

# Connected Life Planner

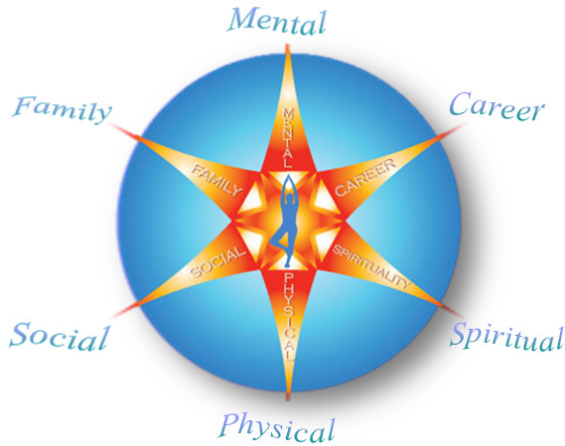


The Connected Planner: Your personalized coach for success in all aspects of life!

Includes planning pages  
to organize your year, each month, and 365 days

# USE "SHININGSTAR" LOGO TO PRIORITIZE YOUR LIFE & CREATE DESIRED SUCCESS IN PERSONAL AND PROFESSIONAL LIFE!

- I. Prioritize each ray of life by rating them with 1-6, one being the most important aspect
- II. Decide in which areas you need to improve and shine fully!



## USE "MY LIFE GOALS" PAGE TO LIST YOUR LIFE GOALS

### MY LIFE GOALS

Write the goals that you would like to achieve	Achieve by
Mental	
Family	
Career	
Physical	
Social	
Spiritual	



# PERSONAL INFO

Take some time to reflect and personalize your planner!

Name:

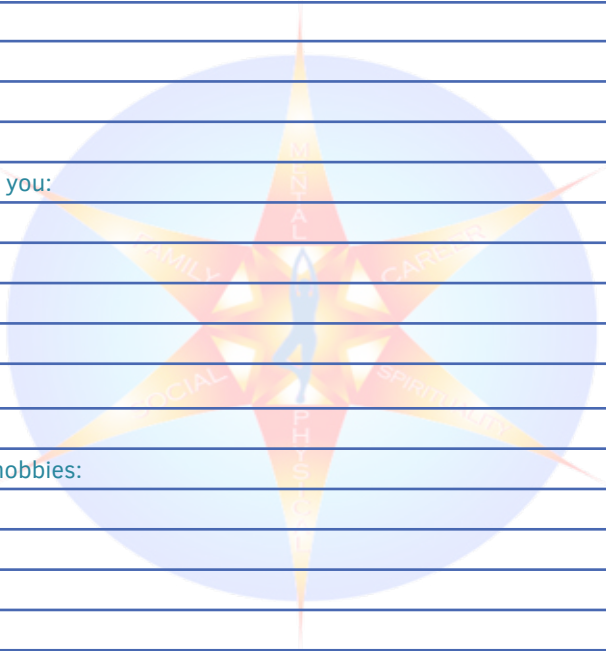
Age:

Things that matter most in life:

What motivates you:

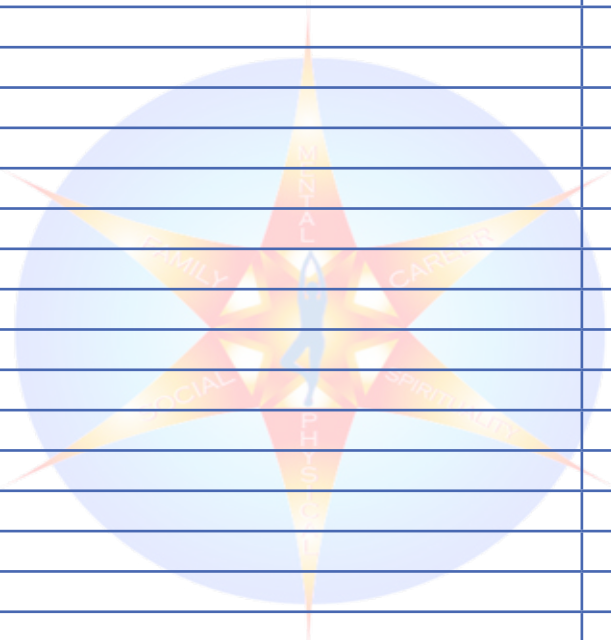
What are your hobbies:

