



Time To Thrive

in '25

Planner & Journal

Your Year of Growth, Joy, & Balance

beingofmind.com



Being of mind

NOURISH YOUR MIND, CHART YOUR GROWTH



Hello,

2025 is brimming with possibilities, and this is your space to dream big, set meaningful goals, and capture all the moments—big, small, and everything in between—that make life beautiful. Whether you're here to cultivate gratitude, embrace new habits, or simply carve out a little me-time in your busy day, this journal is designed to meet you exactly where you are.

Inside, you'll find prompts, tools, and inspiration to help you stay connected to your intentions and thrive in '25!

Take a deep breath, grab your favorite pen, and let's dive in. The pages ahead are ready to hold your hopes, dreams, and every step of your journey.

Here's to a year of thriving, growing, and living your best life. Let's make 2025 unforgettable!

With love and gratitude,

Tasmin

Your Journaling Coach

2025 calendar

JANUARY

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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JULY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

M	T	W	T	F	S	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

YOUR VISION *for 2025*

Top 3 things I am most looking forward to this year:

1

2

3

Words that describe how I want
to feel this year:

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One habit I want to create
this year:

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A big dream I want to bring to
life in 2025 is:

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Ways I want to take care of
myself & others this year:

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MY 2025 *Mantra*

Use this page to create your own personal mantra.
A mantra will help you to be your best self.

Think of a quote, aspiration, desire,
or message that you would
like to tell yourself that makes you
feel the most confident, self-
assured, and strong.

Add a word to it that makes
it feel personal to you.
Condense it into one word,
phrase or sentence.

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My New Mantra:

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Practice saying it to yourself every day,
maybe you could add it to your
daily journaling routine!



2025

Vision board

HEALTH

CAREER

WEALTH

TRAVEL

FAMILY

LIFESTYLE

HOBBIES

KNOWLEDGE

LOVE

GOALS & DREAMS *Planner*

MONTH:
YEAR:

My Top Three Goals This Month

1

2

3

Goal Time Frames:

Make it happen

STEP 1

STEP 2

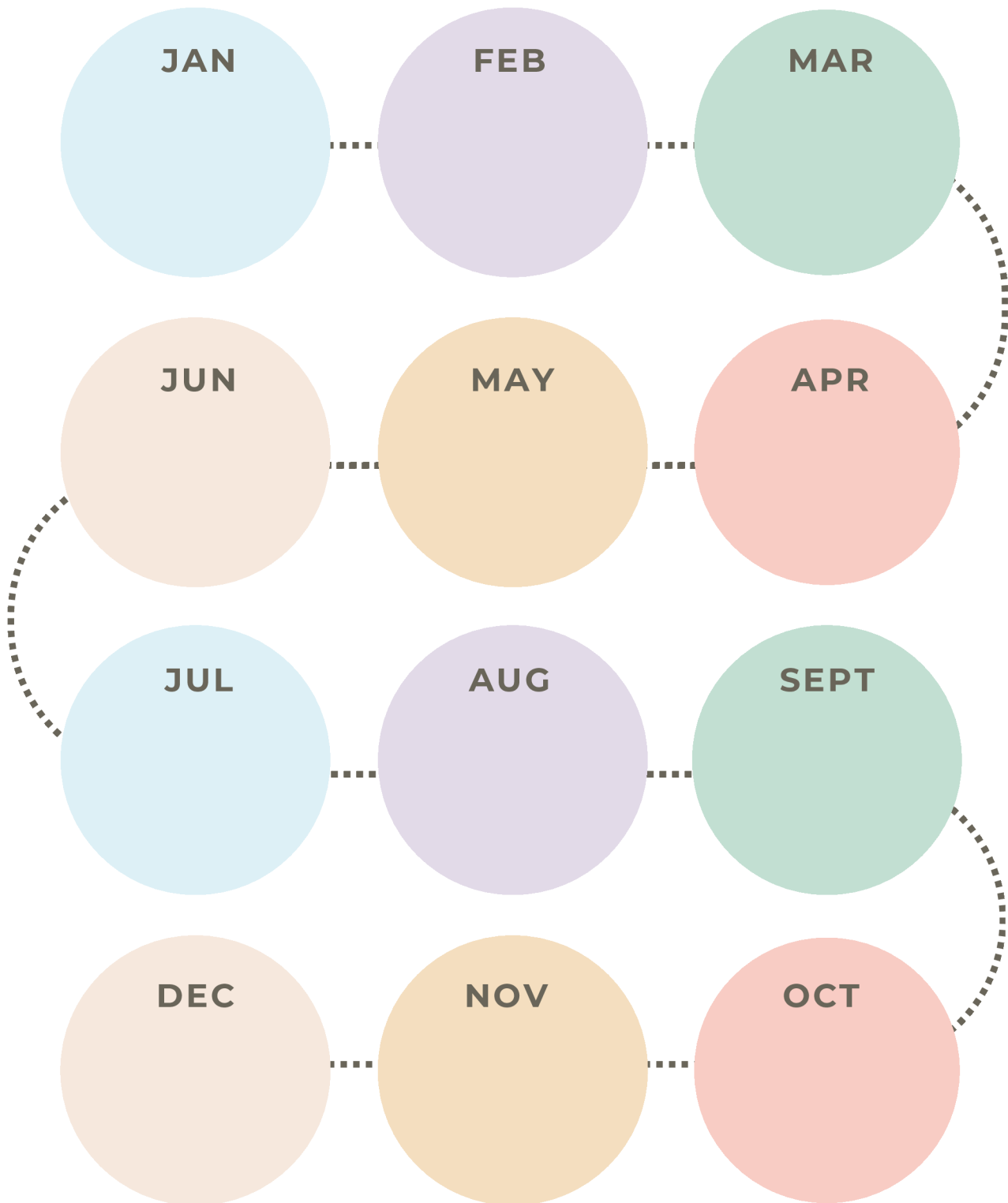
STEP 3

STEP 4

STEP 5

TURN INTENTIONS

into Actions



PRIORITIES *Planner*

WEEK:

MONTH:

Use this worksheet to list all of the things you need to do this week and rank them 1-4 (1 Must be done, 4 not that important)

THINGS TO DO THIS WEEK	RANK 1-4

MY NEW *Priorities*

WEEK:
MONTH:

Now reorganize your priorities based on their ranking!
Focus your energy on the things in boxes 1 & 2

