

2023

Future Planner

Name



Juliet Morris
julietpmorris.com



Juliet Morris
julietpmorris.com

Contents

My Letter to Your Future	3
Look Back	4
Seasons Learnings	5
Self-Learning	7
Heartfelt	8
Accelerate	10
Playtime	12
Evolving through 2023	13
2023 in Seasons.....	15
And finally.	16



My Letter to Your Future

Welcome, friend.

As 2022 closes and you navigate the in-between, this is a moment to reflect and figure out where you go now and next.

This is the first time I've offered a planner and I really wanted to call it a dreamcatcher. This in-between is the perfect place to embrace a few moments of stillness, breathe in the freshness of the air, and catch the dreams you have.

Instead of focussing too hard on writing down what did and didn't work for you this year, I'm inviting you to notice dots, connections and what truly grabs your heart in those moments. You may recognise some of the phrases here, as I take the words of S.H.A.P.E. from my ebook, a quick guide to help you shape your future.

This is a planner to hook your dream that will encourage you to dream more, bigger and the implausible – to your fulfilment.

If you're like me, 2022 probably taught you a few things as to what really matters and things that don't matter at all. Perhaps it's things you decided you want more of, a secret dream you want to bring to this world, or you prioritised your health, growth, or started to let go of things that do not deserve your energy.

Whatever you have learnt this year, this is a perfect time to make notes, write down what you really want and make great choices in 2023.

I love the excitable flurry leading up to Christmas but mostly I love the deeply quiet in-between. Sitting with a candle on a grey cold day, I notice the days growing shorter, the birds pluck the ripe berries of the hedgerows, and it's then I know that winter is coming. Cosy jumpers, woolly socks and slippers, and the pull of the future swirls around like the wind.

And as I move towards 2023, I am taking the word **courage**. When I look back at my own journey this year; the clients and people I have met, courage comes to mind. It takes a smidgen of courage to say "this is what I want" out loud either to yourself, a friend, colleague, or a new connection. And then comes **conscious**. When you speak out loud what it is you want, you bring it out from the depths of your mind and your heart to life. Your consciousness. Which leads us to **create**. How will you go about creating your dream?

These are the three words that have entered my stream of consciousness this year and three I have bought together.

I truly believe that igniting your dreams and bringing them into the world, builds, creates, and shapes a better future for all.



Juliet Morris
julietpmorris.com

Look Back

“Look back to learn how to look forward, Joe Girard”

- What person do you remember as having the most impact on you, and why?

- What was your big dream at the start of 2022? Have you brought it to life, and if yes, how, and if not, why not?

- What word, describes your 2022?



Juliet Morris
julietpmorris.com

Seasons Learnings

“Life is an evolutionary journey. We plant the seeds, we nourish, and flourish at different times. Embrace your journey”, Juliet Morris.

Looking back at your year in seasons (quarters) – Winter, Spring, Summer, Autumn. Recall what you did in each, what went well, and the people you met. Keep this for every year you plan, it will help you identify where you have your most impact and energy.

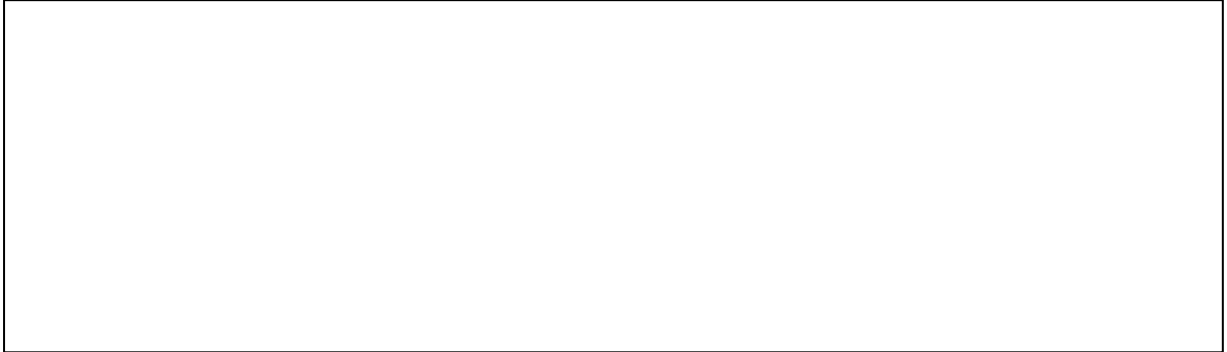
- Spring

- Summer



Juliet Morris
julietpmorris.com

- Autumn



- Winter





Juliet Morris
julietpmorris.com

Self-Learning

*"We can learn from books, but the most important learning is when we listen to ourselves",
Juliet Morris*

