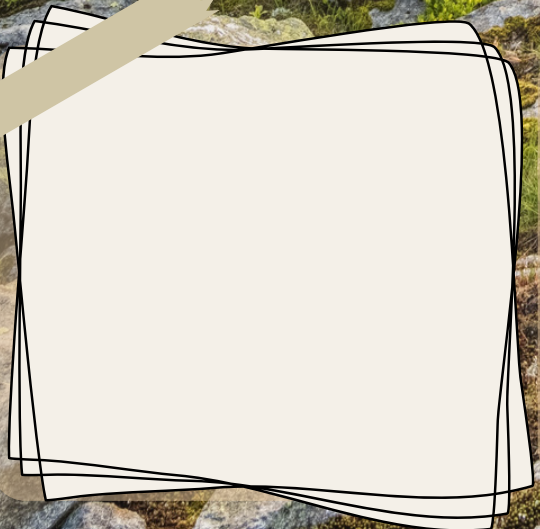
MARCH

APRIL

MAY

JUNE

NOTES





# 6 MONTHS OF STEPPING STONES

QUOTE TO LIVE BY

JULY

AUGUST

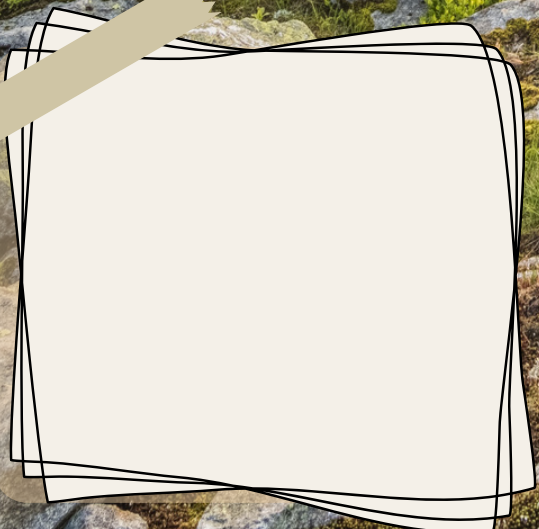
SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

NOTES





# SAVINGS TRACKER

YEAR OF

GOAL

AMOUNT SAVED

2023

\$  
( \$ MONTH )

MONTH	WEEK 1	WEEK 2	WEEK 3	WEEK 4	TOTAL
JANUARY					
FEBRUARY					
MARCH					
APRIL					
MAY					
JUNE					
JULY					
AUGUST					
SEPTEMBER					
OCTOBER					
NOVEMBER					
DECEMBER					



# MONTHLY BUDGET

MONTH OF

INCOME			
DATE	SOURCE	CATEGORY	AMOUNT

BILLS & FIXED EXPENSES		
DATE	SOURCE	AMOUNT

VARIABLE EXPENSES		
DATE	SOURCE	AMOUNT

SUMMARY	
SOURCE	AMOUNT
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	



# WEEKLY HABIT TRACKER

DATE:

## MORNING ROUTINE

M T W T F S S

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## HEALTH + WELLNESS

M T W T F S S

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## SELF-CARE + WELLBEING

M T W T F S S

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## EVENING ROUTINE

M T W T F S S

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# WEEKLY HABIT TRACKER

DATE:

## MORNING ROUTINE

M T W T F S S

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## HEALTH + WELLNESS

M T W T F S S

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## SELF-CARE + WELLBEING

M T W T F S S

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## EVENING ROUTINE

M T W T F S S

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# Bi-Weekly MEAL PLAN

DATES:

	LUNCH	DINNER	LUNCH	DINNER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

## SHOPPING LIST

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[illegible]

**DATES:**

[illegible]

	LUNCH	DINNER	LUNCH	DINNER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

	LUNCH	DINNER	LUNCH	DINNER
MON				
TUE				
WED				
THU				
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	LUNCH	DINNER	LUNCH	DINNER
MON				
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	LUNCH	DINNER	LUNCH	DINNER
MON				
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	LUNCH	DINNER	LUNCH	DINNER
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SAT				
SUN				

	LUNCH	DINNER	LUNCH	DINNER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



# TO DO LIST

## TOP PRIORITIES:

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

## TO-DO LIST:

<input type="radio"/>	_____
<input type="radio"/>	_____
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## NOTES:

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