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How to plan for the year?

2023 is going to be our year, now it's our turn - it's all over Tiktok, Insta... Instead of posts, we've put together some thoughts that can really help everyone have at least more or less the 2023 year they want.

Self-awareness
It seems like a broken bone, but it's the basis of everything. If I don't know what I really want, how can I achieve my goal?!

It seems so simple at first, and many people get it right from the start. But are they really their own goals? Are they not just trying to meet something? Are you sure that this is what they (or they) want?

It doesn't hurt to have a bucket list, but it's also good to look behind it: are there common motives for the items on it? If 5 of the 10 on the list are about travel, shouldn't the focus be on travel rather than far-flung places?

Self-awareness is hard work, but it's worth it: it makes everything easier. However, it's something you can't get on your own without feedback, you need not only friends/family members, but helpful outsiders.

I recommend the services of the Career Office of the UP, they can help you with this too.

Rhythm of Life

"Wake up at 5am and don't you dare hit the alarm clock," say the smart ones on social media. That might work for a morning lark, less so for a night owl. It's good to know what time of day, week, year we're really in our element and what we can make of it. For example, if you're most productive in the afternoon, you may not need to schedule mechanical things for then. The time of day also has its own limitations that determine activities - for example, as a musician, early morning will not be the best time to practice, even if we plan for it to be optimal for us.
Unfortunately, we also need to be aware that other people's rhythms may not be the same as our own - big differences can cause problems, especially in relationships.
We can plan as we please, if we don't give a damn about our rhythm - because in the long run it will dominate and it will give a damn about our plans!
I recommend the Life Rhythm - Productivity mobile app as a starting point.

Design
The Year compass is very popular - deservedly so! - it can be a starting point to start the year with. Perhaps the best thing about it is that it helps us in all aspects of life to identify the big stones that will lead us to success.

Yet simply completing the Year Compass is not enough, because it's no use shooting around the big goals we have set for 2023 if we miss out on how we make them a reality!

Execution
Our plans will become a wishlist if we don't turn them into action every day. Last year, we wrote about the benefits of crystallising your annual plan on a single page. It can be pulled out from time to time and easily reviewed to see the entirety of our super-planned year.
However, it is necessary to know on a daily, weekly basis what we need to do to make our plans a reality. There are many different to-do-lists, even on mobile apps. Of these, I now recommend one of the most stylish in my opinion, Memorigi. For those who would stick with the handwritten versions, I think I'm not saying anything new when I suggest the bullet journal method.

Resilience
Oh yes! The magic word that has come so much to the fore in the last 2-3 years. The pandemic, the Russian-Ukrainian war, the rise in overheads, inflation - to name but a few, the effects of which affect everyone! Nobody foresaw them, but we all - like it or not - have had to adapt to them.

You cannot prepare for everything.

You cannot give 100% in every area every single day.

You can't ignore your emotions and just execute your dreamed plan like a robot.

You have to be able to relax and you have to be able to compromise on your goals.

This is where the Career Office of the UP can also help.

I wish you all a very happy 2023 and that whatever our Readers dream for the coming year, they make it come true!