Reflect both on life, work, and business if you have one.

- What significant new and enjoyable things have you done in 2022?

- What has been your most profound learning experience at work (or business) in 2022?

- What has surprised you about yourself in 2022?



Juliet Morris
julietpmorris.com

Heartfelt

"It's never too late, to be who you might have been", George Elliot

Connecting your head with your heart will fuel your passion, energy and create alignment to what really matters.

- What was your hope for 2022?

- What have you learnt that you want more of in 2023?

- What have you learnt that you want less of in 2023?



Juliet Morris
julietpmorris.com

- How will you ensure you connect your head with your heart in 2023? (learnings from wanting more of)



Juliet Morris
julietpmorris.com

Accelerate

“Creating alignment with what you want, may feel slow but in the long game you’ll get their quicker”, Juliet Morris

- How did you nurture your life in 2022 – friends, family, the people that matter most?

- How did you nurture you dream, passion, mission, or vision in 2022?

- What made you come alive in 2022? Was there a single moment you remember?



Juliet Morris
julietpmorris.com

- What would you like to nurture that will be different in 2023?

- What do you want to stop doing in 2023, that makes time drag?



Juliet Morris
julietpmorris.com

Playtime

“We don’t stop playing because we grow old; we grow old because we stop playing”, George Bernard Shaw

- What was the most memorable creation in 2022? It could be a moment, a product, an event. Who was with you, where was it, what did you notice?

- What did you try, that was new, in 2022?

- What made you roar with laughter and joy in 2022?



Juliet Morris
julietpmorris.com

Evolving through 2023

- What's your dream for 2023? What does it look like, colours, shapes, words – write down everything as it flows to you. For this question, take some time. You can draw it if you prefer.

- What word will you make your word for 2023?



Juliet Morris
julietpmorris.com

- What are you willing to let go in 2023?

- What agreements will you have, with yourself, in 2023? (No more than 3)

- Write down your intention for 2023?



Juliet Morris
julietpmorris.com

2023 in Seasons

Take your words, your learnings, your intention and look at the seasons and plant your seeds on the next page. Remember these are a guide to help you build, create and shape your 2023.

Winter

Spring

Summer

Autumn

And finally.

Dreams can be big, small, long-term, or short. Whatever words came up for you during this process, remember that life ebbs and flows. This is a guide for you to take some proper consideration as to how you would like life to be in 2023. And if things change, shift, or you become more courageous in your dreaming, then all of that is good.

Think of this as a picture story of where you use this information as a guide, not firm markers in stone. Go back and highlight the things that stand out for you, amend your answers if you wish. You can use these words as dots, to create connections that guide you through changes, or the seasons. To go deeper, look for the in-betweens.

And if you have a bigger mission? Write that down and check in to see if your responses form the steps towards it. If they don't, realign to keep you on track.

A few extras for you.

- [Download](#) my free guide for you to help you start shaping your future.
- By doing so, you'll also receive my weekly newsletter called Quest. Where I share a question to you to help you continually evolve, build, create or shape your future.
- [Read](#) insights – past newsletters and musings.
- [Listen](#) to Conversations with Quiet Leaders on your favourite podcast channel. Season 3 will follow in January.
- Courageous starts in January 2023. Find out more [here](#).
- I have 3 personal coaching spaces in January. Email me if you would like to explore how I can help you take your implausible dream to success.

Wishing you a beautiful and dream making 2023.



 07956 873973

 juliet@opensquareconsulting.com

 <https://julietpmorris.com>