

MY 2025

TEMPLATE

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The 8 Pillars of Life, often represented as a life wheel, serve as a framework for achieving balance and fulfillment across all areas of your life. Each pillar represents a key aspect of well-being, and nurturing each one helps create a harmonious and fulfilling existence. Here's a brief description of each:

1. Health and Wellness

Your physical and mental health form the foundation for everything else in life. This pillar encompasses fitness, nutrition, sleep, and stress management, as well as mental and emotional well-being.

Prompt Questions:

- How do I want to feel in my body this year?
- What specific habits or routines will support me in physical and mental well-being?
- Are there any health challenges I want to address or new goals I'd like to achieve?

Example Description:

"I feel strong, energetic, and at ease in my body. I exercise regularly, enjoying yoga and strength training, and I fuel myself with nourishing, wholesome meals. My sleep is restful, and I prioritize self-care practices like meditation and journaling, which keep me mentally balanced and focused."

ACTION STEPS:

Quarter 1 (Jan - March):

Quarter 2 (April - June):

Quarter 3 (July - Sept):

Quarter 4 (Oct - Dec):

2. Relationships

This includes your connections with family, friends, partners, and your broader social network. Strong, healthy relationships provide support, love, and a sense of belonging.

Prompt questions:

- What qualities do I value most in my relationships?
- How can I nurture deeper connections with the people who matter most?
- Are there any relationships I'd like to heal or redefine?
- How do my friendships feel?
- How do my communities and fans/followers feel?
- How do they resonate with my work?
- How does my love life feel?

My LOVE Story

How do I feel in my love relationship?

Example:

"My partner and I's relationship is one for the movies...it is a deeply romantic and moving story of two people showing up for each other in the deepest devotion and love. We both focus on our growth, healing and expansion ALONGSIDE each other and with each other, because we know and place God as our Muse, as our Main Source of Inspiration, Spiritual Wisdom, and Source.

We both lean into love, even when the growth edges feel hard, and we both so deeply respect and support one another as we continue to bring more light to the dark places. In our healing and courage to face our inner wounds, fears of vulnerability, abandonment, and intimacy, we grow deeper in our love with each other.

We both courageously hold growth and love as our main pillars of focus in the connection, and also prioritize freedom, honesty, and our own sovereign lives and interests in order to feed and grow the connection. Our love is strong, stable, exciting, and mutually rewarding"

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3. Career and Purpose

Your work, vocation, or life purpose contributes to your sense of identity and fulfillment. Whether it's through a job, a passion project, or community service, this pillar represents what you do to create value and meaning.

Prompt Questions:

- What impact do I want to have through your work or purpose?
- Are there any skills I'd like to develop or projects I want to start?
- What does success look like to me in this area?
- What am I doing for work?
- How many hours do I work?
- What is the legacy I'm here to leave?
- What are the positive impacts I'm having in the world? Philanthropy?

Example Description:

"I wake up excited to contribute to meaningful work that aligns with my values. I've launched a creative project that lights me up and is gaining momentum. I feel confident in my abilities and appreciated for my contributions, and I'm continuously learning and growing in my field."

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4. Finances

Financial well-being means having stability, freedom, and the resources to meet your needs and pursue your goals. This pillar includes budgeting, saving, investing, and feeling empowered in your financial decisions.

Prompt Questions:

- What financial goals would I like to achieve this year? (What's my Annual Income Target for the Year?)

- How can I feel more empowered and secure in my finances?
- Are there any debts to clear or investments to make?
- How much money do I make and save? Each month? Every quarter?
- What are my investments like?

Example Description:

"I feel financially secure and confident in managing my money. I've paid off lingering debts, built a savings cushion, and am investing wisely for my future. I track my spending with ease and joy, allowing space for guilt-free indulgences like travel and hobbies."

Money loves how I'm showing up for it and learning it's love languages. Money flows to me every single day in ever increasing rivers of energy because it loves how I'm creating safe spaces for it to grow and be replenished, to be honored and supported to fulfill its sacred destiny. 2025 is the year we heal and thrive together. I'm financially savvy and invest in diversified stocks and portfolios that align with my values AND also make massive financial returns each and every month.

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5. Personal Growth

This is about expanding your knowledge, skills, and self-awareness. It could involve formal education, personal development, spiritual growth, or acquiring new hobbies and interests.

Prompt Questions:

- What areas of knowledge or skills do I want to expand?
- How can I challenge myself to step out of my comfort zone?
- Are there any fears or limiting beliefs I'd like to release?

"I've committed to lifelong learning, exploring topics that fascinate me like creative writing and mindfulness. I read regularly, take online courses, and have joined a community group to discuss personal development. I feel more confident, open-minded, and aligned with my highest potential."

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6. Fun and Recreation

Joy, creativity, and play are essential for a balanced life. This pillar includes hobbies, travel, leisure activities, and time for relaxation, all of which recharge your energy and bring happiness.

Prompt Questions:

- What activities or hobbies bring me joy and excitement?
- How can I prioritize play and relaxation in your life?
- Are there new experiences or adventures I'd like to try?
- Where am I going on vacation?

Example Description:

"My weeks are filled with moments of joy and creativity. I've rekindled my love for painting, and I make time for weekend hikes with friends. I travel to new places, exploring different cultures, and I laugh often, finding delight in simple pleasures."

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7. Spirituality and Inner Fulfillment

This pillar addresses your connection to something greater than yourself, whether through religion, mindfulness, or a personal sense of purpose. It nurtures your inner peace, values, and alignment with the universe.

Prompt Questions:

- What practices help me feel connected to my inner self or a higher power?
- How can I deepen my sense of purpose and peace?
- Are there spiritual questions or areas I'd like to explore?
- What are my self-care rituals?

Example Description:

"I feel deeply connected to my inner self and the universe. I start each morning with meditation, grounding myself in gratitude and intention. I participate in a weekly spiritual community and find meaning in moments of stillness and connection with nature."

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8. Physical Environment

Your surroundings—home, workspaces, and the places you frequent—impact your mood and energy. This pillar focuses on creating environments that are safe, inspiring, and conducive to your well-being.

Prompt Questions:

- How can I create a space that supports my well-being and goals?
- Are there any decluttering or redesign projects I'd like to tackle?
- What kind of environments make me feel inspired and peaceful?
- Where do I live?
- What does my home look like? How is it decorated?

Example Description:

"My home is a sanctuary of peace and inspiration. Every room reflects my personality and is organized, clean, and cozy. I've added plants, artwork, and soft lighting to create a calming atmosphere, and my workspace is efficient and free of distractions."

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