

Preparing for 2024

WHAT IS THE 12 WEEK YEAR?

The 12 Week Year is a methodology created by Brian Moran. This system introduces a new way to think about and plan your "year". It helps individuals consider how to reach their goals in a realistic way by focusing them into smaller, more urgent, periods of time. While mapping your future, this sheet will help you visualize your 5 year, 3 year, 1 year, and first 12 week year goals! Make sure to analyze what your true aspirations are over the next 5 years, and let this system help you reach them with urgency and execute them with focus!

YOUR FIRST 12 WEEK PLAN

What is your overall goal?				
Actions to help you reach your goal	Due On	Start Date	End Date	Completed