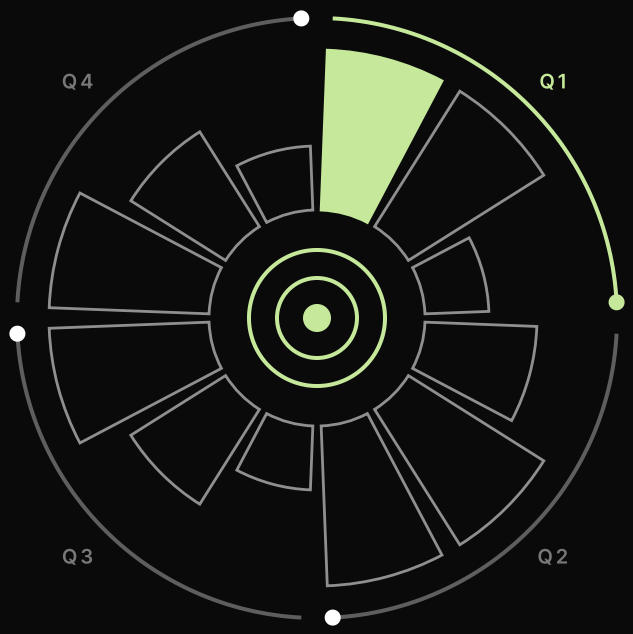
The Year Plan.

A planning kit: a look-back, four tools, a wall poster and a filled-in example that turn this year's goals into four quarters, twelve monthly targets and a first month that starts today.



MONTH 1
Starts today

MONTH SIZE
Set by capacity

QUARTER
One finish line each

THE CENTER
This year's goal

HOW THIS KIT WORKS

One sitting. Four tools. A year you can see.

Block out an hour. You leave with a theme, no more than three goals, four finish lines, twelve monthly targets and a plan for the next 30 days, copied onto one poster you pin up.

WARM-UP · PAGE 03

The look-back

Scores the last twelve months and tells you how many goals you have room for.

TOOL 1 · PAGE 04

The cut

Scores your wish list, keeps one to three goals, picks the lead and parks the rest.

TOOL 2 · PAGE 05

The quarter map

Gives each quarter one focus, a finish line you can see and a yes-or-no test.

TOOL 3 · PAGE 06

Capacity math

Lays your known dates on the year and splits the target by how much room each month has.

TOOL 4 · PAGE 07

The first 30 days

Four weeks, four different jobs, and a day 1 you can do before bed tonight.

THE ORDER

Look back — 10 min · p. 03

Cut and map — 20 min · p. 04, 05, 09

Size the months — 15 min · p. 06, 10

Fill the poster — 10 min · p. 11

Do day 1 — 20 min · tonight

NOT STARTING IN JANUARY?

Nothing here assumes January. Month 1 is the month you're in, and quarter 1 is the next three months. Write your own month names on every strip. Past the 20th? Treat the leftover days as month 0 for setup and begin month 1 on the 1st.

LATER IN THE YEAR

Page 12 is for when the plan wobbles. Page 13 is the tracker: one tile a month, a quarterly reset after every third.

WARM-UP · 10 MINUTES

The look-back.

00

Score the last twelve months before you plan the next twelve. You're not grading yourself. You're finding the months that worked so you can copy what was true in them.

1 · SHADE ONE SQUARE PER YES, FOR EACH MONTH

a **A goal moved forward** b **My time felt like mine** c **I finished something** d **I learned something** e **I'd happily live it again**



12 AGO · 11 AGO · 10 AGO · 9 AGO · 8 AGO · 7 AGO · 6 AGO · 5 AGO · 4 AGO · 3 AGO · 2 AGO · LAST

2 · CIRCLE YOUR TWO TALLEST AND TWO SHORTEST COLUMNS

Best two: what was true?
a routine, a deadline, a season, a place, a project

Worst two: what was true?
overcommitted, travel, a crunch, no plan, a slump

3 · THREE OF EACH, THEN MARK EVERY LINE K KEEP, C CUT OR F FIX

Wins what went well		**Drains** what cost more than it gave		**Lessons** what you'd do differently	
	K C F		K C F		K C F
	K C F		K C F		K C F
	K C F		K C F		K C F

Every drain gets a C or an F. Each C goes straight onto the "not this year" list on page 09.

