

The Inside Stylists
FULL EDITION
2023
PLANNER

ACHIEVE YOUR WORK AND LIFE GOALS



What does success look like to you?

We all have our own idea of what success looks like and knowing where you're headed in relation to your work may seem like a daunting decision right now. Sometimes it's easy to write a list of goals, but not actually set a plan on how to accomplish them. The easy part is talking about a goal ...the hard work begins when you take the steps and actually DO them.

Success comes when you stick to a plan, and take a course of action that will get you the outcome you desire.

And that's what this planner is all about - setting and achieving BIG goals.

This Action Planner will provide you with encouragement, direction, and a framework to stay consistent...from start to finish.

If you want to Dream BIG, you have to Do BIG.

So, let's Do it...together

Reviewing 2022

It's time to recap

If you're anything like me you want to dive straight into the big 2023 goal planning but I urge you to pause, take a breath, and spend a bit of time reviewing your 2022. You may not want to look back at the trials and tribulations but it's sooo beneficial to do so. It reminds you how much you've grown since this time last year- and you have.

It doesn't have to take long. Simply look at each month in turn, write down everything you did, events you went to, work attained, Zoom meet-ups, family events, and projects completed. I'd put money on you being reminded of wins that you had forgotten about.

Write it all down here



2022 Discovery

It's all about you.

When we stop to think about what we've enjoyed - or not enjoyed, about last year we can plan to make better decisions in the future.

Answer these questions to move your 2023 forwards

What one thing would you do differently and why?

What was one of the biggest, positive surprises you experienced this year?

What event/trip/evening did you enjoy most and how can you do more of that?

What achievement are you most proud of from this year?

What was a goal for the year that you kept up till December?

What did you try that didn't work out, but the process moved you forward?

What was the highlight of your year?

What did you discover that you loved?

Reviewing work

What did you work on this year?

Think about all you achieved in your work life last year. Did you make new contacts, work with new brands, take on new areas of work? Think about what you achieved.

What were my biggest wins?

What was the biggest lesson I learnt?

What's a skill I have gained confidence in this year?

What did I ask for help with this year where I'm glad I did?

What was the biggest work I completed?

What was the best decision I made?

Who did I enjoy working with most & why?

Did I do anything for the first time?

Questions about work

Working this year

What moved your career forwards this year? Where did you hold yourself back?

What was your most successful piece of work this year and why?

What did you not accomplish in work this year and why?

What were your three biggest challenges and how did you overcome them?

What have you learnt about yourself this year from your work?

Reviewing 2022: Routines

What did you put in place in 2022?

Having routines in place, whether they're personal or work-related are the cornerstones of success. How did you use routines in 2022 and how can they be improved in 2023?

What was a new habit or routine you did this year that has improved your efficiency?

Describe your morning / evening routine that made life flow easier this year

What did you face head-on this year, ie. you finally dealt with your finances or had a difficult conversation with a colleague, client or friend?

What little thing did you enjoy most in your everyday life? What simple pleasures?

Personal goals

Let's get happy

It's easy to make plans and set goals for work but personal goals are much easier to put to one side and think about "later". But remember, if your personal goals are getting ticked off then the work ones will automatically follow.

Here are seven questions about your personal life from 2022

1. What are you most grateful for?
2. Which three people did you enjoy spending the most time with? IRL or virtually.
3. Which three people did you not enjoy spending time with?
4. Which three people influenced you the most in 2021?
5. What purchase turned out to be the best decision ever and why?
6. What had the biggest positive impact on your life this year?
7. What experience would you like to do all over again?

Remembering the best bits of 2022

Memories

What made you happiest this year? What events, time with family or friends, or day trips created the best memories? Describe those events in detail here.



The 2023 SUCCESS PLANNER

How to achieve your work and life goals

2023

This is what I want my next year to be all about

Just the act of writing down goals - in pen, slowly so your brain can take it all in, will increase the success of achieving them. With that in mind, this is the time to really add details about what YOU want to achieve in the coming year. Add your bucket list items, think big and don't worry too much about the how - just get it all down on paper.

Making 2023 your best year yet!

It's goal time

What are the most important things you want to achieve in the coming year?
Write them down here.

What's your number one goal
for 2023

What do you want to do differently this
year

What skills do you want to achieve

What do you want to earn in 2023?

What do you want to achieve in your
career this year

Which personal quality do you want
to develop or strengthen

What are your health goals for 2023

How would you like to relax this year

Dream big for 2023

What are your biggest goals for the coming year

Imagine it's December 2023. Write down what your ideal year would look like if everything went to plan. Dream big here, don't hold back for a second. Having the vision for what you want your year to look like is a game changer.



Planning for a successful 2023

Three things I will do next year...

Three things I want to achieve most...

- 1.
- 2.
- 3.

Three things I will let go of to move forwards

- 1.
- 2.
- 3.

Three things I will be brave about this year...

- 1.
- 2.
- 3.

Three things I will no longer procrastinate about ...

- 1.
- 2.
- 3.

Three things I will say no to...

- 1.
- 2.
- 3.

Your word for 2023

Words to live by.

Choosing one word as a focus for the year is a practice that's been around for a while now and it really helps to achieve your personal, work, health and happiness goals when used as a focus for the decisions you make. The word you chose should encompass everything you're aiming for in 2023. It's about whom you want to be and how you want to live your life.

Once you've chosen your word write it down and put it where you'll see it - in your diary, at the top of your to-do list, printed off and stuck to your office wall.

Here are some examples but you can use any one word that suits your goals.

