



# 2022

## GOAL & MINDSET PLANNER

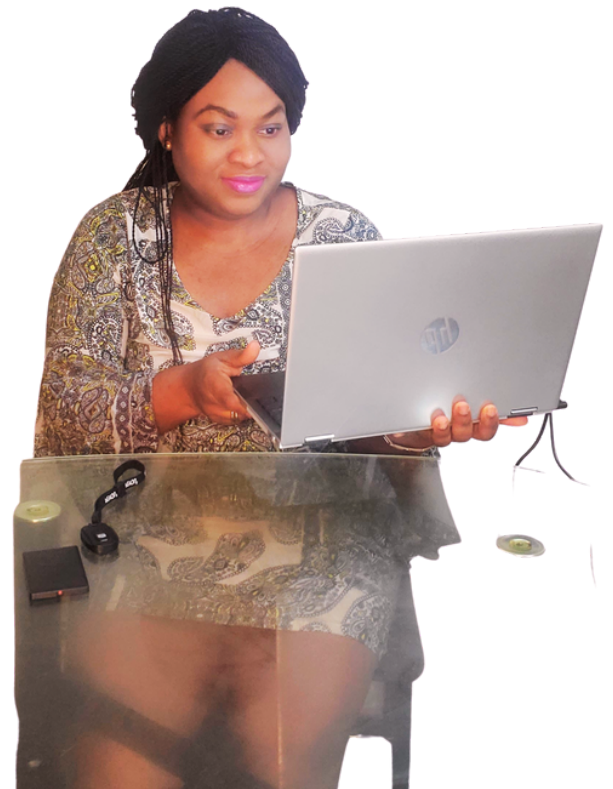
**CREATED BY  
ZEBETH MEDIA SOLUTIONS**



This planner is created  
by  
**Zebeth Media Solutions**  
**A DIGITAL MARKETING AGENCY**

Greetings to you,  
Zebeth Media Solutions is a digital marketing Agency that focuses on entrepreneurs to develop their online presence with beautiful website design and listing your product & services on Google my business to stand out on their brand identities.

Our services include: getting a domain name with hosting, website redesigning, SEO optimization, website auditing, Logo design, maintenance services and social media advertising services on your website.  
Book your session with us by visiting our website: [www.zebethmediasolutions.com](http://www.zebethmediasolutions.com)



Looking forward to hearing from you to get started .

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# REFLECTIONS 2021

accomplishments

Challenges

Learning

Grateful For

Favourite Story

The Year



# LOOKING AHEAD

In 10 years from now, my life will be.

In 5 years from now, my life will be.

Blank grey area for writing the response to the 10-year question.

Blank grey area for writing the response to the 5-year question.

In 1 Year from now, My life will be..

Large blank grey area for writing the response to the 1-year question.

Accept your past without regrets. handle your present with confidence  
and face your future without fear

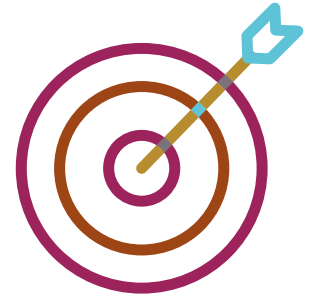
LOOKING AHEAD

My Impossible  
List

THE MIND IS NOT A BOOK, TO BE OPENED AT WILL AND  
EXAMINED AT LEISURE—SEVERUS SNAPE

INTENTIONS  
& GOALS

2022



Health and wellness

Happiness

Professional

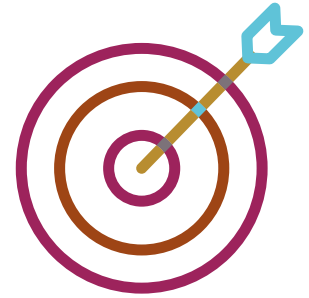
Passion

Personal Growth

Realtionship

# INTENTIONS & GOALS

2022

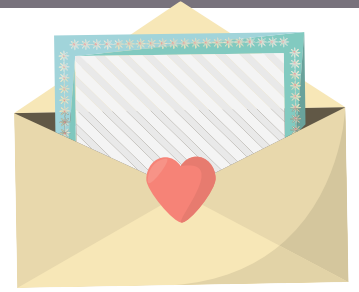


How does a day in my life in 2022 look like?

