

ULTIMATE

2023

PLANNER

A close-up photograph of a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks flying out. The hand is wearing a dark, textured sweater. The background is dark and out of focus.

**Get excited for the new year.
Get clarity on what you want.
Gain confidence that you can
make it happen!**



OH, HI!

2023, we are
ready for you

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I am so excited to have you reading this paragraph right now.

You downloading this planner means you are committed to designing the most kick ass year and you are willing to put in the work to start planning for it.

Aren't you something?!

Let's dive in!

PART I

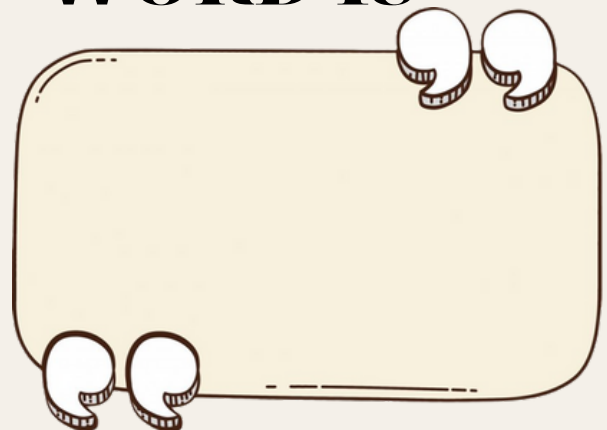
YOUR 2023 WORD OF THE YEAR

Choosing a word of the year may sound like it's all about achieving flashy resolutions but it can be much more about setting an intention for yourself. A word of the year acts as a reminder or guidepost to help you stay focused on what matters most to you and helps keep your goals top-of-mind, allowing you to make decisions that draw from those intentions.

In other words, it's a way to create actions with purpose and power. Think of word of the year as a mantra to reflect on when things get tough or when crazy life happens that takes you off course.



**MY 2023
WORD IS**



PART II

THE 2023 BUCKET LIST

No, I am not saying 2023 is the last year you'll live. But I do like the idea of creating a life where we ask ourselves: if this is my last year on Earth, how would I choose to live it?

Introducing: the yearly Bucket List.

STEP 1: OFFLOAD

Your 2023 bucket list should consist of all the intentions, desires, wants and goals you want to achieve before you reach the end of the year. It's important to remember that no goal or desire is too big or small for a bucket list – it should reflect what's meaningful and important to you.

The best way to complete your 2023 Bucket List is by splitting it in a few categories. On the next page you'll find a few examples of categories but by all means, go ahead and create your own. You can also name them as you want. For example, my My Professional category is called BossLady in my planner. Use words that inspire you and drive you. You want to enjoy looking at these plans.

Go ahead and look at the categories and start writing down everything you'd like to do/have/experience in those areas of your life.



STEP 1: OFFLOAD

Me

- What changes to your home, environment, or self do you want to make?
- What new habits would you like to create?
- What old habits would you like to remove?

Relationships

- Who are the people you'd like to spend more time with?
- What visits, vacations or adventures do you want to plan with friends, family, or a significant other ?
- What changes, habits, or experiences do you want to have in your relationships?

Professional

- What projects or goals do you want to focus on in your professional life?
- What are your revenue and savings goals for this year?
- Do you want to change your role, ask for a raise, or do more networking?

Health

- What are your mindfulness, wellbeing and fitness goals?
- What new habits would you like to introduce for your wellbeing?
- What is your weekly commitment to your wellbeing?

Growth

- What do you want to learn, practice, create, or contribute?
- What new skills do you want to acquire?
- What hard and uncomfortable things will you try this year?

Fun

- What joyful experiences do you want to have?
- What adventures would you like to go on?
- Where would you like to travel?
- What pleasurable activities/things would you like to have more of?

PART III

THE 2023 BUCKET LIST

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STEP 2: CURATE

Now that you've offloaded all the wishes and desires in each area of your life, we're onto Step #2: curating the Bucket List.

With goals in different areas of life, it is easy to become overwhelmed and lose focus on the goals that are truly important. It is essential to prioritise goals so that progress can be made and goals can be realistically achieved.

Step #2 is all about taking a step back and reviewing which goals are most important and deserve a slot on your 2023 Bucket List.

Knowing how to prioritise your goals is like having a superpower so here are 3 questions you should ask yourself:

1. How important is this goal for me right now?
2. What benefits will I gain when this goal is accomplished?
3. How will this goal benefit others?

If you answer the questions and realise you don't feel like this goal will enrich your life or will add much benefit to you or other people, cross it off. It doesn't mean you'll never do it, it just means it's not for this year.



PART III

THE 2023 BUCKET LIST

STEP 3: PLAN

Life can be a balancing act of goals, activities, and priorities. Unless you set time intentionally to achieve your Bucket List items, it will not happen. I always say: if it's not in the calendar, it's not happening.

Take your Curated Bucket List desires and goals and transfer each item into the twelve-month calendar on the next page.

- First, add projects or events you know must take place in a particular month. For example, if you know you're going to Greece in July, add that to your calendar. Add any important events, activities, experiences that are already fixed.
- Second, go back over your curated list and add one major item to each month in your calendar. If you know a project will take several months to achieve, add it to as many months as needed. Keep adding your projects to the calendar until all your yearly goals are accounted for.

Hooray! Now you have a clear plan of your most important goals for the year.

Let this guide your decisions about what deserves your precious time, energy, and attention each month.



a year in a glance

2023

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

PART III

TIPS FOR SUCCESS

Setting goals is the easy part. Following through is the difficult part. Here are my recommendations to keep you on track and get you crossing off as many items as possible on 31st December 2023.

Set a reminder on 1st July 2023 to review your goals.

Where are you with your list?
What needs to change?
Is the list still relevant?

Reshuffle as needed

Life happens and priorities change. Without doubt, you'll need to change your plan as the year progresses. That's 100% expected. When this happens, don't beat yourself up. Just roll with it, and adjust your plan as needed.

Celebrate your wins

Whenever you accomplish something off your list, have a moment of celebration. Even if it's a little dance in your living room, take a moment to celebrate yourself. You're smashing your year!

