



2025 PLAN LIKE A FUTURIST

A New Way to
Create Your New Year.



Your PLAF Prep List

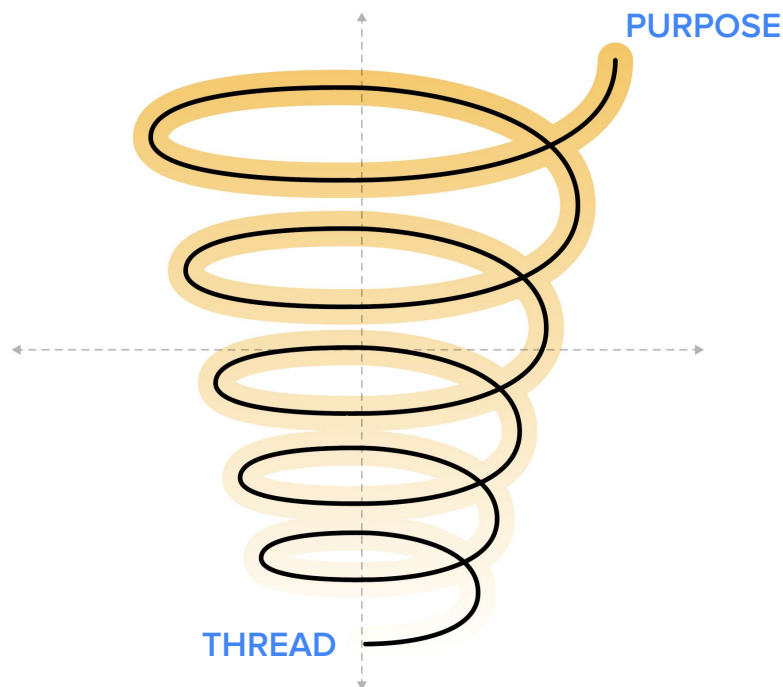
Welcome to Plan Like A Futurist!

The universal pattern of growth and change is the spiral. From dividing cells to the vast spirals of galaxies, this shape reveals how systems connect and grow with each turn. It's the same pattern that shapes us as humans, fueling our creativity and opening the door to deeper insight and wisdom.

Over the course of our lives, each loop of the spiral represents a chapter in our story. Woven through it all is The Thread—a life force with direction that we come to know as Purpose. By recognizing this pattern and following its signals, we can expand our hearts, perspectives, and impact.

Plan Like a Futurist is about working with this natural rhythm to grow intentionally. This workbook will guide you in wrapping up one year and stepping confidently into the next. You'll explore what's expiring—ready to be released—and what's emerging, such as new opportunities, themes, and possibilities. By staying attuned to The Thread that connects it all, you'll enter the new year guided by purpose and ready to *dance with change as it emerges*.

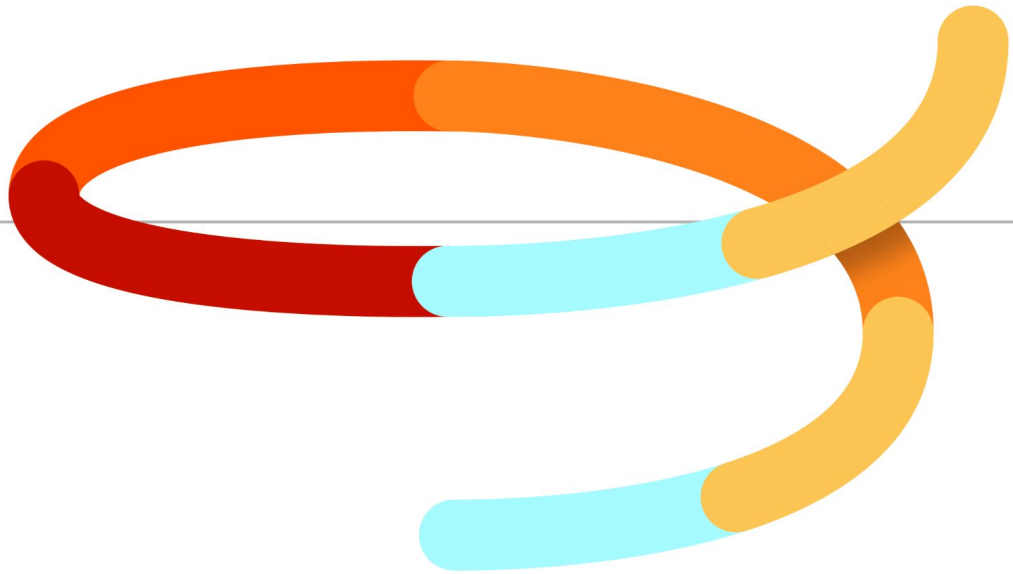
Let's begin!