YOUR SCORE
___ / 60

UNDER 20
One goal this year. Give it all the room.

20 TO 40
Two goals at most. One leads.

OVER 40
Up to three. Still only one leads.

TOOL 1

The cut.

01

Write down everything you'd like the next twelve months to hold. Most lists land between eight and twelve items. The plan has room for one to three, and only one of them leads.



SCORE EVERY WISH 0, 1 OR 2 ON THREE TESTS

C · COUNTABLE
On the last day, could you check it with a number or a plain yes? Vague 0, partly 1, fully 2.

W · WAITING COST
If it slid a full year, what would you lose? Nothing 0, something 1, a lot 2.

P · PULL
On a flat Tuesday night, would you still pick it over the couch? No 0, maybe 1, yes 2.

EXAMPLE WISH LIST	C	W	P	SCORE	VERDICT · 2 ALLOWED
Open an online ceramics shop	2	2	2	**6**	GOAL 1 · LEADS
Save a $5,000 cushion	2	2	1	**5**	GOAL 2 · FLOOR $420/MO
Read 30 books	2	0	2	4	Cut · revisit at the Q3 reset
Redo the bathroom	2	1	0	3	Cut · revisit next year
"Get fit"	0	1	1	2	Cut, or rewrite and re-score

THEN PICK A THEME

Two to four words that settle ties when two good things want the same evening.

FINISH BEFORE STARTING · BODY FIRST · SHIP IT ROUGH · FEWER, DEEPER

THE THEME TEST

A new offer lands in month 5. Can your theme answer yes or no on its own? If it can't, rewrite it.

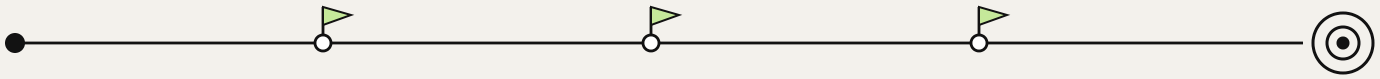
TOOL 2

02

The quarter map.

A year is too long to steer by. Three months is about right. Give each quarter one focus, a finish line you could photograph, and a test you either pass or fail on its last day.

EXAMPLE · SELL 100 HANDMADE CERAMIC PIECES IN 12 MONTHS



Q1 · MONTHS 1 TO 3

Make the range

FINISH LINE

40 pieces, photographed

TEST

Could the shop open tomorrow?

Q2 · MONTHS 4 TO 6

Open the shop

FINISH LINE

Shop live, 15 sales

TEST

Has a stranger bought one?

Q3 · MONTHS 7 TO 9

Find the channel

FINISH LINE

55 sales in total

TEST

Did one source bring half of them?

Q4 · MONTHS 10 TO 12

Push the season

FINISH LINE

100 sales

TEST

Is the counter at 100?

QUARTER SHAPES · BORROW THE ONE CLOSEST TO YOUR GOAL

GOAL TYPE	Q1	Q2	Q3	Q4
Make something	Rough draft of all of it	First full version	Shown to 10 people, fixed	Finished and out
Sell something	The offer, priced	First 10 buyers	One channel that repeats	Volume on that channel
Train for an event	Base: regular sessions	Build distance or load	Peak block	Taper and event day
Learn a skill	Basics, every day	Use it with others	Stretch past comfortable	Prove it in public
Money	Find the leak	Automate the transfer	One extra push	Lock it in

Finish lines are things.
"40 photographed pieces," not "work on pieces." If you can't point at it, rewrite it.