1. *Must Do*



2. *Should Do*

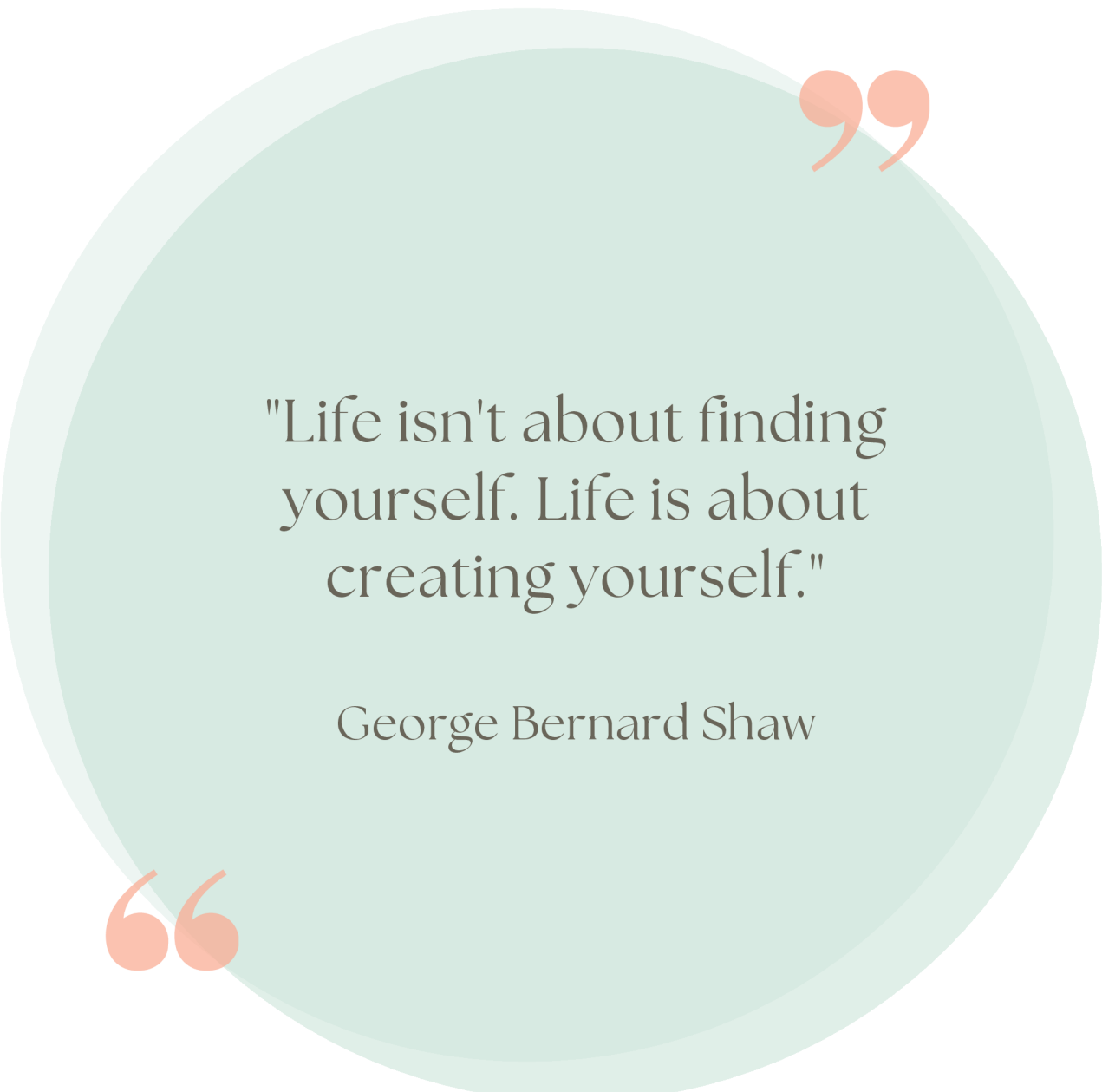


3. *Could Do*



4. *Won't Do*





"Life isn't about finding
yourself. Life is about
creating yourself."

George Bernard Shaw

WEEKLY WELLBEING

Tracker

DATE: _____

MORNING MINDSET

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐

EXERCISE

☐	☐	☐	☐	☐	☐	☐
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JOURNALING

☐	☐	☐	☐	☐	☐	☐
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MEDITATION

☐	☐	☐	☐	☐	☐	☐
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SELF CARE

☐	☐	☐	☐	☐	☐	☐
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SLEEP ROUTINE

☐	☐	☐	☐	☐	☐	☐
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Notes:



How I Felt This Week:

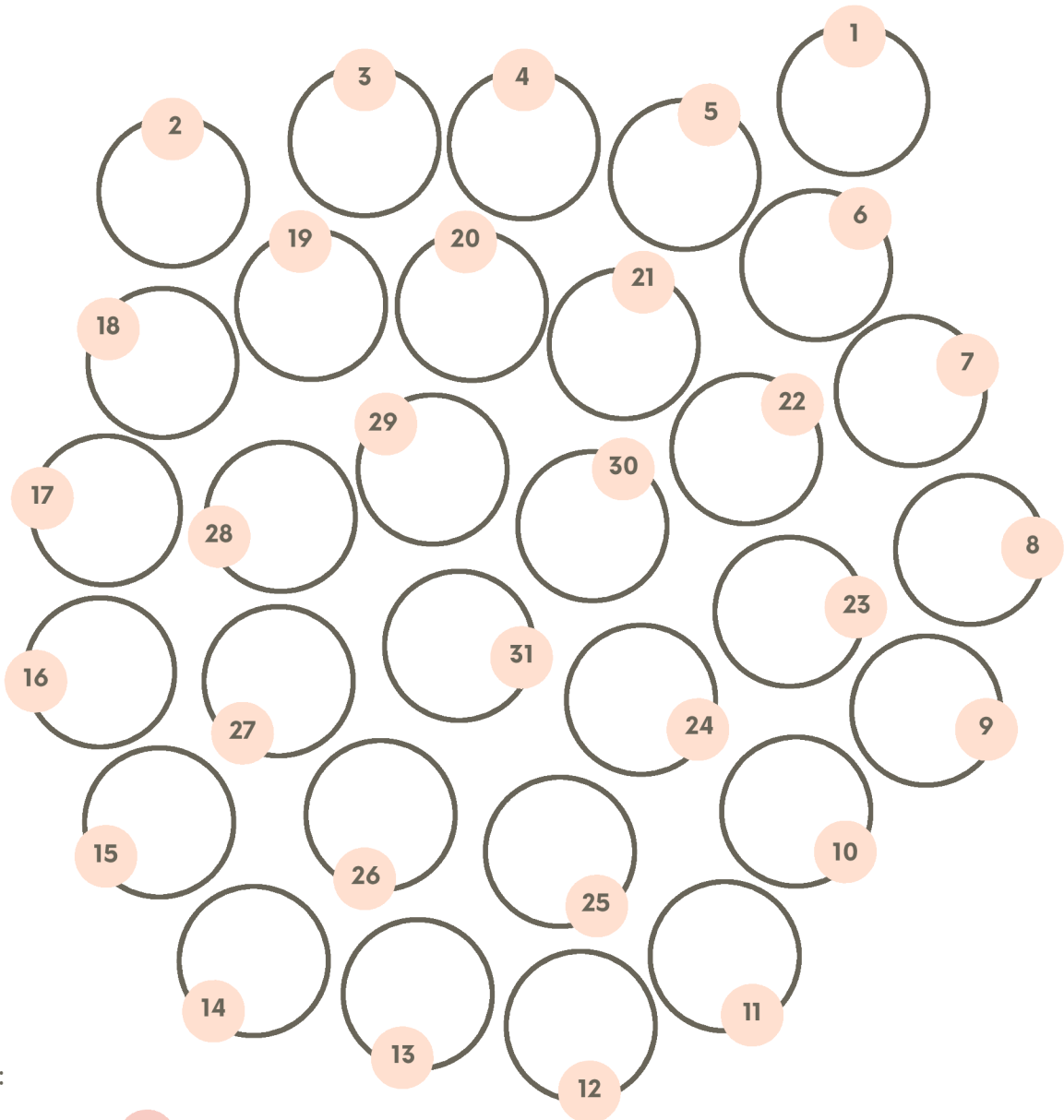
☐	☐	☐	☐	☐	☐	☐

Average Water Intake:

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Mood Tracker

Use the key below to color in how you feel each day.



Key:



Happy



Tired



Sad



Stressed

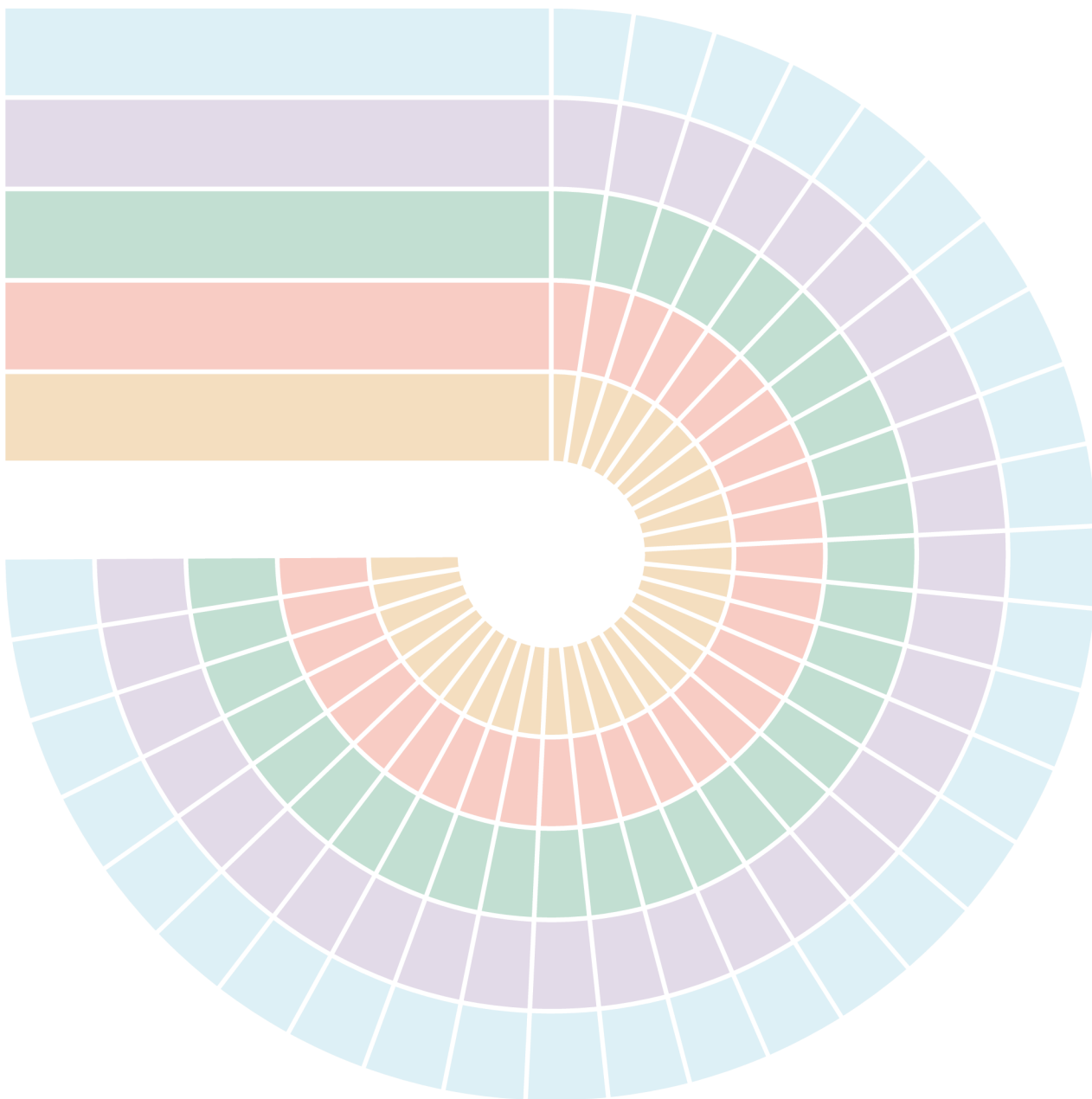


Calm

HABIT *Tracker*

MONTH: _____

HABITS



SELF CARE *Checklist*

BASIC	M	T	W	T	F	S	S
Adequate Sleep	☐	☐	☐	☐	☐	☐	☐
Healthy Nutrition	☐	☐	☐	☐	☐	☐	☐
Physical Activity	☐	☐	☐	☐	☐	☐	☐
Skincare Routine	☐	☐	☐	☐	☐	☐	☐

EMOTIONAL	M	T	W	T	F	S	S
Journaling	☐	☐	☐	☐	☐	☐	☐
Boundaries	☐	☐	☐	☐	☐	☐	☐
Mindfulness Practices	☐	☐	☐	☐	☐	☐	☐
Social Connection	☐	☐	☐	☐	☐	☐	☐

SELF IMPROVEMENT	M	T	W	T	F	S	S
Goal Setting	☐	☐	☐	☐	☐	☐	☐
Skill Development	☐	☐	☐	☐	☐	☐	☐
Reflection/ Feedback	☐	☐	☐	☐	☐	☐	☐
Time Management	☐	☐	☐	☐	☐	☐	☐

A WEEK OF *Positivity*

Record 3 positive things each day this week:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GRATEFUL *Moments*

in

What were you most grateful for this month?

MID-YEAR *Reflection*

Reflect & Realign

Top 5 Accomplishments

-
-
-
-
-

What Am I Going Well?

Achievements So Far

Biggest Lessons

Grateful For

Challenges to overcome in the next 6 months?

