

# *Time to Shine*

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*"The future belongs to those who believe in the beauty  
of their dreams." — Eleanor Roosevelt*



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# *Get Ready*

*"The soul becomes dyed with the color of its thoughts."*

*— Marcus Aurelius*





# *Dear Reader,*

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CONGRATULATIONS ON TAKING THE FIRST STEP TOWARDS CREATING A LIFE FILLED WITH PURPOSE AND FULFILLMENT. BY PURCHASING THIS PERSONAL JOURNAL, YOU HAVE MADE A COMMITMENT TO YOURSELF TO PRIORITIZE YOUR VISION, GOALS, AND PERSONAL GROWTH.

IN A WORLD THAT OFTEN FEELS CHAOTIC AND OVERWHELMING, IT CAN BE EASY TO LOSE SIGHT OF ASPIRATIONS AND DREAMS. HOWEVER, BY DEDICATING TIME AND ENERGY TO REFLECT ON WHAT TRULY MATTERS TO YOU, YOU CAN BEGIN TO TAKE INTENTIONAL STEPS TOWARDS CREATING THE LIFE YOU DESIRE.

THIS JOURNAL IS NOT JUST A BLANK NOTEBOOK, BUT A POWERFUL TOOL THAT CAN HELP YOU UNLOCK YOUR FULL POTENTIAL. WITHIN THESE PAGES, YOU WILL FIND THE SPACE TO CREATE YOUR VISION, SET MEANINGFUL GOALS, AND TRACK YOUR PROGRESS TOWARDS ACHIEVING THEM. YOU WILL ALSO HAVE THE OPPORTUNITY TO EXPERIENCE PERSONAL GROWTH WITH HELP OF INSPIRING CHALLENGES, AND TO REFLECT ON THE LESSONS LEARNED ALONG THE WAY.

REMEMBER, THE JOURNEY TOWARDS ACHIEVING YOUR DREAMS AND THE BEST VERSION OF YOURSELF IS NOT ALWAYS EASY, BUT IT IS ALWAYS WORTH IT. IT TAKES COURAGE, PERSEVERANCE, AND A WILLINGNESS TO EMBRACE THE UNKNOWN.

I ENCOURAGE YOU TO USE THIS JOURNAL AS A SOURCE OF INSPIRATION, MOTIVATION, AND ACCOUNTABILITY. LET IT BE A REMINDER OF YOUR INHERENT WORTH AND POTENTIAL, AND A TESTAMENT TO YOUR COMMITMENT TO CREATING A LIFE FILLED WITH PURPOSE, FUN AND MEANING.

THANK YOU FOR EMBARKING ON THIS JOURNEY WITH ME. LET'S MAKE THE MOST OF THIS OPPORTUNITY AND CREATE A LIFE THAT YOU ARE PROUD OF.

WITH GRATITUDE,  
ANASTASIA SCHOTT

# Self-Awareness

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*BEFORE DIVING INTO VISION, HOPES AND DESIRES I WANT TO EMPHASIZE THE IMPORTANCE OF SELF-AWARENESS. SELF-AWARENESS PLAYS A BIG ROLE WHEN IT COMES TO CHANGING BEHAVIOR BECAUSE IT ALLOWS YOU TO RECOGNIZE AND UNDERSTAND YOUR OWN THOUGHTS, EMOTIONS, AND ACTIONS:*

- SELF-AWARENESS HELPS YOU TO IDENTIFY SPECIFIC AREAS OF YOUR BEHAVIOR THAT YOU WANT TO CHANGE. BY BEING AWARE OF YOU OWN ACTIONS AND THEIR IMPACT ON YOURSELF AND OTHERS, YOU CAN PINPOINT PROBLEM AREAS AND FOCUS ON MAKING IMPROVEMENTS.*
- SELF-AWARENESS ENABLES YOU TO RECOGNIZE THE TRIGGERS AND PATTERNS THAT INFLUENCE YOUR BEHAVIOR. BY UNDERSTANDING WHAT LEADS TO CERTAIN BEHAVIORS, YOU CAN DEVELOP STRATEGIES TO AVOID OR MANAGE THOSE TRIGGERS, ULTIMATELY LEADING TO BEHAVIOR CHANGE.*
- WHEN YOU ARE SELF-AWARE, YOU HAVE A CLEARER UNDERSTANDING OF YOUR OWN VALUES, GOALS, AND ASPIRATIONS. THIS SELF-KNOWLEDGE CAN INCREASE MOTIVATION TO CHANGE BEHAVIOR AND HOLD YOURSELF ACCOUNTABLE FOR YOUR ACTIONS.*
- SELF-AWARENESS ALLOWS YOU TO EMPATHIZE WITH OTHERS AND CONSIDER DIFFERENT PERSPECTIVES. THIS CAN BE PARTICULARLY IMPORTANT IN BEHAVIOR CHANGE, AS IT HELPS INDIVIDUALS UNDERSTAND THE IMPACT OF YOUR ACTIONS ON OTHERS AND MOTIVATES YOU TO MAKE POSITIVE CHANGES.*
- SELF-AWARENESS HELPS YOU REGULATE YOUR THOUGHTS, EMOTIONS, AND BEHAVIORS. BY BEING AWARE OF YOUR OWN INTERNAL STATES, YOU CAN BETTER MANAGE IMPULSES, MAKE RATIONAL DECISIONS, AND CHOOSE ALTERNATIVE BEHAVIORS THAT ALIGN WITH YOUR DESIRED GOALS.*

