

[An Alternative to Resolutions]

2022 Monthly Themes

This workbook will guide you through a process to infuse some intentionality into your year.

1. Assign each month a quality

To choose qualities, you can go with whatever pops into your head or do an internet search for lists of personal values and start from there.

If it is helpful, here are eight qualities that have been pre-chosen, leaving only four for you to come up with. January = curiosity; February = rest; April = vision; May = authenticity; July = levity; August = intuition; October = reputation; November = agility

Fill in the following table with the qualities you'll be focusing on.

January	February	March	April
May	June	July	August
September	October	November	December

Don't worry about which form of the word you've chosen (the noun vs the verb, etc.) As you play with qualities each month, feel free to use different forms of each word as it makes sense. For example, "rest" might turn into restful, resting, rest-filled, or rested.

2. Engage with each quality during its month

At the beginning of each month, you'll explore your current and past relationship to the quality. During your daily work and life, you'll start to notice when the month's quality comes up. Either its presence or absence. In you or in others. How it applies in challenging situations. At the end of the month, you'll reflect on what you learned or noticed.

3. Look back each quarter

It can be nice to take a look back at the last quarter's qualities. Explore how they relate to one another, complement each other, contradict each other, etc.

January is the month of _____

Beginning of January

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

Weekly Reflections

Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

You can also play with invoking it when you are stuck or in a challenging situation. For example, you might ask yourself “how would the most [quality] person in the world approach this task/conversation/issue/etc.?” or “my touchstone for the month is [quality], how might I apply that here?”

Some people like to phrase qualities as affirmations like “I am [quality]” or “[quality] is abundant in my life when I remember to look for it.

Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of January

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

February is the month of _____

Beginning of February

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

Weekly Reflections

Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

You can also play with invoking it when you are stuck or in a challenging situation. For example, you might ask yourself “how would the most [quality] person in the world approach this task/conversation/issue/etc.?” or “my touchstone for the month is [quality], how might I apply that here?”

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of February

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

March is the month of _____

Beginning of March

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

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Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of March

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

1st Quarter Look Back

How do the first three month's qualities relate to one another? Do they complement or contradict each other in your life?

What was your experience like with using the qualities in the first quarter?

Is there anything you'd like to try differently as you approach the next quarter?

Other thoughts:

April is the month of _____

Beginning of April

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

Weekly Reflections

Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

You can also play with invoking it when you are stuck or in a challenging situation. For example, you might ask yourself “how would the most [quality] person in the world approach this task/conversation/issue/etc.?” or “my touchstone for the month is [quality], how might I apply that here?”

Some people like to phrase qualities as affirmations like “I am [quality]” or “[quality] is abundant in my life when I remember to look for it.

Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of April

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

May is the month of _____

Beginning of May

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

Weekly Reflections

Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

You can also play with invoking it when you are stuck or in a challenging situation. For example, you might ask yourself “how would the most [quality] person in the world approach this task/conversation/issue/etc.?” or “my touchstone for the month is [quality], how might I apply that here?”

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of May

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

June is the month of _____

Beginning of June

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

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Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

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Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of June

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

2nd Quarter Look Back

How do the last three month's qualities relate to one another? Do they complement or contradict each other in your life?

What was your experience like with using the qualities in this quarter?

Is there anything you'd like to try differently as you approach the next quarter?

Other thoughts:

July is the month of _____

Beginning of July

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

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Notice when [quality] comes up. Either its presence or absence. In you or in others. Take a few moments to reflect at the end of each week.

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of July

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

August is the month of _____

Beginning of August

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

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You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of August

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

September is the month of _____

Beginning of September

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of September

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

3rd Quarter Look Back

How do the last three month's qualities relate to one another? Do they complement or contradict each other in your life?

What was your experience like with using the qualities in this quarter?

Is there anything you'd like to try differently as you approach the next quarter?

Other thoughts:

October is the month of _____

Beginning of October

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

Weekly Reflections

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Some people like to phrase qualities as affirmations like “I am [quality]” or “[quality] is abundant in my life when I remember to look for it.

Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of October

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

November is the month of _____

Beginning of November

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of November

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

December is the month of _____

Beginning of December

Take some time to explore your current and past relationship to the quality.

How do you personally define [quality]? What does it mean to you?

What associations or memories do you have with [quality]? What is the mix of positive to neutral to negative?

How often do you use [quality] as a word when speaking or writing? Why do you think that is?

On a scale of 0 to 5, where zero is “none” and 5 is “way too much”, how much [quality] do you have in your life? Is the answer different in your professional versus personal life?

If you had more of [quality] in your life, what would that mean for you? What about if you had less of it?

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Be open to how [quality] may show up during the month, especially as your attention/intention is on it.

You get to decide when a “week” starts and ends and how to treat workweeks that span multiple months.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

End of December

How has your relationship to [quality] shifted during the month? Or if it didn't shift, what are your thoughts on that?

What from this exploration of [quality] do you want to take forward with you?

4th Quarter Look Back

How do the last three month's qualities relate to one another? Do they complement or contradict each other in your life?

What was your experience like with using the qualities in this quarter?

Is there anything you'd like to try differently as you approach the next quarter?

Other thoughts:

2022 in Review

What was this experience like for you?

What did you learn about yourself?

Which was your favorite quality? Least favorite? Why?

Reach out with questions or feedback at: <https://beburnoutproof.com/Connect.html>

