



2025

VISION & PLANNER

A YEAR OF HEALING GROWTH & TRANSFORMATION

THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.



@LUKOLIGHTHOUSE

My Vision for 2025

VISION BOARD

HEALING

CREATIVITY

Your paragraph text

GROWTH

RELATIONSHIPS

HOBBIES

ALIGNMENT

REFLECTION

WHAT ARE THREE WORDS THAT DEFINE YOUR 2025?

Affirmation:

JANUARY

GOALS

Create a calming music playlist

“

Focus on developing your creativity and mindfulness.

”

- **Book:** The Gifts of Imperfection by Brené Brown
- **Documentary:** The Minimalists: Less Is Now
- **Podcast:** Design Matters with Debbie Millman

important notes

I am capable of achieving my goals with grace and determination.



FEBRUARY

GOALS

Blank goal box 1

Blank goal box 2

Blank goal box 3

Blank goal box 4

“

Dive deeper into self-transformation with shadow work and therapy.

”

- **Book:** Emotional Agility by Susan David
- **Movie:** "Wild" (2014)
- **Podcast:** Shadow Work Library

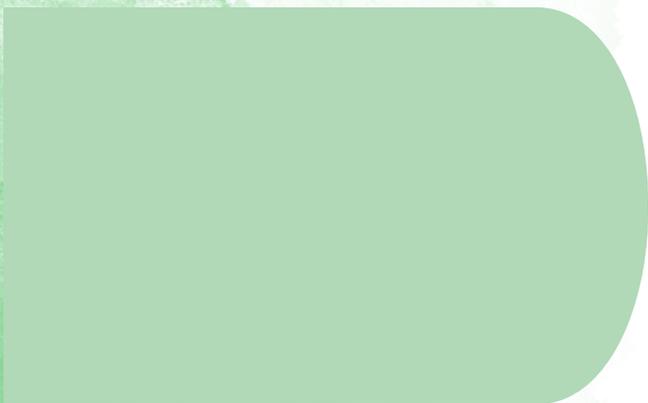
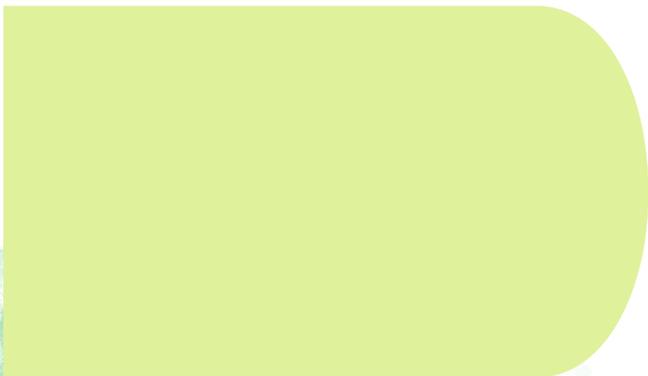
important notes

Pair shadow work with self-compassion practices to integrate emotions and cultivate inner peace.



MARCH

GOALS



“ Strengthen relationships by practicing active listening and empathy. ”

- **Book:** Nonviolent Communication by Marshall Rosenberg
- **Documentary:** My Octopus Teacher
- **Podcast:** Creative Pep Talk with Andy J. Pizza

important notes

Focus on understanding your own communication style and how it impacts others.



QUARTER 1 REFLECTION

January - March 2025

"THE JOURNEY OF A THOUSAND MILES
BEGINS WITH ONE STEP."

— LAO TZU



Achievements

Challenges

What can I do differently in Q2 to stay aligned with my goals?





APRIL



GOALS



“

Focus on expanding your career.

”

- **Book:** Building a StoryBrand by Donald Miller
- **Movie:** Dead Poets Society
- **Podcast:** Ologies with Alie Ward

important notes

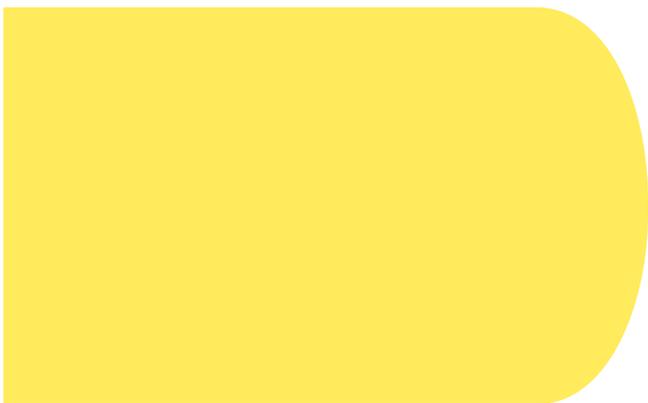
Identify your unique value proposition and align it with your personal mission statement.





MAY

GOALS



“

Explore creativity through art, music, or writing.

”

- **Book:** Big Magic by Elizabeth Gilbert
- **Book:** Untamed by Glennon Doyle
- **Podcast:** The Confidence Chronicles with Erika Cramer

important notes

Dive deeper into creative exploration by blending mediums, such as journaling while listening to instrumental music or painting to poetry.





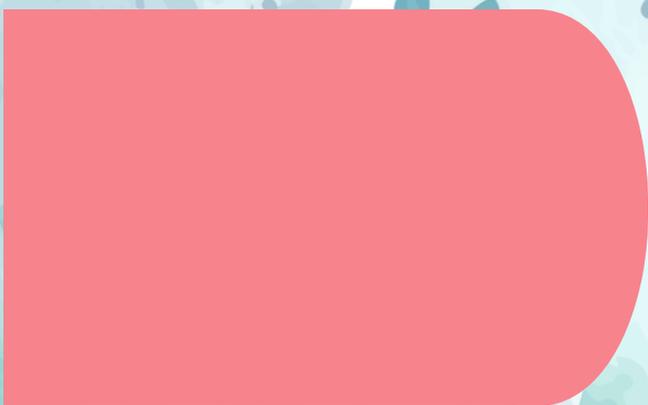
GOALS



“ Foster professional relationships. Attend networking events or online communities. ”

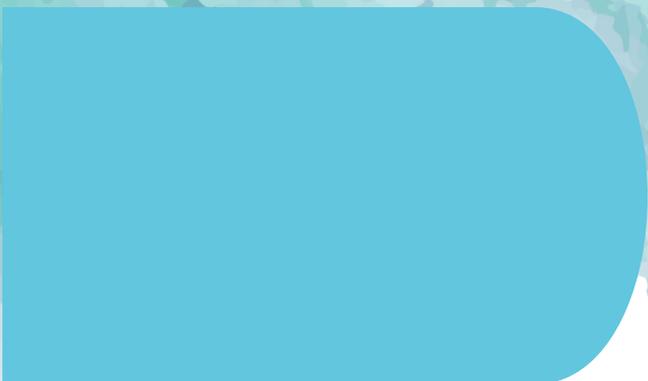


- **Book:** Never Eat Alone by Keith Ferrazzi
- **Podcast:** Call Your Girlfriend
- **Documentary:** Won't You Be My Neighbor?



important notes

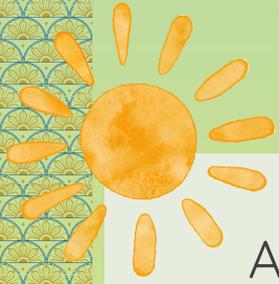
Go beyond attending events by preparing 3 key talking points about your passions and goals



QUARTER 2 REFLECTION

April - June 2025

"BLOOM WHERE YOU ARE PLANTED."
— MARY ENGELBREIT



Achievements

Challenges

What can I do differently in Q3 to stay aligned with my goals?





JULY

GOALS



Prioritize family connections and self-care.



