

THE BALANCED *year*



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Introduction

WHAT IS THE BALANCED YEAR?



The goal of this journal is to help you create a balanced approach to goal setting for 2023. Traditionally, New Years resolutions look like checkboxes you have to hit throughout the year, or unrealistic expectations that more often lead to failure than success.

Our goal is for you to explore, plan, and set clear intentions for the year, by focusing on 5 key areas of life: physical health, mental health, social well-being, career, and finances.

What if your
2023
resolutions
looked more
like
intentions
than a
checklist?

Section 1

ASSESSMENT

Let's first check in. Use the following page to briefly assess how you're doing today. Be honest with yourself.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel satisfied with my physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
MENTAL	I have systems in place to take care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I know my triggers & coping skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I can make sense of my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 1

ASSESSMENT

Let's first check in. Use the following page to briefly assess how you're doing today. Be honest with yourself.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
SOCIAL	I spend time doing hobbies for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have close friendships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel connected to family/friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel connected to myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I make time for relationships that matter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
CAREER	I am satisfied with my career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have goals for the future in my career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I see upward movement in my job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have mentors in place that I trust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 1

ASSESSMENT

Let's first check in. Use the following page to briefly assess how you're doing today. Be honest with yourself.

How will you rate the following		Never	Rarely	Sometimes	Always
FINANCES	I have 3x monthly expenses saved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel satisfied with my income	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	My relationship with money is healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I pay my bills on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	My budget is working for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 2

LET'S GET STARTED!

Making progress! Next, reflect on your assessment. Is there any specific area that needs focus? Is there imbalance between sections? Reflect, then read below for what to do next.

how to use:



Choose no more than 5 things. Include at least one thing that has been working for you that you'd like to keep doing.

why use:



- Allows you to focus on what you truly prioritize.
- Sets apart time to explore your values and how they can show up in your year.
- Keeps the focus of your year on proper alignment with your values.
- No hyper-focused goal of change--this is a journey.





Section 3

INTENTIONS

Use the following pages to brainstorm each category.

1

PHYSICAL HEALTH

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2

MENTAL HEALTH

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3

SOCIAL WELL-BEING

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Section 3

INTENTIONS

4 CAREER

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5 FINANCES

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extra notes

A large white rectangular area containing 18 horizontal dotted lines for writing notes.

About THE AUTHORS

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Funmto is a Clinical Mental Health therapist, living and working in Lagos, Nigeria. She is the founder of Ibi Ayo, where she offers trauma focused therapy to those needing support as they journey through life.

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