The 5 Phases of Expansion

What is emerging?

What is expiring?



- PULL**  *I feel drawn to this idea/experience/opportunity.*
- DISCOVERY**  *I'm uncovering new perspectives, talents and possibilities!*
- FLOW**  *I'm enjoying mastery, achievement, and creative energy*
- TENSION**  *I'm starting to feel restless and wonder if this is still the right fit.*
- RECKONING**  *It's clear that, to keep growing, I need to make a change.*
- PULL**  *"I don't know where I am going, but I know how to get there."*

[Check out these short videos](#)

to learn more about these concepts (under "Foundational Materials")





Review 2024



Your PLAF Prep List

Introduction: Reflecting on your 2024 chapter

Though a year always seems to fly by, *a lot* happens, and we are changed by it in ways we couldn't have imagined.

So we begin with a simple accounting of the evidence of *Wow!* and *Whoa!* that filled this last year. You'll find them when you look back over your calendar, scroll through photos and texts, and acknowledge important events. As you do so, let yourself appreciate the variety of experiences, people, events, and moments that made up 2024. Then, before diving deeper, simply feel the *Wow!* and the *Whoa!* that come with the memories, as you pause to honor the fullness of your life.

This collection of memories will serve as the foundation for your reflection. As you walk through the questions below, draw from these moments to explore the story of your year—its challenges, triumphs, lessons, and major themes.

By the end, you'll see how this process sets you up beautifully to follow what's emerging now, and will pull you into 2025.



Instructions: Reflection

1. Give yourself a couple of days to spend time looking back.

Since time rarely just presents itself, consider blocking off a few hours in your calendar to protect this time for reflection. This practice, called Time Blocking, will be one of the tools we'll encourage you to take on this year.

2. Choose a method for cataloging *Wow!*s and *Whoa!*s.

As you scroll through your calendar, photos, texts, and artifacts from the past year, find a way to collect your highlights. Here are some options:

a. A visual collage

This is often what feels most natural for visual thinkers. If that's you, go for it!

i. Digital: Create a slide deck (PPT, Google Slides, or Keynote) or a highlight reel of photos. You'll find great inspiration on platforms like Facebook or Instagram.

ii. Analog: Draw a map, use icons, or find creative ways to visually represent your year. You might organize it as a timeline, by theme, or through metaphors.

b. A written document

i. Use the categories on the next page as headers (e.g., The Opening Act) and jot down your highlights as bullet points beneath each one. Feel free to adapt it in a way that works best for you!

3. Allow appreciation, pride, and gratitude to take root.

Now the evidence of your hard work is right in front of you! It's easy to forget how much you've accomplished, how you've risen to challenges, and how much love and support surrounds you. Take a moment to celebrate yourself and all the ways you've grown—take a bow!



Exercise: Review 2024

Scroll through your calendar, photos, texts, and artifacts to collect your *Wow!*s and *Whoa!*s. You may want to catalog these themes and insights as a collage of images, in writing with headings and bullet points, or however works best for you (as described on p. 5).

The Opening Scene

- Where were you emotionally, mentally, and physically at the start of 2024?
 - What were your hopes, fears, or intentions as the year began?
 - What was pulling you forward—your "call to adventure"—that set the tone for your year?
-

The Rising Action

- What challenges or obstacles did you face early in the year?
 - Were there key turning points or decisions that shaped your path?
 - Who were the key characters (people or influences) in your story, and what roles did they play?
-

The Highs and Wins

- What were the peak moments of joy, success, or growth this year?
 - Describe a time when you felt most alive or fulfilled.
 - What unexpected opportunities or rewards came your way?
-

The Trials and Tribulations

- What were the hardest challenges or setbacks you experienced?
 - How did these moments test your resilience, values, or perspective?
 - What emotions or lessons emerged from these struggles?
-

Transformation and Growth

- How did you change over the course of the year?
- What did you let go of, and what did you embrace?
- Did you gain new skills, insights, or relationships that enriched your journey?



Exercise: Review 2024

The Supporting Cast

- Who were the most influential people in your story this year?
 - What role did they play (mentor, ally, challenger, etc.)?
 - How did your relationships evolve or deepen over the year?
-

The Climactic Moment

- Was there a defining moment or event that captured the essence of your year?
 - How did this moment affect the rest of your story?
 - What emotions or realizations came with it?
-

The Resolution

- How does your year's story end?
 - What themes or patterns stand out in retrospect?
 - Are there any loose ends or unfinished threads you want to address next year?
-

Lessons and Takeaways

- What is the moral or central theme of your year's story?
 - If your year were a book or movie, what would its title be?
 - How would you summarize your story in one or two sentences?
-

The Next Chapter

In three columns, list what you will Let Go, Keep, and Let Come in 2025

- **Let Go:** What Ideas, activities, relationships feel like they may be *expiring*?
- **Keep:** What seeds were planted this year that will grow in the next?
- **Let Come** What's *emerging* that you are most excited or curious about now?
- If you could write the opening sentence of next year's story, what would it be?





Plan 2025

Introduction: Your Next Chapter, 2025

2025 is a new chapter in your story, another loop in the spiral of your life.

With reflections on what's expiring and what's emerging, you're now ready to step intentionally into the next part of your journey. The storytelling framework that guided your reflection on 2024 will now support your planning for 2025, helping you both follow and nurture the emergence of this next chapter.

Hinge into the Horizontal

Now that you've reviewed what's expiring and emerging, and identified what to have less of, keep, or let come in 2025, it's time to envision what's possible—not as fantasy, but as your true potential. This process shifts you from the *Vertical Axis of Space* (spirit and purpose) to the *Horizontal Axis of Time* (action, roles, and relationships), helping you align purpose with action (these concepts are explained in short videos on [Linktree](#))

Learn to see time.

Time flies, but your work is to stay grounded, and turn your creative ideas and desires into priorities, projects, and plans. Whether you use paper or digital tools, make sure you have a clear system with a 12-month view and a way to track quarters.

The objective here is to strengthen your relationship with time.

Actually seeing time is critical to developing all kinds of good stuff: focus, boundaries, and the *Lead Like a Futurist* skill of following the signals of change that come as sweet Yeses and grouchy Nos.



Set-Up: Tools for 2025 Planning

Set up your planning system!

And bring it to the Plan Like a Futurist workshop

1. Your digital calendar

This is where you manage your schedule: meetings, appointments, events are made here. It's also where you'll block time for preparation, tasks, creative work...anything that you have to 'find time' for. This includes restorative time, adventures, etc. The guiding principle here is: get it out of your head and into a trusted system!

2. A paper planner or journal

This is where you capture your notes and manage your "incoming data" that flows all day long.

- a. Choose something you love. If you choose a paper planner ([The Full Focus Planner](#) is my favorite), you'll do well to date the pages in advance.
- b. Get your favorite pens out too.

3. More guidance comes in the workshop, **January 19, 1-3pm CST**

Expect your planning process to continue through the month. Once your systems are set up, you'll be excited to create your year!



Instructions: Creating your Next Chapter

Planning the year happens in three steps.

STEP 1: Establish the Narrative Arc.

In the **Opening Act**, we start with the end in mind. Begin by stepping back to see the big picture for the year—a sense of who you're becoming, your priorities, the most compelling opportunities, and what you hope to achieve or develop in the coming months.

STEP 2: Design your path of development, quarter by quarter.

We relate to the quarters in two ways: 1) as they align with the natural energy of the four seasons, and 2) as scenes that advance your story for the year. Together, these create **The Quarterly Progression: A Story Unfolding**.

STEP 3: Turn your intentions into plans.

This is where the rubber meets the road. Plot your projects and commitments on your calendar. During the workshop, we'll focus on setting up systems that will support you throughout the year. This practice helps center and ground you as you navigate the changes life brings.

Now, step through the prompts on the following pages.

Go easy on yourself

When we really think things through, there's a lot to account for. Seeing it on paper can feel overwhelming, but don't worry. Simply read through and jot down your thoughts as you go.

More guidance comes in the workshop, January 19, 1-3pm CST!