Other reminders to help you shine:



# MY LIFE GOALS

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Social		
Spiritual		



# MY HOBBIES

What do you like to do in your free time?

1

2

3

4

5

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7

8

9

10

# MY HOBBIES

What do you like to do in your free time?

11

12

13

14

15

16

17

18

19

20

# MASTER LIST

## FOR WHAT I'D LIKE TO DO MORE OF

Mentally:	Physically:	Spiritually:
<i>Take care of yourself and enjoy</i>	<i>Eat healthy</i>	<i>Stay connected with God the creator</i>
● <i>Physical health</i>	● <i>Breakfast</i>	●
● <i>Spiritual health</i>	● <i>Lunch</i>	●
● <i>Family health</i>	● <i>Dinner</i>	●
● <i>Career health</i>	● <i>Snack lightly</i>	●
● <i>Social health</i>	● <i>Hydrate your body</i>	●
●	●	●
●	●	●
<i>Improve the below skills</i>	<i>Walk more and Count your steps</i>	<i>Schedule me time &amp; reflect</i>
●	●	●
●	●	●
●	●	●
●	●	●
●	●	●
<i>Create positive thinking habits</i>	<i>Activities around the house</i>	<i>Count your blessings</i>
●	●	●
●	●	●
●	●	●
●	●	●
<i>Create positive working habits</i>	<i>Sports to do with your family</i>	<i>Pray/Meditate</i>
●	●	●
●	●	●
●	●	●
<i>Favorite music to listen to</i>	<i>Activities with your friends</i>	<i>Volunteer for</i>
●	●	●
●	●	●
●	●	●
<i>Create positive eating habits</i>	<i>Maintain inside of the house</i>	<i>Contribute your skills</i>
●	●	●
●	●	●
●	●	●
●	●	●
<i>Books to read</i>	<i>Maintain outside of the house</i>	<i>Donate to charity's</i>
●	●	●
●	●	●
●	●	●
●	●	●

**DESIGN YOUR LIFE FROM THE INSIDE OUT...  
THINK AND DO WHAT MATTERS MOST!**

Family:	Career:	Socially:
<i>Stay in touch with your parents</i>	<i>Goals for five years</i>	<i>Spend more time on</i>
•	•	•
•	•	•
•	•	•
•	•	•
<i>Quality time with your siblings</i>	<i>Clean your work area</i>	<i>Spend less time on</i>
•	•	•
•	•	•
<i>Quality time with your partner</i>	<i>Professional books, blogs etc</i>	<i>Call</i>
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
<i>Quality time with children</i>	<i>Polish your writing skills</i>	<i>Write to</i>
•	•	•
•	•	•
•	•	•
•	•	•
<i>Quality time with relatives</i>	<i>Network with</i>	<i>People I want to meet</i>
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•	•	•
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<i>Activities with family</i>	<i>Update your resume</i>	<i>Role models to follow</i>
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<i>Improve relationship with</i>	<i>Financial Goals</i>	<i>Organizations to join</i>
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<i>Chores with family</i>	<i>Keep track of your budget</i>	<i>Organizations to support</i>
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# TIPS FOR A HEALTHY LIFESTYLE

## FOR WHAT I'D LIKE TO DO MORE OF

The key to diet management is to balance the calories we consume with the energy we burn each and every day!

