

O que 2023

**AINDA PODE**

*esperar de mim?*

# ANÁLISE DOS OBJETIVOS DE 2023

EM 2023 EU AINDA QUERO

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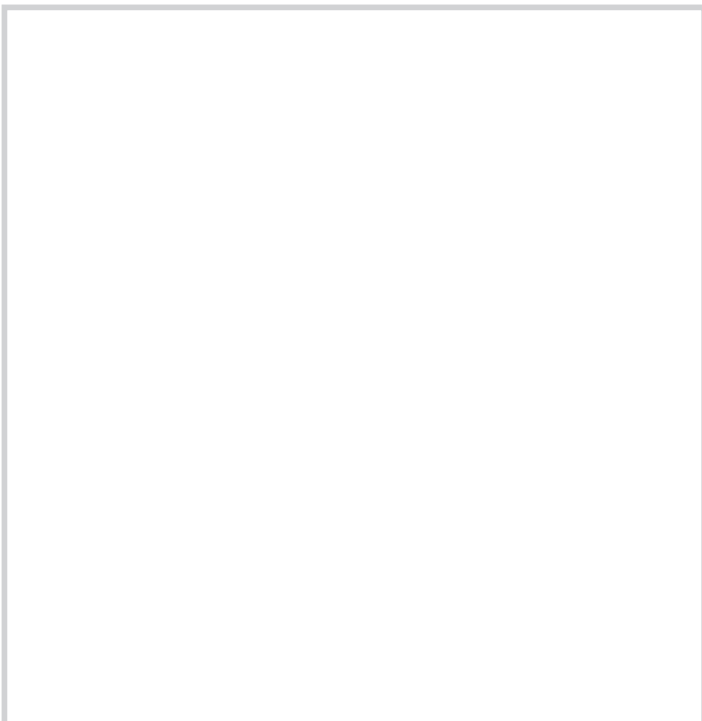
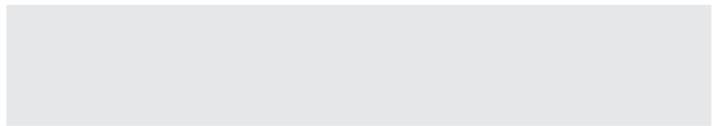
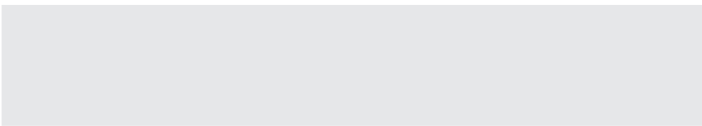
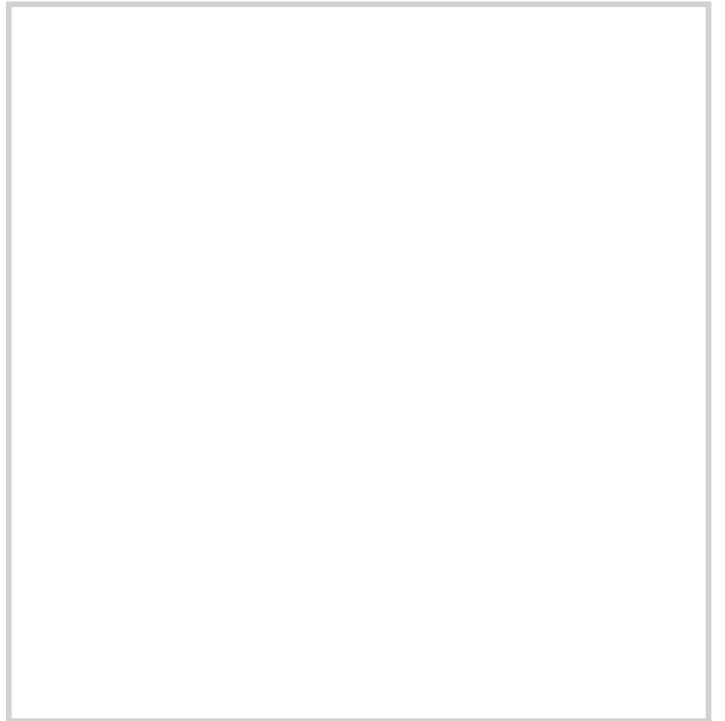
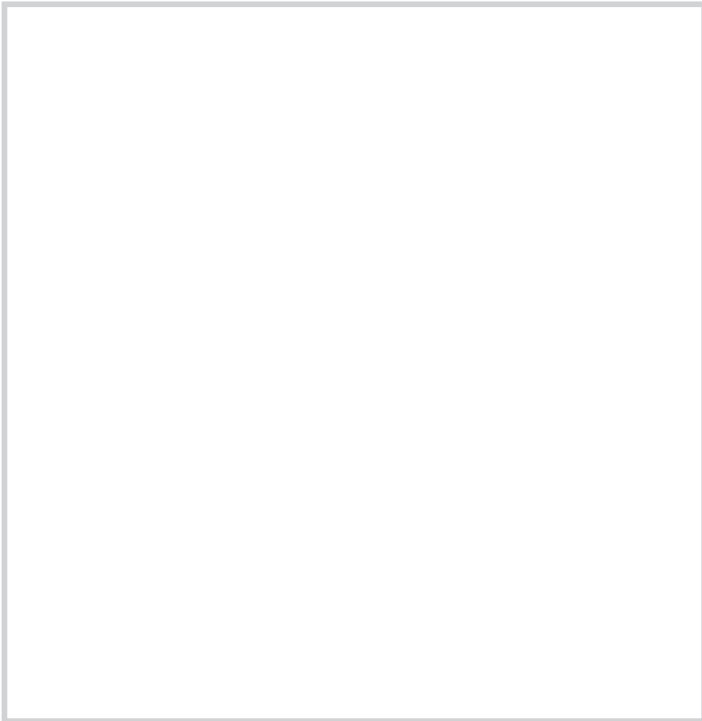
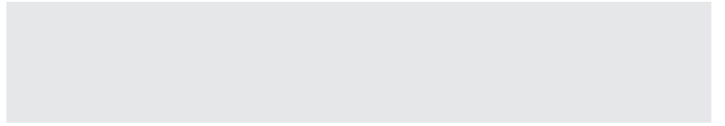
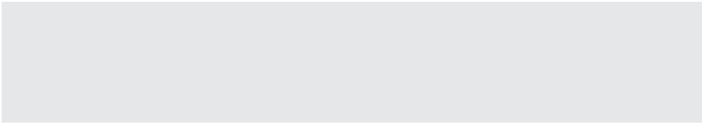
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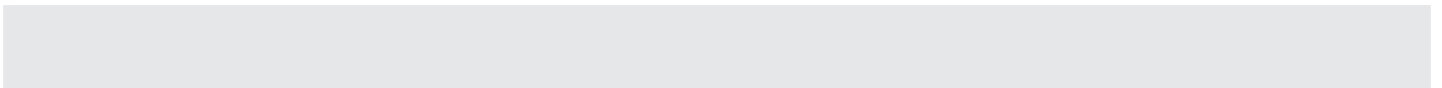
# DEPARTAMENTALIZE