What's stopping me from living this way?

What changes can I make from today to  
living my ideal life

# JANUARY



Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

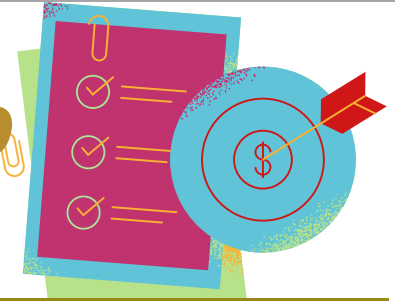
What are my intentions for this month?

What do I want to accomplish?

**ANY TYPE OF RELATIONSHIP IS MEANINGLESS IF YOU CAN'T ACTIVELY EXPRESS YOUR GENUINE EMOTIONS WITHOUT FEELING ASHAMED.**



# JANUARY GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read

# JANUARY REVIEW



What do I feel about this month?

What did I accomplish?

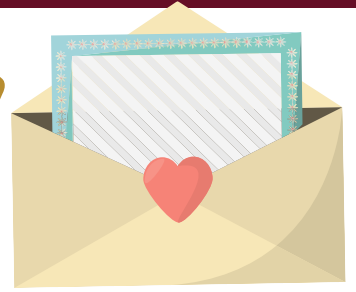
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# FEBRUARY



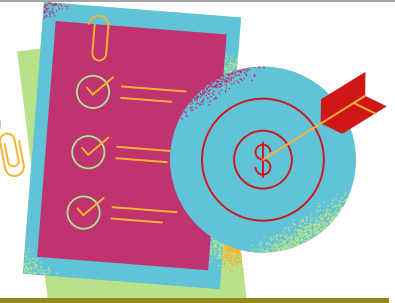
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**FORMAL EDUCATION WILL MAKE YOU A LIVING: SELF -EDUCATION WILL MAKE YOU A FORTUNE**

# FEBRUARY GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read

# FEBRUARY REVIEW



What do I feel about this month?

What did I accomplish?

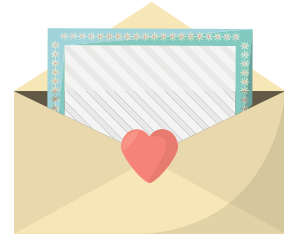
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# MARCH



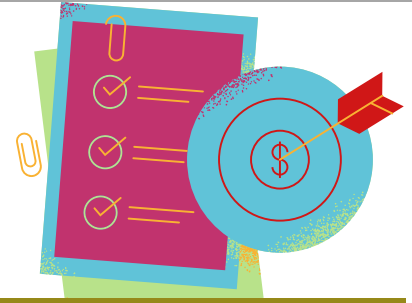
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**ALL THAT WE ARE IS THE RESULT OF WHAT WE HAVE THOUGHT. "THE MIND IS EVERYTHING..WHAT WE THINK , WE BECOME"**

# MARCH GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read

# MARCH REVIEW



What do I feel about this month?

What did I accomplish?

What were some of the highs  
and lows?

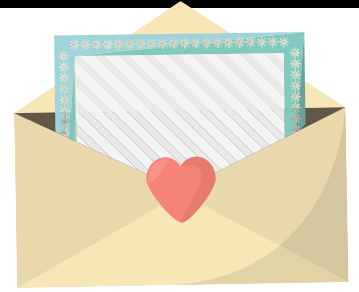
What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?



# APRIL



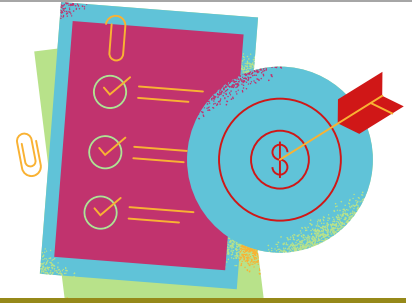
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**PAIN AND STRUGGLE MAKE PEOPLE MATURE BEFORE THEIR AGE.**

# APRIL GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 2

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Skills /courses to learn

Books to read

# APRIL REVIEW



What do I feel about this month?