Tests are yes or no.
Write it as a question you answer on the quarter's last day, with no "sort of" allowed.

The keep-it check.
If the year stopped after this quarter, would you keep what it made? If not, reorder.

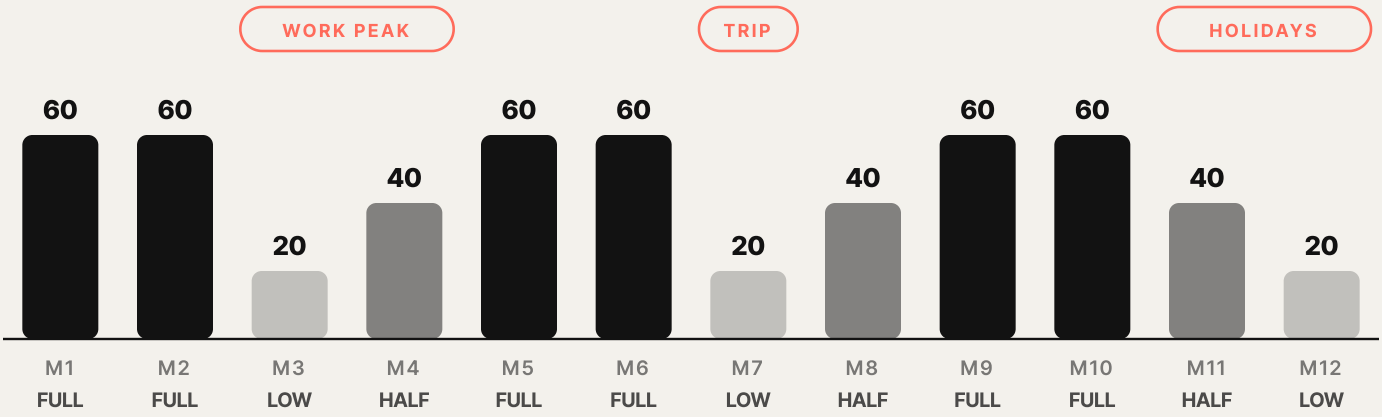
TOOL 3

Capacity math.

03

Dividing a year target by twelve assumes twelve equal months. Nobody has those. Mark what's already on the calendar, rate each month, then split the target by room, not by count.

EXAMPLE · RUN 540 KM IN 12 MONTHS · 27 POINTS · 20 KM A POINT



`3+3+1+2+3+3+1+2+3+3+2+1 = 27 points` `540 ÷ 27 = 20 km a point` `M4: 2 × 20 = 40 km`

1 · KNOWN DATES
List everything booked or predictable. Lay each on its month.

2 · RATE
Full 3 · Half 2 (a week or two gone) · Low 1 (most of it gone)

3 · SPLIT
Target ÷ total points = one point. Month = its points × one point.

KNOWN DATES PEOPLE FORGET · TICK EVERY ONE THAT APPLIES

- [ ] Trips and vacations
- [ ] Holidays you host
- [ ] Exams or hard deadlines
- [ ] Regular work travel
- [ ] Your busy season at work
- [ ] Weddings and big events
- [ ] Sports or kids' seasons
- [ ] Caring for someone
- [ ] School breaks
- [ ] A move or renovation
- [ ] Tax and paperwork months
- [ ] The month you always lose

Rate month 12 one level down.
Year ends fill up with things nobody planned in month 1. The lower rating is your buffer, built in.

Re-split, never double up.
Short 15 km in month 3? Spread the 15 over the points still ahead, not onto month 4 alone.

TOOL 4

The first 30 days.

04

Month 1 is not a mini version of the year. It has its own job: turn the plan into a routine you've actually run, and measure your real pace before month 2's target is locked.

WEEK 1
Set up
Everything the goal needs exists: gear, account, slots in the calendar. Session one happens within 48 hours.

