



2024 PLANS

Katya Noades

NEW YEAR'S RESOLUTIONS THAT COME TRUE

2024

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Hi, I'm Katya.

For many years I made New Year's resolutions, using various planners that I found on the internet. Once I'd completed them, I quickly forgot about them. I would find the list later on and be disappointed with myself for not having achieved anything. I was making these great plans – and not getting any of them done.

Every year I promised myself I would do better next year, telling myself when I wrote the plans that I would actually do them this time. It just didn't happen.

In the end I was so fed up with myself for not doing what I had intended that I created my own planner for the year, which helped me to actually focus on my aims and goals, and to just move forward, to just get on and do them. Now I'm actually able to follow the plan that I write at the end of each year.

In this workbook I have collected together the simple and successful working techniques that have helped me achieve my goals. I don't need to write the same goals every year anymore, because I can move forward with new ones.

If you spend a little bit of time filling out this workbook, and go back to it every month, I promise you that many of your goals will be completed by April. In the workbook there are only four parts:

- Part 1: Last year's results
- Part 2: Goals for next year
- Part 3: The baby steps
- Part 4: The list of lists

I suggest you print out the planner, find a quiet place, take a mug (or glass) of something you like and fill it in. Write it down. Your dreams may just come true.

PS. I am translating this planner from Russian to English especially for my friend Silvia, but equally for everyone else who is about to turn their life around.

PROLOGUE

“Life is suffocating without purpose”

FM Dostoyevskiy

As soon as you read this paragraph, take a break and write:

What are my most important goals for the next year?

Just do it. Write them down and keep writing them down every morning or evening, afternoon - once a day. Make a note of your main goals for the coming year. And see what happens.

It is important not to revisit what you wrote the previous day. This exercise will help to unleash your true desires and to get rid of formulaic and second-hand desires.

Writing every day will inspire you and help to build up energy for action.

LAST YEAR'S RESULTS

Let's take a look at last year, ie 2023. What events that happened were important to you?

Describe the most important event of the year.
What exactly happened? How did you feel? What did it
change?

What other important events happened? List the events. What exactly happened? How did you feel? Who or what did it change?

Remember, and write a little essay about, the most AMAZING day that you have experienced this year. Write it as though you're telling the story to a close friend (and don't be shy - you have 2 pages). You could start by writing:

I had the most amazing day this year ...

What have you learned this year? What lessons did life teach you?

Start your response with:

This year has taught me ...

What important conclusions did you come to this year?

I realised that ...

Time to practice gratitude. We need a huge list! For the 365 days in the year ;)

There will be lots which has happened this year that you will want to say thank you for. Start your answer with:

I am grateful for ...

Who are your top people, this year?

This year I am grateful to these people ...

And this person became My Person Of The Year!

A little hint - write a thank you letter to each of the people on your list, telling them why they were so important to you this year. You'll see - they will be humbled.

Now it is time to thank yourself. Don't be shy – remember all your achievements, big and small.

You need to fill 2 pages listing your achievements – OK, not less than 1½ pages – and on the 3rd one write a line or two about the most amazingly thing you made happen this year.

There should be more there! A new dish you cooked well? A new road you walked (and the world didn't fall apart)? Rubbish you picked up off the floor? ... Go on! Remember ...

This whole page is reserved for you to write a few lines about your most amazing achievement this year – so far.

Mistakes

И на старúху бывает прорúха
To err is human – Russian proverb

We won't grow unless we are making mistakes. We all make mistakes. Let's remember what you've done wrong this year.

What parts of your life are not working properly? Which areas would you like to improve? How would you like it to be?

New skills.

This year I have learnt ...

And I'd be happy to take these habits and skills with me into next year:

Write down everything you are happy to leave behind in 2023. Events, habits or people you don't want to experience again, or carry with you into next year and be upset by.

Events:

Habits:

People:

Your emotional portrait at this exact moment.

How do you feel at the moment? What is worrying you? What do you want? What preoccupies your thoughts? What emotions are you most often experiencing (name them)? Write it all down here ...

My view

Before we start planning for next year, let's daydream a little ...

Imagine that everything actually happened as planned. Everything you are working on now and want to make happen – to create, learn, build, earn – is already here. You did it! You achieved each of your goals.

Where are you in 6-9 years' time? What is your job? Are you working at all? What are you doing? Where are you living? Who are your friends? What does your everyday life look like?

Start writing with:

I am awake but my eyes still closed. I feel ...

But what do you feel? What can you smell? Is there anyone next to you? What mood are you in? Now open your eyes, and look around. Notice little things around the room ...

I see ...

... this and that on the bedside table.

It makes me feel ...

When you have finished looking around the room, look out of the window. What time of year it is? What can you see? And now go ahead and describe your perfect day 6-9 years from now, step by step. Where do you go? What do you eat for breakfast, for lunch? Who do you meet? Importantly, how do you feel when you're doing this and that. Remember - this is your ideal day, every day. Your routine.

Enjoy imagining and writing this. Take your time.

Chapter 2

GOALS FOR 2024

Hi 2024!

Let it be the best year of your life!

We will start by identifying VALUES. Values are what give life meaning. Values can usually be defined in a single word. If you live your values, your life brings joy and satisfaction, and it's filled with meaning. If your life does not embody your values, it can become quite sad. It seems grey, meaningless and exhausting.

But when you fully embody a value, it ceases to play a key role, and you find a new value. So values change, and that's fine.

Examples of values include:

Family
Spirituality
Faith
Creativity
Honesty
Money
Love
Friendship

Etc ...

Write down what values are important to you, what you value:

Now choose from your list above the three most important ones. And write them in the order of importance where 1 is the most important.

- 1.
- 2.
- 3.

Remember these values when setting your aims for 2024!

Now, having summarized last year's result, and having created a vision and checked in with values, you know exactly which area of life requires your attention.

It's time to choose the word of the year.

My word of the year is:

And a succinct and inspiring phrase to be your main intention.

My motto of the year is:

The most important goal of the year:

When you achieve these goals, you know the year hasn't been in vain.

Think of a project for next year.

What steps will you take to implement this important project next year? Start with the perfect outcome and gradually spin this way back to the beginning.

My Project Of The Year:

- Step 15
- Step 14
- Step 13
- Step 12
- Step 11
- Step 10
- Step 9
- Step 8
- Step 7
- Step 6
- Step 5
- Step 4
- Step 3
- Step 2
- Step 1

Plans for 2024.

Go back to your view and your values; this is your main list.

This year I want:

To do:

To visit:

To get:

To buy:

To know:

To meet:

Here you can add your own items:

How will you understand whether your goal has been achieved?

By focusing.

A little hint: set only those goals which are completely within your control. To make them happen is 100% up to you. For example, you want to lose 10kg, but you don't know how your body will react, nor how fast your body will lose weight. But the number of workouts you commit to every week and your food plan are 100% up to you. You have complete control over them.

Goals	Requirements	Deadlines

Habits.

I would like to adopt these habits in 2024 ...

These habits I already have, and I would like to keep practising in 2024 ...

My rules for Life.

I want to remember these principles and follow them in the coming year ...

The Contract

The contract that you make with yourself confirms the seriousness of your intentions in relation to your own dreams and dreams. Be sure to invite a friend, spouse, mom or boss to witness it, to show your determination to adhere to it. And if you are not yet ready to commit to the contract, this agreement will help you tune in.

Remember, your decisiveness is the most powerful tool for changing your life. You see can an example here and write yours on the next page - put all of your intentions and passion into that contract.

Sample contract:

I, _____

commit to follow my plan as far as possible, rejoice in my achievements and allow myself to make mistakes. I also allow myself to deviate from the plan, modify it and take breaks in order to rest. I accept with gratitude and interest all the changes that will happen to me this year, and I undertake to act proactively and to be open to new experiences.

Date	_____
Signature	_____
Witness(es)	_____

Looking back

A Big Hi from the end of the year!

Imagine that 2024 is over. Everything succeeded. Here you are sitting in a cafe and filling out a workbook for the following year. How do you feel now? What are you thinking about? How do you look? What emotions do you feel?

My emotional portrait from the end of the year:

Greetings from December 2024!

Here you are sitting in a cafe and taking stock... What happened? Where are you now? How do you feel? What are you wearing? Look out the window – what's the weather like there? What can you smell? What emotions are you showing on your face? How does your body feel? Is it relaxed?

A letter to myself from December 2024

Chapter 3

THE BABY STEPS

Now that you know exactly where you want to get to, it's time to fill in the little steps. We have a monthly plan for this! It's important to summarise the results every month, and to check back in with the Main List from the second part of the workbook.

Plan for the month: January

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: February

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: **March**

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: April

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: May

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: June

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: July

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: August

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: September

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: October

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: November

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Plan for the month: December

Intention of the month:

My motto is:

The most important things:

- 1.
- 2.
- 3.

Other things:

Habits of the month:

- 1.
- 2.
- 3.

Notes:

Results for the month: January

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: January

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: February

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: March

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: April

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: May

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: June

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: July

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: August

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: September

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: October

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: November

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Results for the month: December

The list of achievements:

Did I complete my main tasks?

