

2025-2026

GOOD TROUBLE

A yearly planning workbook

P. Kim Bui

HOW TO USE THIS WORKBOOK

You're looking ahead and you know you've spent enough time optimizing. Hustling. Proving yourself. It's time to look ahead with excitement and energy.

This workbook is different.

Before You Start

 **Give yourself time.**

Block out 1-2 hours. Get comfortable—pour your favorite drink (wine, for me), turn on music, light a candle.

 **Be honest. Be ruthless.**

The questions in here will push you. Some might feel uncomfortable. That's the point. Write what's true, even if it's messy.

HOW IT WORKS

REFLECT → Look back without judgment

RELEASE → Let go of what weighs you down

CLARIFY → Get clear on values and priorities

PLAN → Create structure without rigidity

This whole process is not about doing more. It's about figuring out what actually matters—and having the courage to let go of what doesn't. It's reflection that leads to action, not just an exercise in self-improvement. No measurable goals here, it's about how you measure *you*. This is far beyond a one-time vision board. It's a frame of reference for you to carry all year.

This workbook will not make you more productive. It might make you less productive (gasp!). It might help you realize you're doing things that don't actually matter. That you're saying no to the wrong things and yes to the right ones (or vice versa). That you can let some things go.

That's the point.

Inspired by Year Compass, Ink+Volt, Emily Jefford's Creative Goal Setting, Eridita's New Year Fresh Horizons, and MyWay Year Planning.

A yellow notepad with a spiral binding at the top. The word "CALENDAR" is written in black capital letters on the first line. Below it, there are two empty rectangular boxes for writing, one on the left and one on the right.

THE BEST AND MEMORABLE ^{PKB}

Jot what comes to mind first and come back to them as you fill out the rest of the workbook to add anything you missed.

MOST MEMORABLE MOMENT

BEST PURCHASE

BIGGEST SURPRISE

WHAT I LEARNED ABOUT ME

BIGGEST RISK

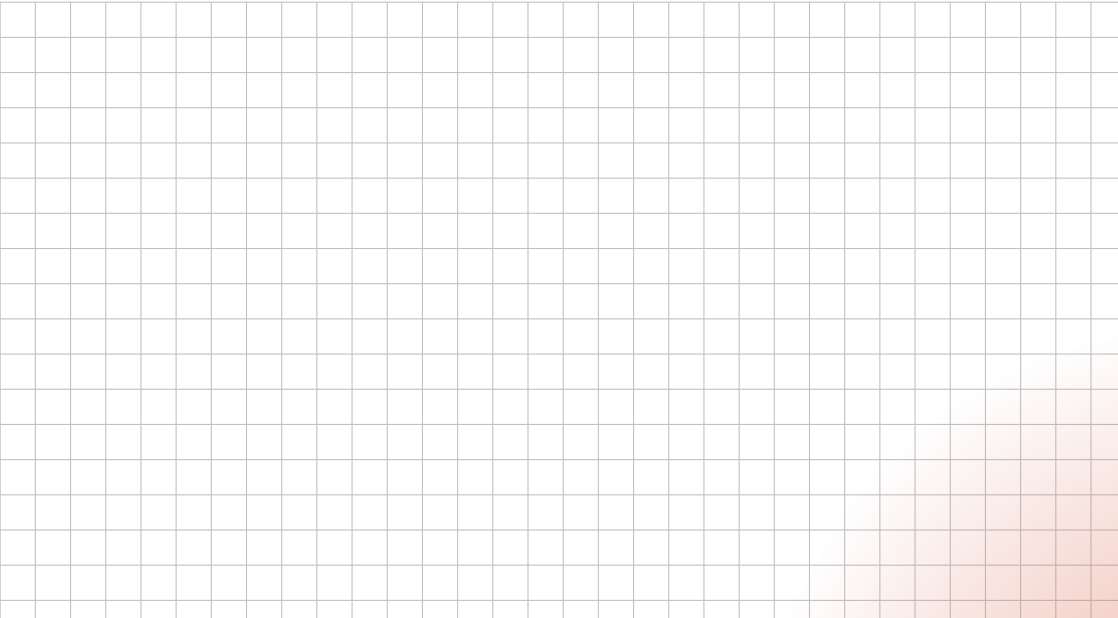
WHAT HELPED GET ME HERE

2025 IN REVIEW

Where did I find flow this year?

One thing that went better than expected was...

What goals did I have? Did I achieve them?



2025 IN REVIEW

PKB

What are three things that went well this year?

1

2

3

What things did I want to happen, but didn't?
Why did it end up that way?



LETTING GO

PKB

WHAT COULD'VE GONE BETTER?

WHAT WILL I DO NEXT TIME?

WHAT DO I MISS?

WHAT STAYS BEHIND?

WHAT NEEDS TO BE FORGIVEN?