Optimism, Embrace, Courage, Different, Ignite,
Integrity, Balance, Shine, Write,, Believe, Trust,
Create, Truth, Mindfulness, community, Pause,
Listen, Imagine, Breathe, Empower, Determined,
Diligence, Present, Relentless, Joy, Discover,
Change, Momentum, Push, Growth, Rebuilding,
Minimize, Organize, Brave, Live, Connect,
Direction, Ambition, Together, Be, Persistence,
Appreciate, Awake, Routine, Sacrifice, Learn,
Action, Invest, Curious, Choice, Enjoy, Silence,
Generous, Open, Adventure
Opportunity, Enjoy, Silence, Generous,
Adventure, Finish, New,
Awake, Forward, Resolve, Unstoppable,
Transition, More, Confidence, No, Progress, Grace,
Focus,, Relax, Purpose, Simplify, positivity,
Transformation, Risk, Reflection,

Work goals- The Who

Who do you want to work with in 2023?

There are always brands, magazines and photographers/stylists that we dream of working with. This is the year to get a plan in place and make it happen. Fill out this page, print it off and put it up where you will regularly see it and take action throughout the year.

List three brands/people you want to work with this year

ONE

Brand:

PR Contact:

In-House contact:

Instagram handle: @

TWO

Brand:

PR Contact:

In-House contact:

Instagram handle: @

THREE

Brand:

PR Contact:

In-House contact:

Instagram handle: @

List the actions you will take to make contact with your chosen brands / people and how you can work with them. Be inventive.

- 1.
- 2.
- 3.
- 4.
- 5.

Work goals- The What

What are your big work goals for 2023?

What big, hairy, audacious goals do you have for work this year? Do you want to do more spec shoots, write a book, work on your website, get up to 10,000 followers on Instagram? Whatever it is write it down here and make a plan.

What is your goal:

List what actions you need to take to make it happen

-
-
-
-
-

Date you will complete this by:

What is your goal:

List what actions you need to take to make it happen

-
-
-
-
-

Date you will complete this by:

Work goals- The What

What is your goal:

List what actions you need to take to make it happen

-
-
-
-
-

Date you will complete this by:

What is your goal:

List what actions you need to take to make it happen

-
-
-
-
-

Date you will complete this by:

Your 2023 Summary

My word for the year ahead

My biggest personal goal for the year

My biggest work goal for the year

Financial goal for the year

My biggest health goal for the year

Today's date

—/—/—

Inside Stylists 2023 Accountability calls

Are you ready to win your year?

One of the easiest ways to REALLY achieve your goals is to have accountability for them and that's why we're starting the year off right with four weeks of member-only accountability calls.

How it works

Each week we'll get together via Zoom and set our sights on one specific goal to attack. We'll then plan out how to achieve it - step by step. Every week we'll check in and see how you've progressed.

Who's it for

Just us and by that I mean the interior stylist, writer, assistant, and photographer members of Inside Stylists.

This will be a closed and private call just for those who sign up. What's said on the calls stays on the calls. A bit like Fight club.

When

The calls will be at 10am every Monday for four weeks starting on Monday 16th January and will last one hour.

The call are on

- Monday 16th January
- Monday 23rd January
- Monday 30th January
- Monday 6th February

I can't make it live!

No problem. The calls will be recorded and shared only with those who have signed up.



[Sign up here](#)

Well done for completing your planner

You're all set to succeed in 2023

Making the most of this planner

Now you've got a clear understanding of what 2022 was all about for you and exactly what you want to achieve in 2023 you can take some further steps to achieve greatness this coming year.

Here are some easy ways to stay on track once the buzz of the new year is a distant memory.

- **The Inside Stylists 2023 Accountability calls** - I'm a firm believer in having accountability in order to achieve your goals so finding someone to share your goals with - and check you're making progress to achieving them is essential. That's why this year I am doing Accountability calls for four weeks starting 16th January. [Check out how as a member you can join them here](#)
- Find a friend to check in with throughout the year. Someone in your field will be really beneficial as can support and advise each other
- Keep this planner where you can see it and reflect on it regularly, whether that's every month or every quarter. Set a reminder in your diary to re-read your goals and ambitions.
- Writing your biggest goals down daily will keep them at the forefront of your mind and you'll automatically make decisions to move towards achieving them. Journalling is a great way to do this
- Remember - achieving goals is a marathon, not a sprint

Wishing you an amazingly
successful 2023

The 2023
SUCCESS PLANNER
How to achieve your work and life goals

Your 2023 Printables

The 2023
SUCCESS PLANNER
How to chieve your work and life goals

DAILY PLANNER

DATE:

(S) (M) (T) (W) (T) (F) (S)

WATER INTAKE:



TODAY'S APPOINTMENT:

TIME:

EVENT:

TODAY'S GOALS



REMINDER TO:



TO CALL OR EMAIL:

THINGS TO GET DONE TODAY:

EXERCISE:



TOTAL MINUTES:

TOTAL STEPS:

FOR TOMORROW:

TODAY I AM GRATEFUL FOR:

NOTES:

DAILY PLANNER

S M T W T F S

Date:

SCHEDULE

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

GOALS

REMINDERS

NOTES

WEEKLY PLANNER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

SOCIAL MEDIA TRACKER

MONTH

PAGE VIEWS

FOLLOWERS

FOLLOWING

<i>JANUARY</i>			
<i>FEBRUARY</i>			
<i>MARCH</i>			
<i>APRIL</i>			
<i>MAY</i>			
<i>JUNE</i>			
<i>JULY</i>			
<i>AUGUST</i>			
<i>SEPTEMBER</i>			
<i>OCTOBER</i>			
<i>NOVEMBER</i>			
<i>DECEMBER</i>			

Inside Stylists

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