What didn't go as I wanted? Why?

What can I do better next month?

What am I grateful for this month?

What did I learn?

Daily Check List*

(* Answer these questions in your personal diary)

The most important thing of the day:

Other things for today:

Good habits:

What I have done to get closer to my dream today:

Today I am grateful for:

Main achievement of the day:

Insight of the day:

Person of the day:

What can I do better tomorrow:

Chapter 4

THE LIST OF LISTS

The bucket list

Trips, adventures, cool and useful things – or completely useless things – that I absolutely have to do before the end of the year.

The list of books I want to read this year:

The list of movies I want to watch this year:

The things that make me happy:

These are things to do when I'm in a bad mood and I have no energy for anything.

Selflove day

What is love and care for me?

How do I accept it?

In what shape?

What can I do to take better care of myself?

Wish-list

This is your never-ending wish list.

This list will help to make things come true that you don't know how to make come true yourself.

1. In the list below you need to write 3 wishes in this specific form: **I gratefully accept from the Universe ...**
2. The first wish should be very simple. Something like: I want a nice hot cup of tea with milk. Have you written that down? Go make yourself a nice hot cup of tea! Then immediately cross out that first wish. On the empty line above please write the words of gratitude to the Universe for such a nice and speedy fulfilment of your wish. I'll give an example of what you might write below, but it would be better to use your own words.
3. Since the first wish came true so quickly, write next 3 wishes in the same format. In your list there should be always 3 wishes outstanding. When one comes true, cross it out, write the words of gratitude and then, but only then, replace the fulfilled wish with a new wish. Make sure there are no more than three outstanding wishes at any one time.
4. Write only about yourself and for yourself. So you can write 'I want to get married', but you can't make a wish for 'getting married to Joe'. Does this make sense?
5. You can use your diary to list those never-ending wishes. Keep to this format and enjoy life.

Never ending wish list

1. I gratefully accept from the Universe...

Dear Universe! I am very grateful that my wish has come true! I am very grateful! That was fantastic! Almost like magic. Thank you!

- 2.

Remember – everything you write by hand is magic already. When you write by hand all of you is aligned: your attention, intentions, thoughts, feelings and actions are all focused in the same direction. And as soon as you add the full stop at the end of the sentence – the magic gets to work. Now trust yourself, and the Universe. Look, and move, forwards.

My own wish is that all of the wishes you write above come true. And all those you have not yet committed to paper, but are just about to ...

If you like this book - share it with friends – that would be the best way to say ‘thank you’.

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ABOUT THE AUTHOR



My journey began in 2011 when I discovered the power of meditation in changing the neural pathways in my brain. This realization meant that I could create new reactions to situations and shift from destructive behaviors to highly effective and direct ones.

The human body is designed to conserve energy, so any behavioral patterns that aid in survival become ingrained reactions. This makes it challenging to change these reactions since we often aren't aware of how we're perpetuating them, leading to the same results time and again.

However, with the right guidance and support, along with the use of appropriate questioning and learned techniques, anyone can transform their brain and behavior. I have primarily utilized this approach to assist people with personal transformations, coaching individuals in various leadership positions, such as CEOs, vice presidents, department heads, partners, parents, and teachers.

My approach is rooted in Quantum psychology, which allows me to help you navigate the most difficult periods of your life with strength and dignity. By the end, you will emerge with an intact psyche, greater wisdom, increased resilience, a broader perspective, and a clearer understanding of how you operate and how to optimize your functioning.

Over the past decade, I have worked extensively with C-Suite level executives, senior managers, and individuals involved in intense start-up projects. I have served as a mediator in large company meetings and acted as an inspirational coach, helping teams stay united during challenging times in their businesses. I was an educator in Moscow, giving 2-4 hrs long seminars and workshops, extended deep educational 3-7 days long programs in person and on line. Additionally, I have supported individuals dealing with personal loss, terminal illnesses, and mental breakdowns. I am skilled in assisting those grappling with anxiety, stress, and high sensitivity. My services include individual consultations, group meditations, and the creation of products like planners. (I plan to add video courses in the future.)

My approach incorporates a multifaceted blend of Gestalt, psychoanalysis, family constellations, quantum psychology, meditation, and other mindfulness techniques.

I offer individual support sessions, group sessions and products.

With thanks to:

Ross, Andrew, Alina, Tatiana, Lizzy, Adrian, Ameer, Natasha and all the other people who helped me to create, translate, edit and in all ways to make better the planner you holding in your hands now.