Exercise Step One: The 2025 Narrative

The Opening Scene—The Year's Narrative Arc

Begin by identifying the overarching theme or purpose of your year.

- a. **Prompt: What is the overarching story or theme for the year ahead?** Consider the following:
 - i. **What is your thread of purpose guiding this year's spiral?**
 - ii. What is expiring (beliefs, roles, habits, etc.) as you enter this new phase?
 - iii. **What is emerging (opportunities, qualities, projects) as you align with your purpose?**
 - iv. **Now, imagine yourself on December 31, 2025 looking back over the year and consider:**
 1. Who I want to be (consider Personal Qualities from Reinvention, and the 3 elements of Purpose: Aliveness, Superpowers, Life Lessons).
 2. How I want to live
 3. What I want to create
 4. Who I want to 'travel with' this year, personally and professionally

Exercise: Write a title or tagline for your 2025 story.

The example on the next page may give you some ideas.



Exercise Step One: The 2025 Narrative

An Example Narrative

Note: This example isn't meant to be a prescriptive format—it's just here to help you get started. Write from your own place of originality. Also, if you'd prefer to create it as a Vision Board, go for it! You may choose a metaphor for the state of expansion you can already sense emerging within you, or maybe a collage of images. Keep it short and simple, go deep and creative, or stick to words if that's how you best engage your imagination.

Also: this example is very generic! Yours should include specific details that are meaningful to you, about what you want and what you'll achieve.

The story of 2025 is about stepping into *authentic confidence*. My purpose—bringing clarity, creativity, and connection—guides me as I navigate this year's spiral.

I'm letting go of overthinking, fear of rejection, and commitments that no longer serve me. These habits and roles have held me back, and it's time to release them. What's emerging is trust in my voice, confidence in my choices, and a focus on building relationships (be specific) and projects (be specific) that align with my purpose (be specific).

Looking ahead to December 31, 2025:

- **Who I want to be:** I am someone who leads with courage, creativity, and generosity. I feel grounded and aligned with my values and purpose.
- **How I want to live:** My days are intentional and balanced, with space for meaningful work, connection, and rest. I've set healthy boundaries and protect my energy (be specific).
- **What I want to create:** I've completed two exciting projects that reflect my purpose and expanded my influence. I feel proud of my contributions and the impact I've made.
- **Who I want to 'travel with' this year:** I've built strong connections with mentors, collaborators, and friends who support my growth and share my values (be specific). Personally, I've nurtured the relationships that mean the most to me (be specific).
- **What I'm proud of:** ways I've met challenges, developed myself, what I've let go of..



Exercise Step Two: 2025 Quarterly Planning

The twelve months of a year naturally follow the energy of the four seasons.

1. In the first quarter, we enter the **Opening Act**, laying the groundwork for the rest of the year.
2. The second quarter brings the **Rising Action**, as new shoots emerge and offer evidence of what is—and isn't—taking root.
3. By the third quarter, we reach the **Turning Point**, gathering the harvest and starting to plan for the next year's planting.
4. The fourth quarter marks the **Resolution**, a time for celebration, contemplation, and rest. We conclude the cycle with gratitude for what we've accomplished and prepare for the emergence of the next chapter

Q1: The Opening Act (Jan–Mar)

- **Story Prompt**

Journaling exercise

- What groundwork must be laid for this year's spiral?
- What systems and relationships will support your focus for this quarter, and for your purpose over all?
- What is expiring: are there expectations to drop? Clearer yesses and nos you will listen to?

- **Create a general “campaign” for each of the three months**

Calendar exercise

- What specific actions or habits will support your quarterly goals?
- Break them down into areas of focus for each month (your campaign).
- List the actions you'll take within that month, and assign them to each week.

- **List the practices that will keep you focused and accountable**

Examples

- Start a daily Awe practice .
- Set up a system for collaboration on [project name].
- Take one leadership development workshop to expand skills.



Exercise Step Two: 2025 Quarterly Planning

Q2: Rising Action (Apr–Jun)

- **Story Prompt**

Journaling exercise

- What is starting to gain traction in this chapter?
- How are expiring patterns giving way to emerging opportunities?
- Celebrate learning, lessons, and accomplishments thus far!

- **Create a general “campaign” for each of the three months**

Planner exercise

- What specific actions or habits will support your quarterly goals?
- Break them down into areas of focus for each month (your campaign).
- List the actions you’ll take within that month, and assign them to each week.