WEEK 2
Find the floor
Write the least you'd still do in a terrible week. Run exactly that, so you know it holds.

WEEK 3
Measure pace
Log minutes and output for every session. Missed days stay missed: no catching up.

WEEK 4
Re-aim
Compare your real pace with month 2's target from page 06. Adjust month 2 only, with the rule below.

THE RE-AIM RULE

Real pace is 80% or more of month 1's target: month 2 stays as planned.

Under 80%: month 2 = real pace + 10%. Spread the gap over the months after it.

DAY 1 HASN'T HAPPENED YET. WHY?

Pick the closest
one answer only

Waiting for the 1st, or a Monday
→ Today is day 1. Your month 1 ends 30 days from today.

Missing gear, an account or a book
→ Day 1 is getting it. Order it, borrow it or sign up.

Not sure what the first step is
→ Write the first three steps. Do step one for 15 minutes.

No free time this week
→ Book three slots in the next 7 days, the task in each title.

OR PICK ONE OF THESE. EACH TAKES UNDER 20 MINUTES.

- [ ] **Book month 1's sessions in your calendar, task in the title.**
- [ ] **Get the one thing the goal can't start without.**
- [ ] **Do a 15-minute version of the real work, timer on.**

WRITE IT DOWN Day 1 is _____ Month 1 ends _____

A real example: Rosa's year.

Rosa is a bookkeeper. Her busy season runs February to mid-April. She sits down with this kit on December 28.

LOOK-BACK
26 / 60 → two goals max

THEME
"Mornings are mine"

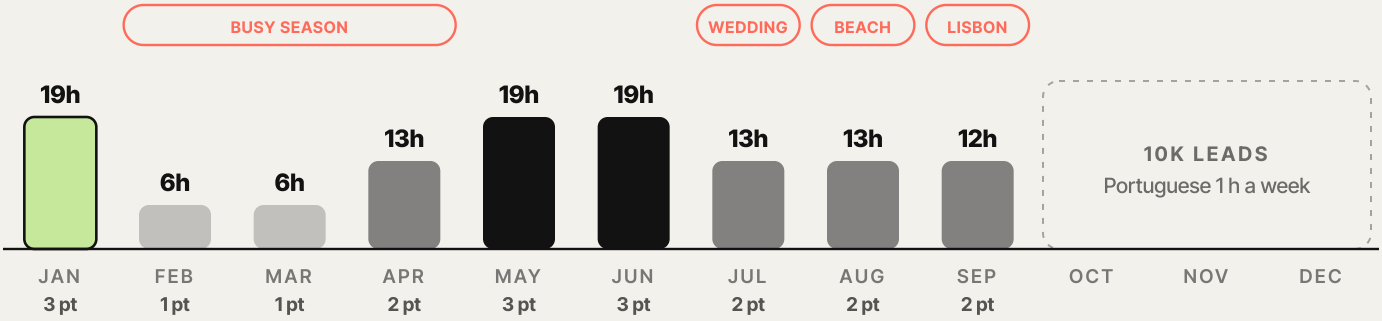
CUT · REVISIT AT THE Q3 RESET
Kitchen redo · podcast · 24 books

GOAL 1 · LEADS Q1 TO Q3 · SCORE 6
Hold a 30-minute conversation in Portuguese on her Lisbon trip in late September. 120 hours of practice.

GOAL 2 · LEADS Q4 · SCORE 5
Run a 10k race in early December. Floor until then: two easy runs a week.

QUARTER	FOCUS	FINISH LINE	TEST (YES OR NO)
Q1 Jan to Mar	Daily habit, basics	31 hours logged, 500 core words	A 5-minute tutor chat with no English?
Q2 Apr to Jun	Speaking	Weekly tutor calls, 82 hours total	A 15-minute call, no English?
Q3 Jul to Sep	Real conversation	120 hours, then the trip	A full day in Lisbon without switching?
Q4 Oct to Dec	The 10k	Race day	Ran the whole 10k, no walking?