- **Book:** Man's Search for Meaning by Viktor E. Frankl
- **Book:** Adult Children of Emotionally Immature Parents by Lindsay Gibson
- **Podcast:** 10% Happier



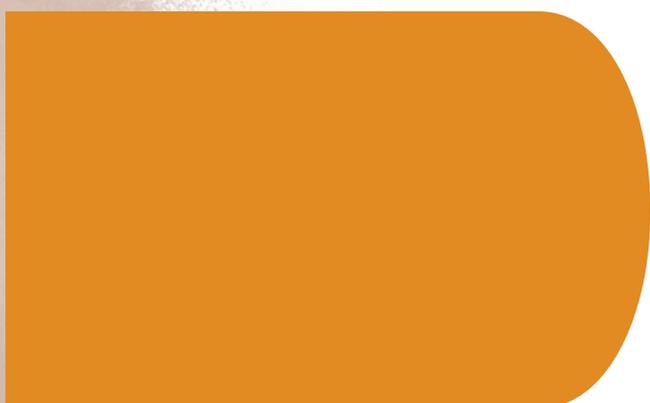
important notes

Reflect on how nurturing family relationships impacts your emotional well-being.



AUGUST

GOALS



“

Dive into therapy or energy healing.

”

- **Book:** The Practicing Mind by Thomas M. Sterner
- **Podcast:** Deep Questions with Cal Newport
- **Documentary:** The Wisdom of Trauma

important notes

Reflect on breakthroughs or shifts in emotional patterns and integrate those lessons into daily practices.



SEPTEMBER

GOALS



“

Explore spirituality and meditation.

”

- **Book:** The Obstacle Is the Way by Ryan Holiday
- **Book:** Wherever You Go, There You Are by Jon Kabat-Zinn
- **Podcast:** The Knowledge Project by Shane Parrish

important notes

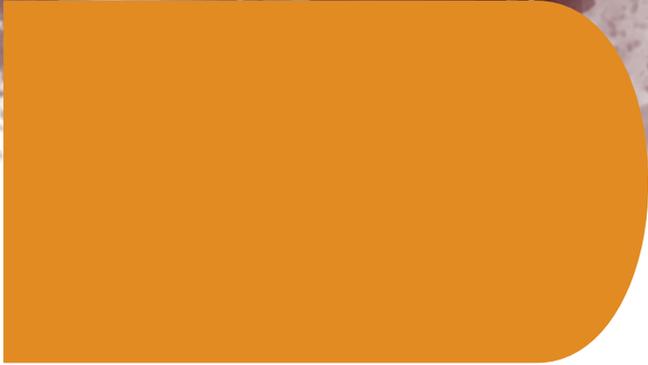
Focus on practices that cultivate inner peace and alignment with your purpose.



OCTOBER



GOALS



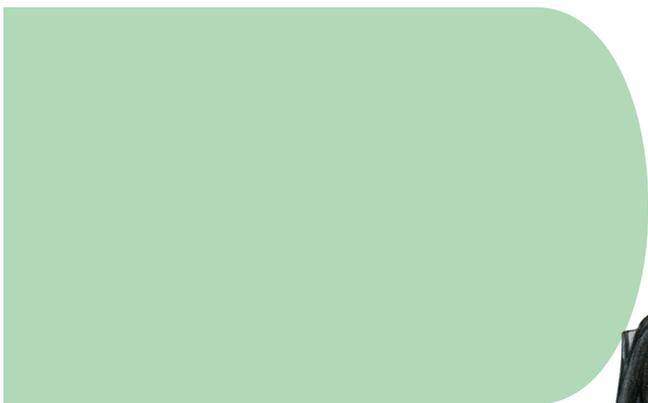
“

Reflect on and refine goals for the next phase of life.

”



- **Book:** Meditations by Marcus Aurelius
- **Podcast:** The Knowledge Project by Shane Parrish
- **Movie:** The Pursuit of Happiness



important notes

Evaluate what's working, what needs adjustment, and what to let go of.