What I Want To Improve

YEAR END

Reflect & Realign

Reflection

My Biggest Lessons From 2025

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-
-
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-

Proudest Moment

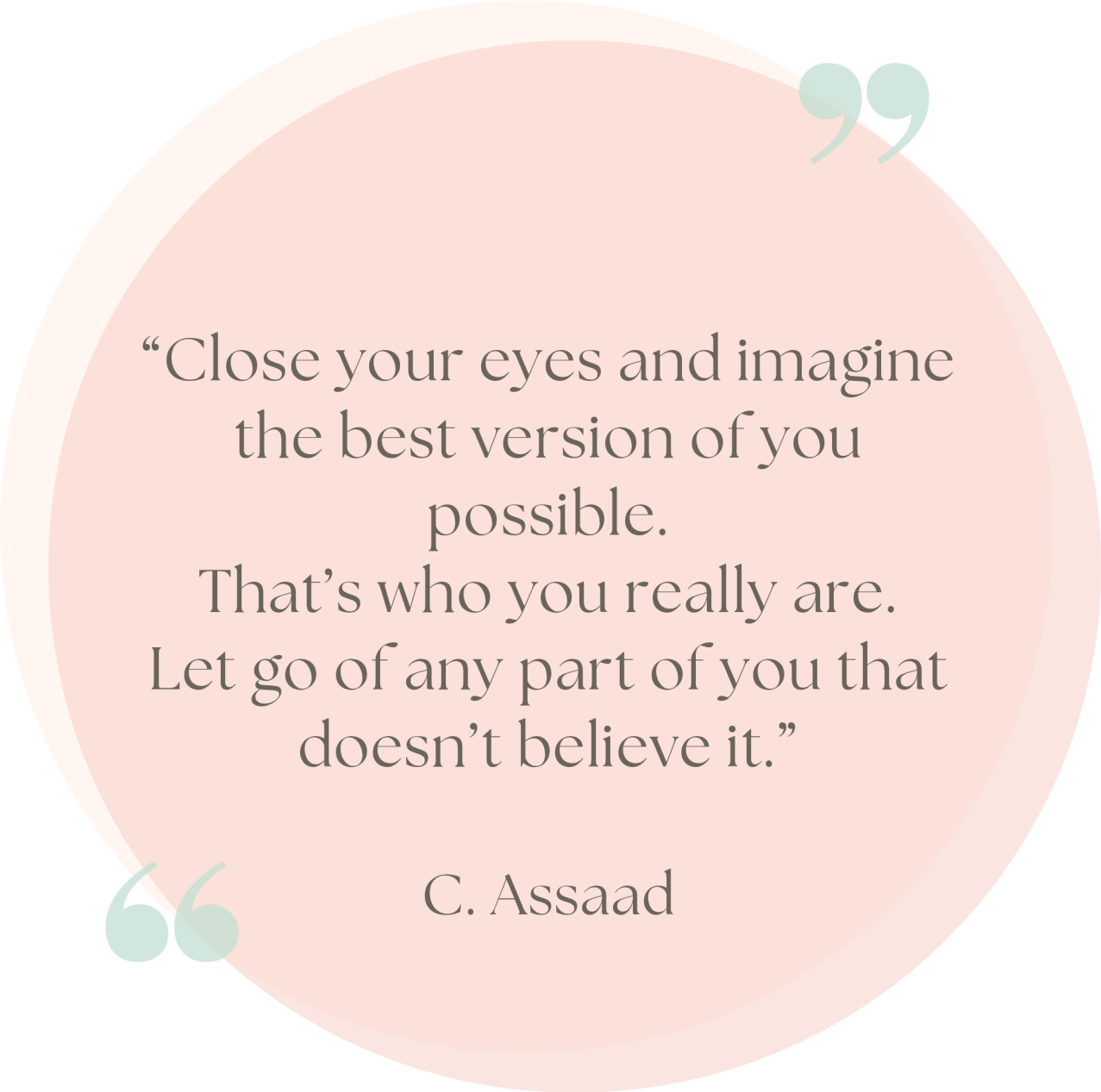
Happiest Memory

Greatest Achievement

Intentions for 2026

Challenges I Overcame

How Did I Grow Emotionally, Mentally, or Spiritually?