Com a mente mais livre, você não corre mais o risco de se esquecer ou postergar as coisas, já que agora elas estão no 'papel'. Categorize todas essas demandas entre os setores da sua vida.

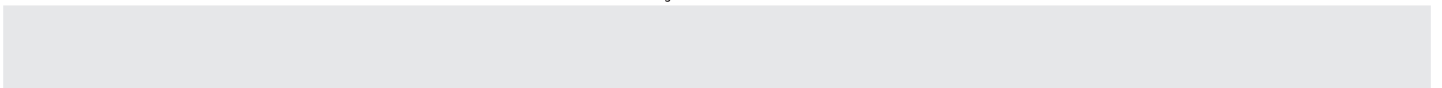
Ex: ATIVIDADES PESSOAIS, DO TRABALHO, MATERNIDADE, GESTÃO DA CASA, PENDÊNCIAS, AMIZADES, SAÚDE, ETC.



DEPARTAMENTO QUE MAIS ME DEMANDA TEMPO:



DEPARTAMENTO QUE MAIS PRECISA DE ATENÇÃO NO TRIMESTRE:



# PLANO DE AÇÃO

principal objetivo de 2023

## PRINCIPAL OBJETIVO DO TRIMESTRE

(SE FOSSE A ÚNICA COISA QUE EU FIZESSE DAQUI ATÉ O FIM DO ANO E AINDA ASSIM ESTARIA FELIZ)

## TRANSFORME EM UMA META:

A META PRECISA SER: ESPECÍFICA, MENSURÁVEL, ATINGÍVEL, RELEVANTE E TEMPORAL.

