



Your What If Worksheet!

Print it out and start your plan!



Ready for your own What If Year?

Use this worksheet to start planning for more joy in your life.

1. If you had unlimited time and resources for three months, what would you do? It could be something you already enjoy doing, like a hobby, or something you've always wanted to learn how to do. Maybe it's a totally different career path. Start by listing everything you can think of (we'll narrow it down).

2. From the list above, pick the three that call to you the most.

3. Now, narrow the list to just one activity. Write it down here.

Turn the page!

Putting your What If into action:

1. Select a month where you think you could devote time to your What If. You don't have to leave your job! Start by carving out 5 hours each week to your What If.

JAN FEBRUARY MARCH APRIL MAY JUNE
JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

YEAR: _____

2. What are three action steps you can take to get yourself started? If your What If is a new skill, can you join a local class? If it's a new job, can you set up informational interviews with people who already hold your dream position? Write them down here.

3. What do you need to achieve this goal? Someone to watch the kids for an hour each evening? A certain tool or piece of equipment? Write down what you need most, and don't be afraid to ask for help.

Let your What If Year begin!