1. *Are you eating healthy?*
  2. *Are you getting the recommended 30 minutes of physical activity per day?*
- 

### How Active are you?

*Here is a quick guide from "America on the move organization" that show the steps per day and activity level so you can see where you stand:*

Steps per day	Activity Level
Less than 5, 000	↔ Inactive
5, 000-7, 499	↔ Slightly Active
7, 500-9, 999	↔ Moderately Active
10, 000-12, 499	↔ Active
12, 500 or more	↔ Very Active

### Some Ideas to reinforce a more active and healthy lifestyle:

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**At Home:** Cook healthy meals at home

*\* Eat dinner at the table-talking with family members can help you avoid overeating.*

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**At Work:** Don't sit for long periods, need to re-energize your brain

*\*Bring lunch from home and walk around or outside during breaks.*

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**Outdoors:** Breathe fresh air and enjoy life

*\*Walk, run and play with family and friends.*

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### Remember small steps count....

*If there's one thing that we need to be grateful for it's for our mind, body and health! Are you happy with your weight, if not what are you going to do different this year to better manage and/or improve your health!*

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### Small Changes Make a Big Difference

*Making small changes each day that you can stick with, such as adding 2,000 extra steps to your routine and eating 100 fewer calories, have positive effects on health and can effectively stop weight gain. (AOM.org)*

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### Suggested Action Steps:

*Step 1. Get a pedometer, go for long walks, and start measuring your steps*

*Step 2. Stay active and keep track of your progress on the next page*

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# GROCERY LIST

Fruits		Snacks	
Vegetables		Other	
Grains		Other	
Proteins		Other	
Dairy		Other	



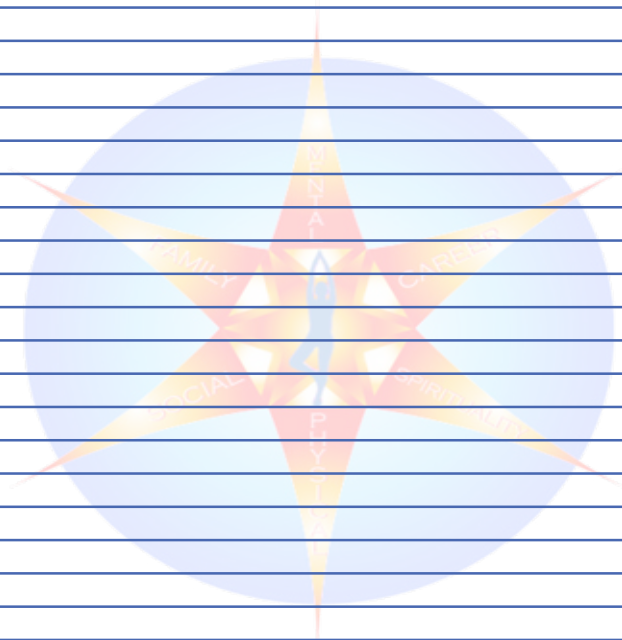


# MY AFFIRMATIONS

I AM..	
1	Ray of light
2	Compassionate
3	Giving
4	Pleasant
5	Trusting
6	Caring
7	Victories
8	Valued
9	Fulfilled
10	Greatful
11	Blissful
12	Confident
13	Protected
14	Loving
15	Happy
16	Forgiving
17	Humble
18	Courageous
19	Merciful
20	Helpful

# MY AFFIRMATIONS

I AM..	
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1st Quarter

# JANUARY



"There is always the danger that we may just do the work for the sake of the work. This is where the respect and the love and the devotion come in - that we do it for God, and that's why we try to do it as beautifully as possible."

— Mother Teresa





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**Career** | Skills to acquire and tasks to complete. My contributions to my company!

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**Physical** | Good diet, physical activities and exercise. My contributions to my health!

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**Social** | Friends and acquaintances to connected with. My social contributions!

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**Spiritual** | Time for inner reflection, prayer & meditation. Quality time with God!

**I feel MOST grateful for things that I have (relationships, well-being, items, etc)** ↔

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1st Quarter

# FEBRUARY



"You want to become aware of your thoughts, you want to choose your thoughts carefully and you want to have fun with this, because you are the masterpiece of your own life."

— Joe Vitale





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1st Quarter

# MARCH



"Your brain and biology are  
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— Asara Lovejoy





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2nd Quarter

# APRIL



"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."

— Napoleon Hill





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2nd Quarter

**MAY**



"Don't let the opinions of the average man sway you. Dream and he thinks you're crazy. Succeed, and he thinks you're lucky. Acquire wealth, and he thinks you're greedy. Pay no attention. He simply doesn't understand."

— Robert G. Allen





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2nd Quarter

**JUNE**



"You are the master of your destiny. You can influence, direct and control your own environment. You can make your life what you want it to be."

— Napoleon Hill





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3rd Quarter

**JULY**



"Better keep yourself clean and bright; you are the window through which you must see the world."

— George Bernard Shaw





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3rd Quarter

# AUGUST



“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race.”

— Calvin Coolidge





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3rd Quarter

# SEPTEMBER



"What we achieve inwardly will change outer reality."

— Plutarch





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4th Quarter

# OCTOBER



"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."

— Napoleon Hill





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4th Quarter

# NOVEMBER



"You should know that a man of knowledge lives by acting,  
NOT by thinking about acting, NOR by thinking about  
what he will think when he has finished acting.

A man of knowledge chooses a path  
with heart and follows it."

— Carlos Castaneda





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**Social** | Friends and acquaintances to connected with. My social contributions!

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**I feel MOST grateful for things that I have (relationships, well-being, items, etc)** ↔

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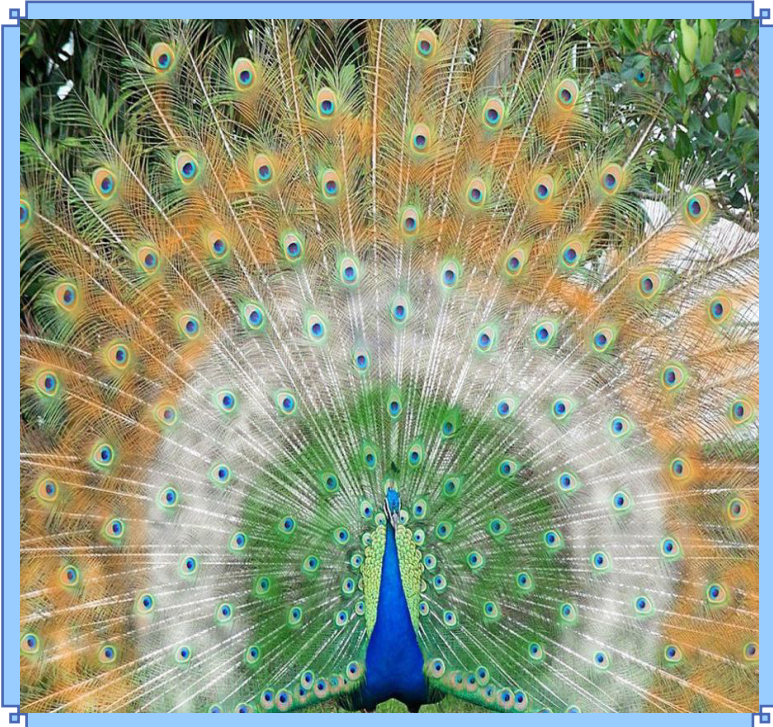
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4th Quarter

# DECEMBER



"Imagination is more important than knowledge."

— Albert Einstein





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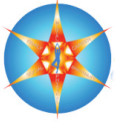
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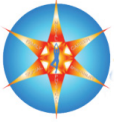
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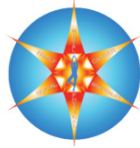
My Vision: Designing My Life from Inside Out!



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"Always do your best. What you plant now,  
you will harvest later."

— *Og Mandino*