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“Close your eyes and imagine
the best version of you
possible.

That’s who you really are.
Let go of any part of you that
doesn’t believe it.”

“

C. Assaad

JOURNALING *Prompts*

What are three accomplishments that I am proud of recently?

What are three goals I want to achieve in the next six months?

What challenges did I encounter recently, how did I overcome them?

What positive self-talk can I use to boost my confidence and motivation?

What are my core values?

What are my key strengths, and how can I use them to enhance my life?

how can I improve my self-care routine?

How did I practice mindfulness today, and what insights did I gain through self-reflection?

What new skills have I acquired recently?

JOURNALING *Prompts*

What are my strengths?

What do I hope to improve on?

Who gives me comfort?

How can I work on being calm?

What do I love about myself?

What brings me the most joy in life?

Am I patient with myself?

Where do I see myself 10 years from now?

What is my favorite memory?

POSITIVE *Affirmations*

01. I am doing fine and getting better every day.
02. I am loved and worthy.
03. I am optimistic because today is a new day.
04. I am valued and helpful.
05. I do all things in love.
06. I am safe and surrounded by love and support.
07. I am peaceful and whole.
08. I am responsible for myself.

DAILY GRATITUDE *Journal*

Date: / /

3 things I'm grateful for today...

-
-
-

A highlight from my day...

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Daily positive affirmation...

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"Happiness is a habit."



MORNING THOUGHTS



DATE: / /

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EVENING THOUGHTS

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MORNING THOUGHTS



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EVENING THOUGHTS

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EVENING THOUGHTS

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END OF WEEK *Reflections*

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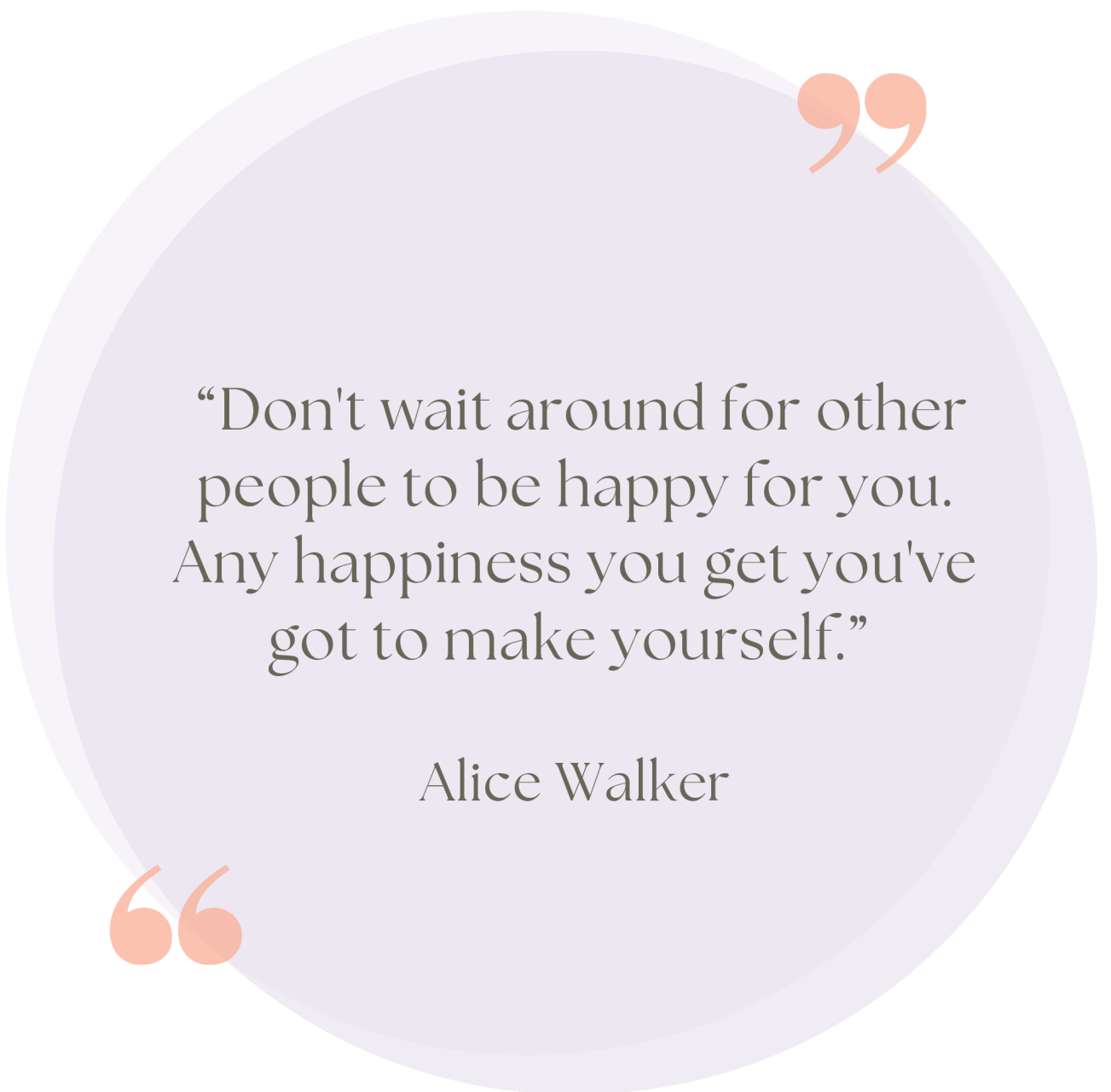
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THINGS I ACHIEVED THIS WEEK:

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GOALS & PLANS FOR NEXT WEEK

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-
-
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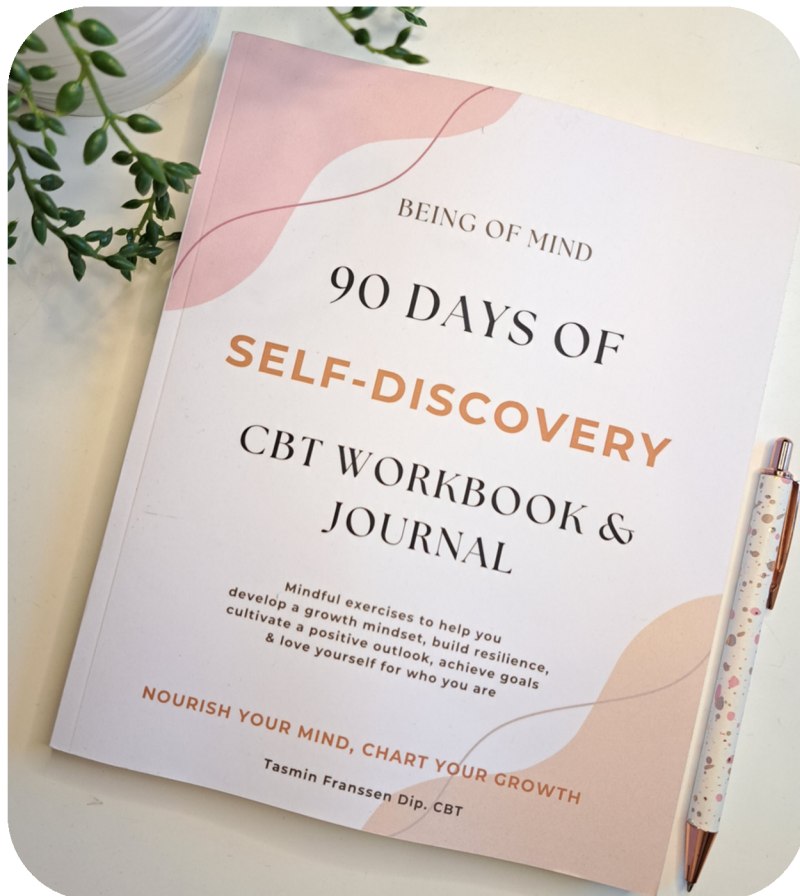
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“Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.”

Alice Walker

“

Thank you



I really hope
Time to Thrive in '25
inspires you to grow into
the best version of yourself,
so you can embrace every
moment and live your
absolute best life.

I have created
other tools & journals to
help with different areas,
you can find them on my
website



beingofmind.com

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