NOVEMBER

GOALS

“

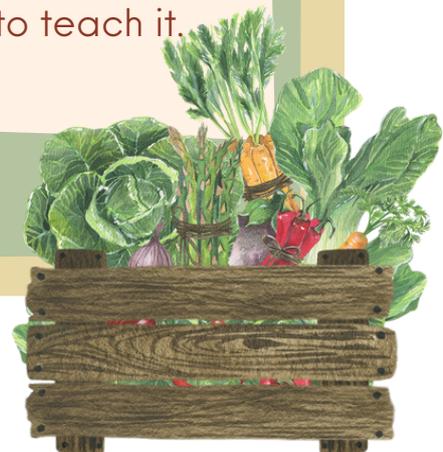
Share knowledge through teaching or mentoring.

”

- **Book:** Braiding Sweetgrass by Robin Wall Kimmerer
- **Podcast:** The Gratitude Diaries with Janice Kaplan
- **Online Course:** “Positive Psychology: Resilience and Gratitude” (Coursera)

important notes

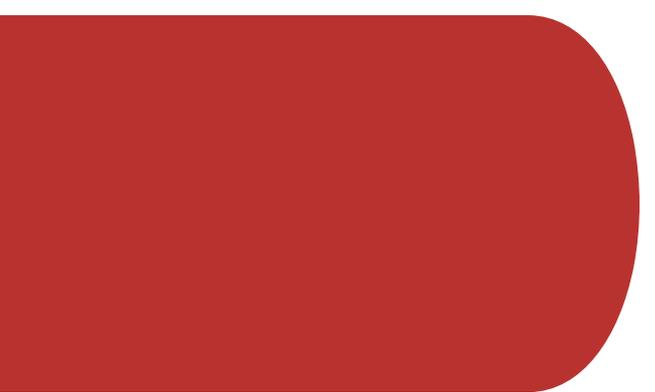
Identify a unique skill or lesson you've mastered and find ways to teach it.





DECEMBER

GOALS

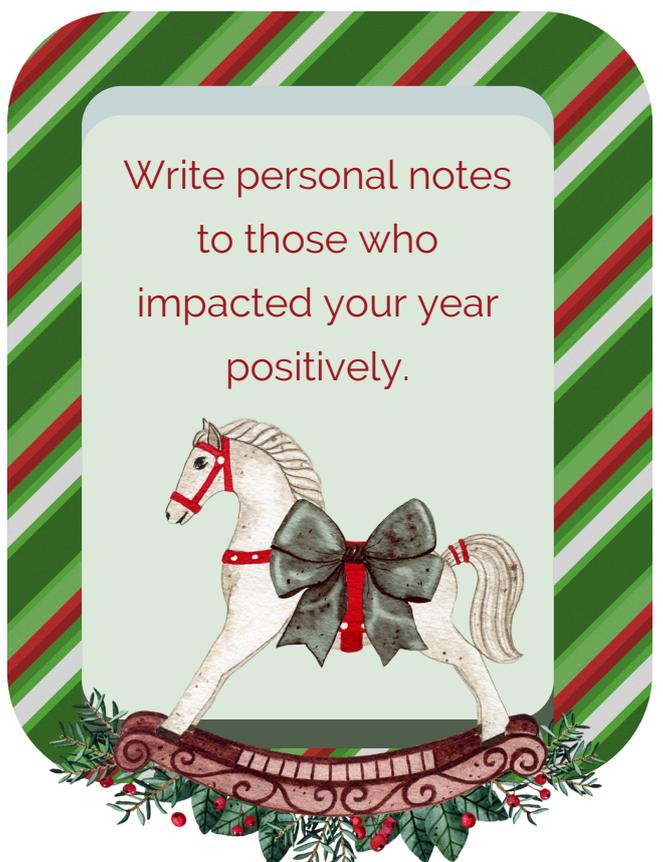


“

Celebrate and express gratitude for the year.

”

- **Book:** Thanks! How Practicing Gratitude Can Make You Happier by Robert Emmons
- **Podcast:** Happier with Gretchen Rubin
- **Documentary:** Minimalism: A Documentary About the Important Things



Write personal notes to those who impacted your year positively.

QUARTER 4 REFLECTION

October - December 2025

"EVERY ENDING IS A NEW BEGINNING."



Achievements

Challenges

What would I like to include in my 2026 vision?

