MY 1-6-4 YEAR PLAN

1 Misogi. 6 smaller goals or adventures. 4 quarterly habits.

YEAR **NAME**

1 / MY MISOGI

THE CHALLENGE / What does finishing look like?

FINISH BY **WHY THIS MATTERS TO ME**

6 / SMALLER GOALS OR ADVENTURES

WHEN		GOAL OR EXPERIENCE	DATE
1	JAN - FEB		
2	MAR - APR		
3	MAY - JUN		
4	JUL - AUG		
5	SEP - OCT		
6	NOV - DEC		

4 / QUARTERLY HABITS

Start one new habit each quarter. Keep the habits that help.

QUARTER		HABIT	WHEN / HOW OFTEN
Q1	JAN - MAR		
Q2	APR - JUN		
Q3	JUL - SEP		
Q4	OCT - DEC		

MY FIRST ACTION THIS WEEK **WEEKLY REVIEW DAY / TIME**

Starting later? Use the periods above as your next six blocks and four quarters.

MY NEXT QUARTER

Repeat this sheet each quarter. Plan the work, then review it weekly.

QUARTER / YEAR | **FROM** | **TO**

MISOGI PREPARATION

WHAT I WANT TO COMPLETE THIS QUARTER

STEP	PREPARATION MILESTONE	BY WHEN
1		
2		
3		

TIME / COSTS / SUPPORT TO ARRANGE

THIS QUARTER'S HABIT

THE HABIT

CUE / WHEN / HOW OFTEN | **SMALLER VERSION FOR BUSY DAYS**

IF I MISS IT, MY NEXT CHANCE IS...

WEEKLY CHECK-IN

Record progress. Choose one next action and schedule it.

WEEK	PROGRESS / NEXT ACTION	DATE
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		
11		
12		
13		

QUARTER REVIEW / What will I keep or change?