*THIS JOURNAL WILL HELP YOU TO ENHANCE YOUR SELF-AWARENESS BY OFFERING REFLECTIVE QUESTIONS THAT INVOLVES WRITING DOWN THOUGHTS, FEELINGS, AND EXPERIENCES.*

# *SMART Method*

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*BEFORE YOU DIVE INTO THE FIRST EXERCISE, LET ME INTRODUCE THE SMART METHOD. THIS WILL HELP YOU TO FORMULATE YOUR GOALS IN A STRUCTURED AND MEASURABLE WAY.*

*THE **SMART** METHOD IS A FRAMEWORK FOR SETTING GOALS THAT ARE **SPECIFIC**, **MEASURABLE**, **ACHIEVABLE**, **RELEVANT**, AND **TIME-BOUND**. EACH LETTER IN SMART STANDS FOR:*

- *SPECIFIC: YOUR GOAL SHOULD BE CLEAR AND WELL-DEFINED. IT SHOULD ANSWER THE QUESTIONS:*
  - *WHAT DO I WANT TO ACCOMPLISH?*
  - *WHY IS THIS GOAL IMPORTANT?*
- *MEASURABLE: YOUR GOAL SHOULD BE QUANTIFIABLE AND MEASURABLE. IT SHOULD ANSWER THE QUESTIONS:*
  - *HOW MUCH? HOW MANY?*
  - *HOW WILL I KNOW WHEN I'VE ACHIEVED MY GOAL?*
- *ACHIEVABLE: YOUR GOAL SHOULD BE REALISTIC AND ATTAINABLE. IT SHOULD ANSWER THE QUESTION:*
  - *IS THIS GOAL REASONABLE?*
  - *IS THIS GOAL ACHIEVABLE GIVEN MY CURRENT RESOURCES AND CONSTRAINTS?*
- *RELEVANT: YOUR GOAL SHOULD BE RELEVANT AND ALIGNED WITH YOUR VALUES, PRIORITIES, AND LARGER OBJECTIVES. IT SHOULD ANSWER THE QUESTION:*
  - *WHY IS THIS GOAL IMPORTANT TO ME?*
  - *HOW DOES IT FIT INTO MY LARGER GOALS?*
- *TIME-BOUND: YOUR GOAL SHOULD HAVE A SPECIFIC DEADLINE OR TIMELINE. IT SHOULD ANSWER THE QUESTION:*
  - *WHEN WILL I ACHIEVE MY GOAL?*
  - *WHAT ARE THE MILESTONES OR CHECKPOINTS ALONG THE WAY?*



# 1

## *Embrace New Beginnings*

*"A goal without a plan is just a wish."*

— *Antoine de Saint-Exupéry*



# January

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JANUARY IS THE PERFECT TIME TO SET A POWERFUL VISION AND ESTABLISH CLEAR INTENTIONS FOR THE YEAR AHEAD. USE THIS MONTH TO DEFINE WHAT YOU WANT TO ACHIEVE, SET MEANINGFUL GOALS, AND CREATE A ROADMAP TO GUIDE YOUR JOURNEY.

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## *This Month's Action*

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OUTLINE YOUR VISION FOR THE YEAR BY REFLECTING ON LONG-TERM ASPIRATIONS AND SETTING GOALS FOR EACH OF THE TOPICS.

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*Health*

*Romance*

*Family & Friends*

*Finance*

*Career*

*Fun*

.....

.....

BREAK THE GOALS DOWN INTO ACTIONABLE STEPS AND MILESTONES BY APPLYING THE SMART-METHOD. SET A TIMELINE.

### *Steps & Milestones:*

*To achieve until:*

[illegible]

# Reflection

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1. WHAT ARE MY TOP SIX GOALS FOR THIS YEAR, AND WHY ARE THEY IMPORTANT TO ME?
2. HOW DO I ENVISION MY IDEAL YEAR UNFOLDING?
3. WHAT SPECIFIC STEPS DO I NEED TO TAKE TO ACHIEVE MY TOP GOALS?
4. HOW WILL ACHIEVING THESE GOALS IMPACT MY PERSONAL AND PROFESSIONAL LIFE?
5. HOW WILL I FEEL ACHIEVING ALL THESE GOALS?
6. WHAT RESOURCES OR SUPPORT DO I NEED TO REACH MY GOALS?
7. HOW CAN I BREAK DOWN MY GOALS INTO MANAGEABLE MILESTONES?
8. WHAT IS MY PLAN FOR TRACKING AND MEASURING PROGRESS THROUGHOUT THE YEAR?
9. WHAT DAILY HABITS CAN I IMPLEMENT TO SUPPORT MY GOALS?
10. HOW CAN I STAY MOTIVATED AND FOCUSED ON MY GOALS DESPITE CHALLENGES?

NOTE: YOU CAN ANSWER ALL QUESTIONS AT ONCE, OR USE THEM FOR REFLECTION THROUGHOUT THE MONTH.

# *The Vision*

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*SOLIDIFY YOUR VISION BY COLLECTING INSPIRATION, ORGANIZING AND  
ARRANGING CUT-OUT ELEMENTS (SUCH AS THOSE FROM MAGAZINES) , AFFIXING  
AND PERSONALIZING WITH YOUR OWN DRAWINGS*

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A series of horizontal dotted lines for writing or drawing.

# *The Perfect Day*

WRITE DOWN YOUR PERFECT DAY. CONSIDER ALL ASPECTS, FROM THE MOMENT YOU WAKE UP TO THE TIME YOU GO TO BED. THINK ABOUT YOUR IDEAL ACTIVITIES, EXPERIENCES, AND INTERACTIONS. DREAM BIG.