What did I accomplish?

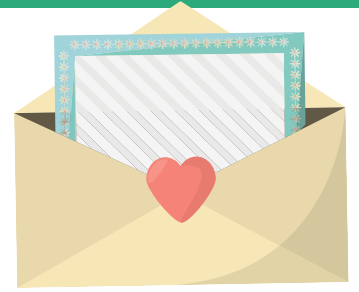
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

MAY



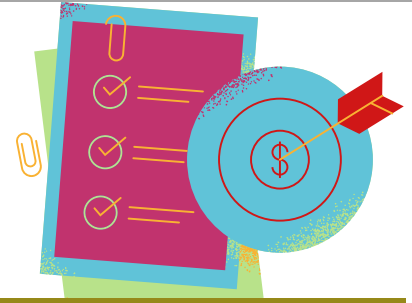
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**DON'T STOP NOW. KEEP GOING**

# MAY GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read

# MAY REVIEW



What do I feel about this month?

What did I accomplish?

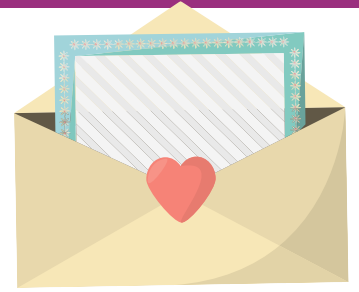
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# JUNE

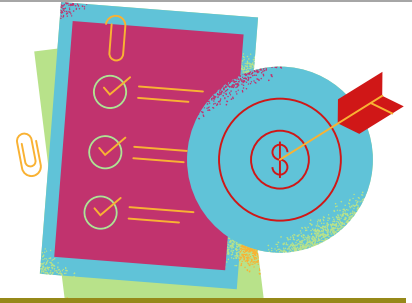


Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?  
What do I want to accomplish?

**NO MATTER WHAT PEOPLE THINK OF YOU, ALWAYS KEEP SINGING YOUR OWN SONG.**

# JUNE GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

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## Goal 4

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Pain-Point

Action Plan

Books to read



# JUNE REVIEW



What do I feel about this month?

What did I accomplish?

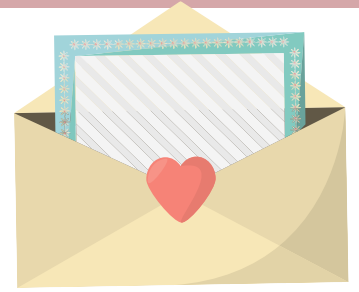
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# JULY



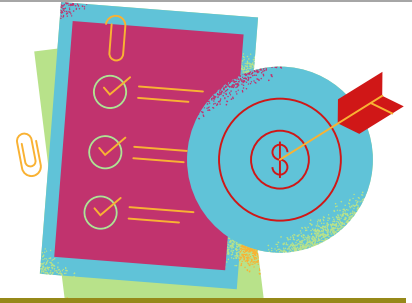
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**THE MIND ALWAYS FAILS FIRST. THE SECRET IS TO MAKE YOUR MIND WORK FOR YOU, NOT AGAINST YOU.**

# JULY GOALS



## Goal 1

System

Pain-Point

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## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

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Books to read

# JULY REVIEW



What do I feel about this month?

What did I accomplish?

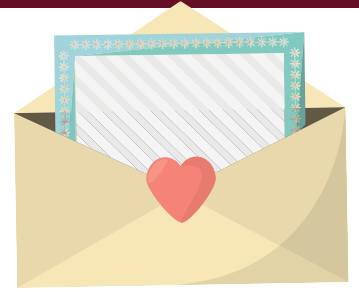
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

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# AUGUST



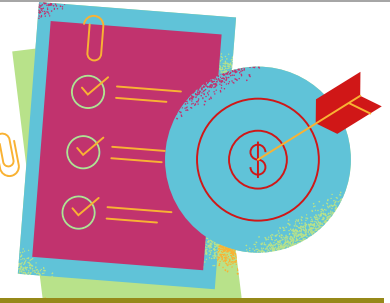
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**STAND FOR WHAT IS RIGHT. EVEN IF IT MEANS STANDING ALONE.**

# AUGUST GOALS



## Goal 1

System

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Books to read

# AUGUST REVIEW



What do I feel about this month?

What did I accomplish?

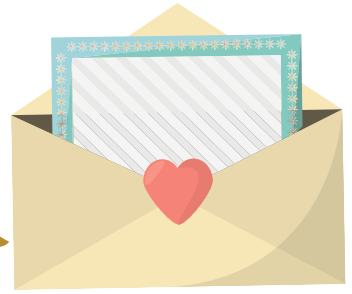
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# SEPTEMBER



Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

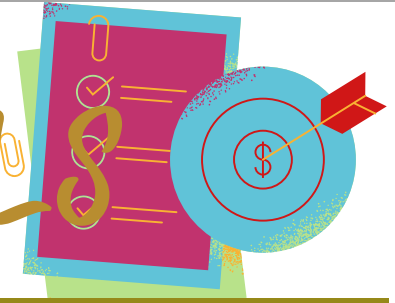
What are my intentions for this month?

What do I want to accomplish?

**SILENCE ISN'T EMPTY. ITS FULL OF ANSWERS,**



# SEPTEMBER GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read

# SEPTEMBER REVIEW



What do I feel about this month?

What did I accomplish?

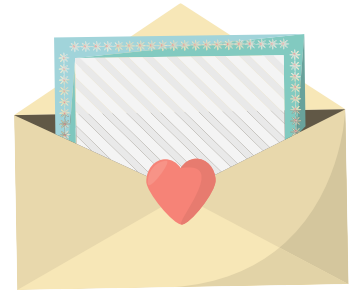
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# OCTOBER



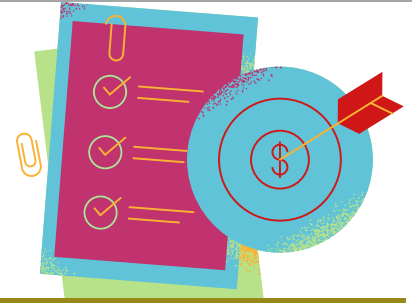
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**YOUR MIND MUST ARRIVE AT YOUR DESTINATION BEFORE YOUR LIFE DOES**

# OCTOBER GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read

# OCTOBER REVIEW



What do I feel about this month?

What did I accomplish?

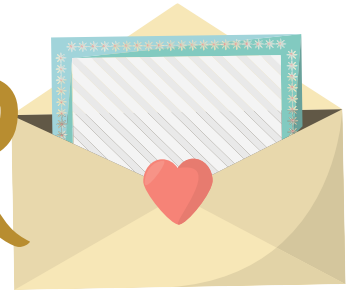
What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# NOVEMBER



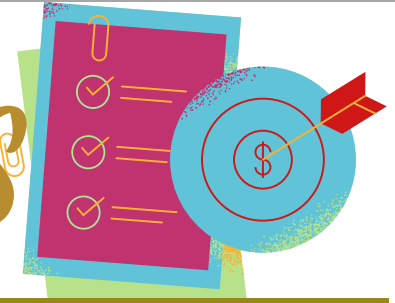
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**NEVER REGRET ANYTHING BECAUSE AT ONE TIME IT WAS EXACTLY WHAT YOU WANTED**

# NOVEMBER GOALS



## Goal 1

System

Pain-Point

Action Plan

## Goal 3

System

Pain-Point

Action Plan

Skills /courses to learn

## Goal 2

System

Pain-Point

Action Plan

## Goal 4

System

Pain-Point

Action Plan

Books to read



# NOVEMBER REVIEW

What do I feel about this month?