CAPACITY MATH · 120 HOURS ÷ 19 POINTS ≈ 6.3 HOURS A POINT, ROUNDED



THE FIRST 30 DAYS

WK 1 · SET UP
Tutor booked Thursdays 7 pm. Course picked. 6:30 am slot, Mon to Fri. First session Jan 2.

WK 2 · FLOOR
15 minutes on 5 mornings = 75 min. Held, even with a cold.

WK 3 · PACE
Logged 4 h 10 min. Mornings 6:30 to 7:15 work; Fridays don't.

WK 4 · RE-AIM
January: 17 of 19 h = 89%. Over 80%, so February's 6 h stand.

Q1 RESET MARCH 31

33 hours logged against 31. Test passed on a Thursday call.

April re-rated: busy season ran late, so still Half. 13 h stands.

Cut list held. The podcast idea came back; it waits for Q3.

My year, cut to size.

WARM-UP + TOOLS 1, 2

LOOK-BACK SCORE / 60

GOALS ALLOWED (1) (2) (3)

MY THEME, IN 2 TO 4 WORDS

TOOL 1 · MY WISH LIST, SCORED

WISH	C	W	P	TOTAL	KEEP · CUT
1	0 1 2	0 1 2	0 1 2		K C
2	0 1 2	0 1 2	0 1 2		K C
3	0 1 2	0 1 2	0 1 2		K C
4	0 1 2	0 1 2	0 1 2		K C
5	0 1 2	0 1 2	0 1 2		K C
6	0 1 2	0 1 2	0 1 2		K C
7	0 1 2	0 1 2	0 1 2		K C
8	0 1 2	0 1 2	0 1 2		K C

MY GOALS · COUNTABLE, WITH A DATE

1 · LEADS _____ _____

2 · floor _____ _____

3 · floor _____ _____

NOT THIS YEAR · REVISIT ON

_____ _____

_____ _____

_____ _____

TOOL 2 · MY QUARTER MAP

Q1 months 1 to 3

FOCUS

FINISH LINE

TEST (YES OR NO)

Q2 months 4 to 6

FOCUS

FINISH LINE

TEST (YES OR NO)

Q3 months 7 to 9

FOCUS

FINISH LINE

TEST (YES OR NO)

Q4 months 10 to 12

FOCUS

FINISH LINE

TEST (YES OR NO)

WORKSHEET B · PRINT ME

My months, sized.

TOOLS 3 + 4

GOAL 1'S YEAR TARGET	÷ TOTAL POINTS	= ONE POINT

#	MONTH	KNOWN DATES	RATING	TARGET	SO FAR
01			3 2 1		
02			3 2 1		
03			3 2 1		
04			3 2 1		
05			3 2 1		
06			3 2 1		
07			3 2 1		
08			3 2 1		
09			3 2 1		
10			3 2 1		
11			3 2 1		
12			3 2 1		

Rate your last month one level lower than it looks. The "so far" column at month 12 should equal the year target.

TOOL 4 · MY FIRST 30 DAYS

DAY 1 IS _____ MONTH 1 ENDS _____

WEEK	JOB	MY PLAN	DONE
1	Set up	Gear, accounts, slots booked, session one:	☐
2	Find the floor	The least I'd do in a terrible week:	☐
3	Measure pace	Logged this week:	☐
4	Re-aim	Real pace ÷ target = % · month 2 target:	☐

My year at a glance.