- **List the practices that will keep you focused and accountable**

Examples

- Plan each week with powerful Time Blocking habits!
- Take on a Tell the Truth exercise (beginning with self)
- Relationships I’m going to invest in, let go, or repair.
- Plan a vacation!

- **End-of Quarter Reflection**

Planner exercise

- Take an account of what’s expiring and what’s emerging at this point in the year. What needs your support now? What can you let go of?
- Celebrate your wins and your growth in this quarter, with deep appreciation.
- Set up your planner for Q3!



Exercise Step Two: 2025 Quarterly Planning

Q3: The Turning Point (Jul–Sep)

- **Story Prompt**

Journaling exercise

- What major milestones or transformations occur in this chapter?
- What emerging qualities are helping you overcome challenges?
- Celebrate learning, lessons, and accomplishments thus far!

- **Create a general “campaign” for each of the three months**

Calendar exercise

- Look at what you’ll need to Start, Stop, and Continue as you turn this corner.
- Choose your milestones for each month.

- **List the practices that will keep you focused and accountable**

Examples

- Complete 75% of [project goal] and celebrate small wins.
- Address resistance to change by leaning into the Four Habits of Mind: Optimism, Curiosity, Courage, and Patience.
- Take that trip or treat you’ve been wanting!

- **End-of Quarter Reflection**

Planner exercise

- Take an account of what’s expiring and what’s emerging at this point in the year. What needs your support now? What can you let go of?
- Celebrate your wins and your growth in this quarter, with deep appreciation.
- Set up your planner for Q4!



Exercise Step Two: 2025 Quarterly Planning

Q4: The Resolution (Oct–Dec)

- **Story Prompt**

Journaling exercise

- What resolution does this chapter bring to the year’s spiral?
- What is fully expiring, and how do you honor its role in your growth?
- What new threads are emerging as seeds for the next year?

- **Create a general “campaign” for each of the three months**

Calendar exercise

- Finalize [project or goal] and celebrate achievements.
- Reflect on the year’s lessons in a personal or group ritual.
- Set intentions for the next year’s spiral of expansion.

- **List the practices that will keep you focused and accountable**

Examples

- What can make holiday celebrations feel easier this year? (Hint: it has something to do with what you say Yes to, and what you say No to.)
- Be a power time-blocker in this season, thinking through each of your commitments and what it’s really going to take.
- **Order your planners for 2026!**

- **End-of Quarter Reflection**

Planner exercise

- Take an account of what’s expiring and what’s emerging at this point in the year. What needs your support now? What can you let go of?
- Celebrate your wins and your growth in this quarter, with deep appreciation.
- **Start your Look-Back 2025 process!**

Have a great year!



Plan to *Lead Like a Futurist* in 2025

Training for the 3 Domains of Leadership

I. Leading **Self** | Reinvention & Purpose

These two fluencies will make a follower out of you! Once you learn to follow the natural cycles of change in yourself, you can lead it for others. Explore personal transformation and purpose at this in-person event in Minneapolis this June or July (dates TBD).

[USE LINKTREE SHOP TO LEARN MORE AND APPLY FOR PROGRAMS](#)

II. Leading **Strategy** | Foresight & Innovation

Leading Strategy: Learn foresight methods that help you anticipate opportunities and innovation to fulfill them, in this hands-on, project-based training.

Mapping Opportunities with Foresight

Track signals that are critical to the future of your business, so you know where to place your bets.

FEB 5 - MAR 12

Fulfilling the Future Through Innovation

Transform insights into a now-to-future portfolio with a method is rigorous, flexible, and scalable.

APR 16 - MAY 20

III. Leading **Culture** | Belonging & Wisdom

Aligned to a future vision, you guide others with humility, the courage to do the right thing, and the kind of deep consideration that earns trust.

Unlocking Growth with Belonging

Belonging is the engine of individual development and the glue of complex systems. Bringing order to chaos, it is the deepest gift we have to offer.

SEP 10 - OCT 10

Deepening the Well of Wisdom

Wisdom is our ballast in the storm, our greatest potential, and our highest priority. Cultivate humility, discernment, and moral grounding.

NOV 5 - DEC 10



Find the full story at [LEADLIKEAFUTURIST.COM](https://leadlikeafuturist.com)