What did I accomplish?

What were some of the highs  
and lows?

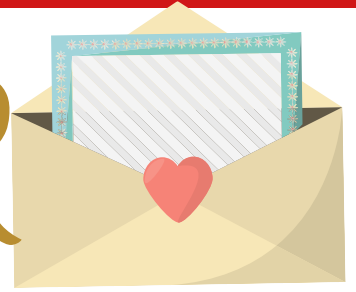
What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?



# DECEMBER



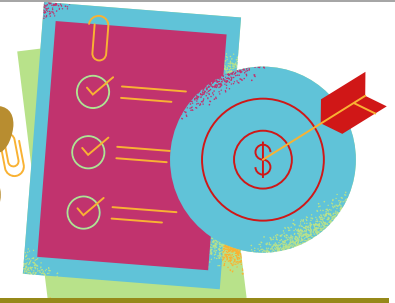
Write a letter to yourself for a difficult day. Imagine how you would feel if things are not going your way and now talk to yourself in a loving & positive way. What would you tell yourself?

What are my intentions for this month?

What do I want to accomplish?

**DON'T LET THE WORST PEOPLE GET THE BEST OF YOU.  
SAVE IT FOR THE BEST PEOPLE INSTEAD- DOE ZANTAMATA**

# DECEMBER GOALS



## Goal 1

System

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Skills /courses to learn

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Books to read

# DECEMBER REVIEW



What do I feel about this month?

What did I accomplish?

What were some of the highs  
and lows?

What can I be grateful for?

What felt like progress?  
What can be improved?

What 's a story I want to  
cherish?

# HABIT & MOOD TRACKER 2022

**What Habit Did I  
Develop?**

**Jan**

**Feb**

**Mar**

**April**

**May**

**June**

**July**

**August**

**September**

**October**

**November**

**December**

**What triggers my mood  
& Emotions**

# LOOKING BACK 2022

How did I feel about the year gone by?

Looking back at the one year goals I set for myself at the beginning of the year. What was I able to accomplish?  
What was difficult to achieve and why?

Are my goals still relevant?  
What has changed and how?

# LOOKING BACK 2022

What did I learn about myself this year? How have I grown?

What am I grateful about this year?

What is my favorite story of the year?

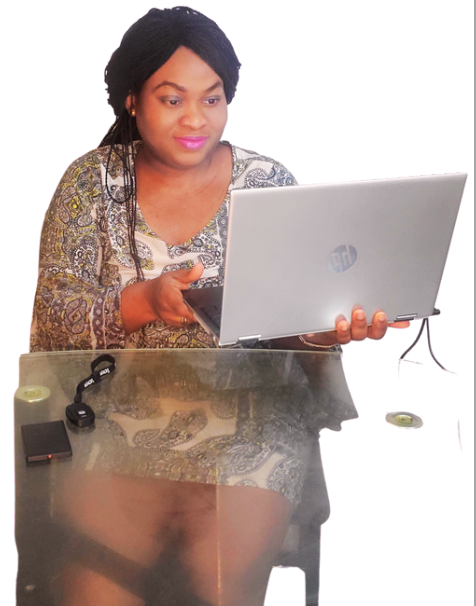
This planner is created  
by  
**Zebeth Media Solutions**  
A DIGITAL MARKETING AGENCY

Greetings to you,

Zebeth Media Solutions is a digital marketing Agency that focuses on entrepreneurs to develop their online presence with beautiful website design and listing your product & services on Google my business to stand out on their brand identities.

Our services include: getting a domain name with hosting, website redesigning, SEO optimization, website auditing, Logo design, maintenance services and social media advertising services on your website.

Book your session with us by visiting our website: [www.zebethmediasolutions.com](http://www.zebethmediasolutions.com)



Looking forward to hearing from you to get started .

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When you desire  
something  
in your heart.  
Release it to the sea

The liberal soul shall be made fat:  
and he that watereth shall be  
watered also himself.

Proverb 11:25