STARTS _____ ENDS _____

THEME



GOALS — **BY**

1 · LEADS _____ _____

2 _____ _____

3 _____ _____

Q1

FOCUS

FINISH LINE

TEST

PASSED (Y) (N)

Q2

FOCUS

FINISH LINE

TEST

PASSED (Y) (N)

Q3

FOCUS

FINISH LINE

TEST

PASSED (Y) (N)

Q4

FOCUS

FINISH LINE

TEST

PASSED (Y) (N)

TWELVE MONTHS · SHADE THE RATING, WRITE THE TARGET, TICK IT WHEN IT'S HIT

MONTH	1	2	3	4	5	6	7	8	9	10	11	12
RATING												
KNOWN DATES												
TARGET												
HIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

NOT THIS YEAR

_____ _____

_____ _____

RESET DATES · P. 13

END Q1 _____ END Q2 _____ END Q3 _____ END Q4 _____

TROUBLESHOOTING

When the year drifts, here's why.

WHAT YOU NOTICE	WHAT'S USUALLY BEHIND IT	THE FIX
My list won't go below five goals.	Some items are habits or short projects.	Habits become a floor under goal 2. Projects under a month go into one quarter, not the year.
All four quarters look the same.	Each focus is the year goal, restated.	Each finish line must be something that didn't exist when its quarter began.
I hit every monthly target and still failed the test.	Targets count effort; tests check ability.	Keep the hours, change what goes into them. Spend half on the exact thing the test asks.
A month I rated Full turned out Low.	It was rated from memory, not the calendar.	At each reset, re-rate the next three months with the real calendar open. Re-split.
I'm well behind at the end of Q1.	The year target was a guess. Now you have data.	Re-split what's left. If one point grows by more than a quarter, cut scope or move the date, in writing.
A cut item keeps sneaking back in.	It was cut with no revisit date.	Give it one. If it outscores a goal then, it swaps in. It never gets added on top.
Great January, then I stopped looking at the plan.	It lives in a drawer.	Poster at eye level where you work. One tracker tile on the last day of each month.
I started mid-year and the quarters feel off.	They're pinned to the calendar.	Count quarters from your month 1. A quarter is three of your months, whatever they're called.

BEHIND? A WORKED EXAMPLE

END OF Q1	WHAT'S LEFT	VERDICT
The 540 km plan had 140 km by now. Actual: 110 km.	430 km ÷ 20 points left = 21.5 km a point, up from 20.	Up 7.5%, well under a quarter. Re-split and carry on.

The year board.

GOAL 1

Last day of each month: write what you did against the target and shade the bar to match. At the end of each row, run the reset and stamp the quarter.

M1
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M2
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M3
TARGET DID
25% 50% 75% 100%
WHAT HELPED

Q1 reset
- [ ] Test passed
- [ ] Next finish line still right
- [ ] Next 3 months re-rated
- [ ] Targets re-split

M4
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M5
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M6
TARGET DID
25% 50% 75% 100%
WHAT HELPED

Q2 reset
- [ ] Test passed
- [ ] Next finish line still right
- [ ] Next 3 months re-rated
- [ ] Targets re-split

M7
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M8
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M9
TARGET DID
25% 50% 75% 100%
WHAT HELPED

Q3 reset
- [ ] Test passed
- [ ] Next finish line still right
- [ ] Next 3 months re-rated
- [ ] Targets re-split

M10
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M11
TARGET DID
25% 50% 75% 100%
WHAT HELPED

M12
TARGET DID
25% 50% 75% 100%
WHAT HELPED

Q4 reset
- [ ] Test passed
- [ ] Next finish line still right
- [ ] Next 3 months re-rated
- [ ] Targets re-split

COLOR THESE IN AS YOU EARN THEM



Look-back scored



Day 1 done



First 30 days run


First quarter test passed


Cut list held for 6 months


All twelve tiles filled

Day 1 is today. Pick a move on page 07. Do it.

Set a 20-minute timer and do one of the three day-1 moves now, before the worksheets. Then write today's date in the "Day 1 is" line on page 10. Your month 1 ends 30 days from it.

Pledger keeps your year, your quarters, this month and this week in one place, with a check-in on every move.

usepledger.com

Next in The Pledger Method: comment WEEK on any @usepledger post for The One-Goal Week.