

WHAT DOES 2024 LOOK LIKE FOR YOU?
PUT ANYTHING THAT COMES
TO YOUR MIND HERE:

BIRD'S EYE VIEW: WHAT IS SUCCESS?

Things to ask yourself or ponder:

- What do I admire about the movers I follow or learn from?
- What makes someone a "good" pole dancer?
- Is this where am I focusing my energy?
- What is pulling me away from my goals?
- What can I deprioritize?
- What would feel SO fulfilling to accomplish?
- How can I support myself In accomplishing this?

CELEBRATE! WHAT I EXCELLED AT THIS YEAR:

TOP GOALS FOR NEXT YEAR:

IDEAS: attend two classes a week, work on ayesha, improve floorwork, perform twice, schedule a private with my fave pole star

WAYS I CAN SUPPORT MY GOALS

IDEAS: Stretch twice a week, get an accountability buddy, take a new class/program, see a physio regularly, go to bed early

YEARLY POLE Reflections

MEASURE SUCCESS:

Take your overall goals and break them up into measurable, achievable, pieces that you can measure throughout the year; or areas of focus throughout the year.

WINTER

SPRING

SUMMER

FALL

HOW DO I WANT TO FEEL ABOUT MY MOVEMENT IN DECEMBER 2024:

PEOPLE I WANT TO TRAIN WITH:

SANITY CHECK:

Things to ask yourself or ponder:

- Does this plan excite me?
- Is this plan realistic for my non-pole life?
- Any other considerations?

HOW WILL I CELEBRATE MY ACCOMPLISHMENTS THROUGHOUT THE YEAR?

MONTHLY TRAINING

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SANITY CHECK:

Things to ask yourself or ponder:

- Do I have a rest day?
- Is this plan realistic for my non-pole life?
- Does this align with my year-long goals?

BRAIN DUMP IDEAS HERE:

Any idea you like - don't censor your creativity:

