

The background of the entire image is a soft-focus photograph of a bright, modern interior. In the foreground, a light-colored wooden dining table is visible, with a white ceramic vase, a small plate of cookies, and a cup of coffee on it. White wooden chairs are tucked under the table. In the background, a light-colored sofa sits near a large window that lets in natural light. The overall atmosphere is clean, airy, and inviting.

MAP YOUR YEAR

A Fillable Goal-Setting Planner for Action and Growth

**YOUR SIMPLE TOOL TO SET YOUR VISION, TRACK
YOUR PROGRESS, AND ACHIEVE MORE
WITH INTENTION.**

chrislamconnects.com

Introduction

This planner is designed to help you take charge of your year by balancing professional and personal growth. Start by setting clear, intentional goals for the coming year. Think big, and also think about what truly matters to you as both a business owner and an individual. Once you've outlined your yearly goals, use this planner to break them down into actionable steps each month and week. These pages are repeatable for each month, so please make a copy for every month.

- Every month, reflect on where you want to focus your energy.
- Each week, write down specific goals, map out the steps to achieve them, and take time to assess your progress.

By creating space to plan, act, and reflect, you'll stay aligned with your goals and carve out time for both your business and yourself. Consistency, reflection, and small steps can lead to positive results. Here's to making 2025 your best year yet!

I'm Chris Lam, and I've had 15+ years of digital marketing experience, leading digital marketing for corporate brands, managing social and growing warm audiences for clients, and consulting and coaching small businesses on my own.

Let's go!

Chris

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Read my 5-min marketing newsletter: <https://bit.ly/marketingforhumans>



MAIN GOALS 2025

MY MANTRA OF THE YEAR

☒ ☐ GOAL N.1

☒ ☐ GOAL N.2

☒ ☐ GOAL N.3

☒ ☐ GOAL N.4

☒ TO START ☒ OK ☐ → DELAY ☐ / STUCK ☐ X CANCEL

GOALS

GOAL

WHY IS THIS IMPORTANT?



BREAK DOWN YOUR GOAL INTO 3 SIMPLE TARGETS:

TARGET 1	TARGET 2	TARGET 3



ACTION STEPS



ACTION STEPS



ACTION STEPS

TRACKER

PRIORITY _____

MONTHLY ACTION ITEMS

WEEKLY ACTION ITEMS

DAILY ACTION ITEMS / HABIT TRACKER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SOMETHING I'M PROUD OF

- _____
- _____
- _____

NOTES

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MONTHLY REFLECTION

MONTH _____

PAST MONTH IN 3 WORDS

WELLNESS SCALE

HAPPINESS

--	--	--	--	--	--	--	--	--	--

HEALTH

--	--	--	--	--	--	--	--	--	--

PRODUCTIVITY

--	--	--	--	--	--	--	--	--	--

ENERGY

--	--	--	--	--	--	--	--	--	--

I STARTED...

I FINISHED...

TOP 3...

THINGS I DID

- _____
- _____
- _____

THINGS I READ, LISTENED, OR WATCHED

- _____
- _____
- _____

MOST REWARDING INTERACTIONS

- _____
- _____
- _____

PEOPLE I'M GRATEFUL FOR

- _____
- _____
- _____

NOTES

END OF YEAR REFLECTION

RATE YOUR YEAR     

TOP 5 ACCOMPLISHMENTS

WHAT I LEARNED:

GRATEFUL FOR:

CHALLENGES:

BEST MOMENTS:

WRITE A NOTE TO YOURSELF WITH THREE INTENTIONS FOR THE NEW YEAR

YEAR AT A GLANCE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

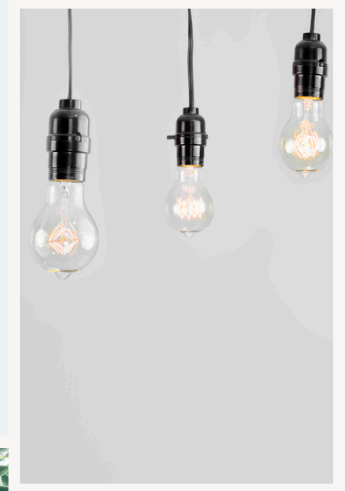
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Wrap Up

You've just equipped yourself with a powerful tool to make 2025 a year of intentional growth and balance. Remember, goal setting is not just about dreaming. It's about creating actionable steps to turn those dreams (or lightbulb moments) into reality. Use this planner consistently, reflect often, and celebrate your progress along the way.

If you found this planner helpful, why not share it with your colleagues, friends, or fellow entrepreneurs? Goal setting and accountability are even more powerful when shared within your supportive community.

Please [send feedback here](#) or connect with me directly at chris@chrislamconnects.com.



Thanks for your support!

Chris



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