EXEMPLO: *Vou poupar 3 mil reais até dia 31 de Dezembro para viajar para Cabo Frio em Janeiro.*

## IMPREVISTOS QUE PODEM ACONTECER E ME IMPEDIR DE ALCANÇAR ESSE OBJETIVO:

PRECISO DE RECURSOS FINANCEIROS PARA ALCANÇAR ESSE OBJETIVO? SE SIM, QUANTO? COMO CONSEGUIR?

QUANTO TEMPO EM MÉDIA VOU PRECISAR ME DEDICAR? QUE DIA VOU INICIAR E ATÉ QUE DIA VOU TERMINAR?

PRECISO DE AJUDA OU SUPORTE DE ALGUÉM? SE SIM, QUEM? COMO VOU PEDIR OU DELEGAR?

QUANDO EU CONQUISTAR O PRINCIPAL OBJETIVO DO ÚLTIMO TRIMESTRE DE 2023, O QUE VOU RECEBER COMO RECOMPENSA?



ETAPAS DE EXECUÇÃO DA MINHA META:

INÍCIO

CONCLUSÃO

	INÍCIO	CONCLUSÃO

# PLANO DE AÇÃO

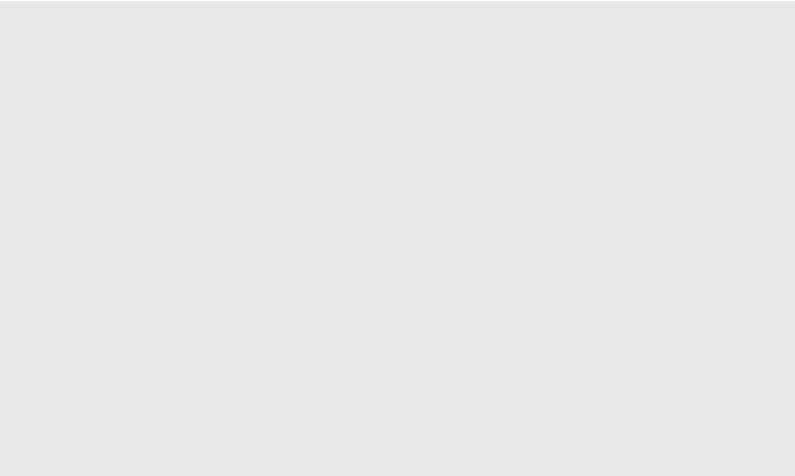
objetivos secundários mas também importantes  
(farão o último trimestre ficar ainda melhor)

<b>OBJETIVO:</b>	<b>META</b>
<b>IMPREVISTOS QUE PODEM ACONTECER:</b>	
<b>RECURSOS FINANCEIROS NECESSÁRIOS:</b>	<b>OBSERVAÇÕES:</b>
<b>TEMPO QUE VOU PRECISAR ME DEDICAR:</b>	
<b>AJUDA ou SUPORTE NECESSÁRIOS:</b>	
<b>RECOMPENSA:</b>	

✓	ETAPAS DE EXECUÇÃO DA MINHA META:	INÍCIO	CONCLUSÃO

# OUTUBRO

DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO



### GPS DO PLANEJAMENTO

- DIA DO GESTOR
- PENDÊNCIAS DO MÊS ANTERIOR
- REVISÃO DO PLANEJAMENTO ANUAL
- MARCAR COMPROMISSOS E DATAS IMPORTANTES

### PRINCIPAL OBJETIVO | SE FOSSE A ÚNICA COISA QUE EU FIZESSE

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### OBJETIVOS SECUNDÁRIOS | MAS TAMBÉM IMPORTANTES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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### URGENTE | INÍCIO IMEDIATO

- \_\_\_\_\_
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### IMPORTANTE | PODE SE TORNAR URGENTE

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- \_\_\_\_\_
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### DELEGAR | OUTRA PESSOA DEVE FAZER

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### DETOX | QUERO ELIMINAR

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## DOWNLOAD MENTAL

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Vertical list of horizontal lines for mental download notes.



# OUTUBRO

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