WHO NEEDS TO BE GIVEN GRACE?

LETTING GO

What am I ready to stop doing?

Whether a person, a feeling, a grudge, whatever—there are things that have to be left behind. A space for anything not captured earlier

WHAT AM I RELEASING?

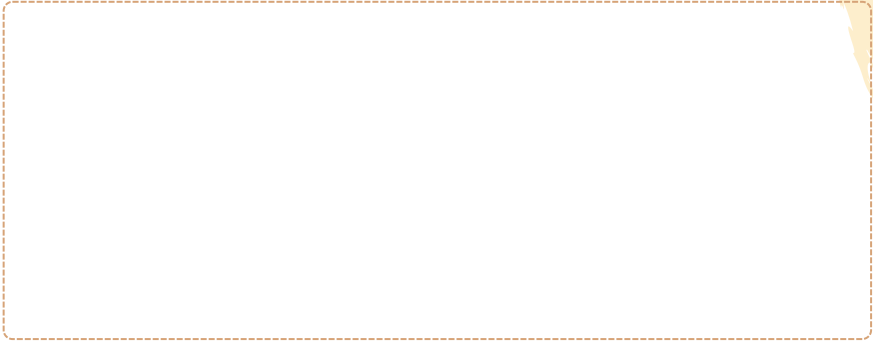
WHAT THIS MAKES ROOM FOR...

WHAT THIS MAKES ROOM FOR...

MOVING FORWARD

PKB

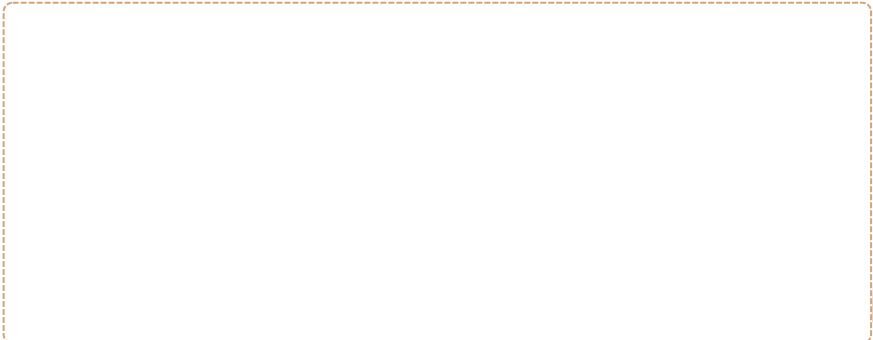
What do I need for the journey ahead?



What am I excited or anxious about?



Where can I find space for myself?



WHAT COMES IN THE SUITCASE?

Imagine you can only bring so many things (emotions, tasks, people, physical things) with you into the next year. What is in your packing list? What is on your shopping list? What do you need for the journey ahead?



VALUES

PKB

Circle values that mattered last year. Mark new ones you'd like to cultivate. They might change year to year, that's OK.

Authenticity	Grace	Pleasure
Achievement	Gratitude	Recognition
Adventure	Growth	Reliability
Authority	Happiness	Representation
Balance	Honesty	Respect
Boldness	Hope	Responsibility
Compassion	Humor	Service
Community	Independence	Significance
Connection	Innovation	Simplicity
Contribution	Influence	Stability
Creativity	Justice	Success
Curiosity	Kindness	Tradition
Determination	Knowledge	Trustworthy
Discovery	Leadership	Truth
Exploration	Love	Understanding
Fairness	Loyalty	Vulnerability
Faith	Openness	Wealth
Friendship	Optimism	Wisdom
Fun	Peace	



MY PEOPLE

WHO DO I WANT TO
CONNECT MORE WITH?

WHO AM I GRATEFUL
FOR? DO THEY KNOW?

WHO AM I INSPIRED BY?

Who are the most important people in my life?
What will I do this year to improve those
relationships?



LIFE AREAS

Where do you want this part of your life to be in the next year? Think about 3, 6, 9, or 12 months.

Personal

MINDFULNESS | HEALTH | GRATITUDE

Wealth

FINANCIAL | SAVINGS | PREOPERTY

LIFE AREAS

want this part of your life to be i
ut 3, 6, 9, or 12 months.

COMMUNITY

LIFE AREAS

want this part of your life to be i
ut 3, 6, 9, or 12 months.

COMMUNITY

FAMILY | FRIENDS | COMMUNITY

LIFE AREAS

want this part of your life to be i
ut 3, 6, 9, or 12 months.

COMMUNITY

ACHIEVEMENT | PRODUCTIVITY | INNOVATION

TOOLS AND RESOURCES

PKB

Things are part of our lives. Think about material items you treasure or want to try this year. In each box list examples as well as plans.

Media

BOOKS | PODCASTS | ENTERTAINMENT

Places

TRAVEL | THIRD SPACES | LOCATIONS

Tools

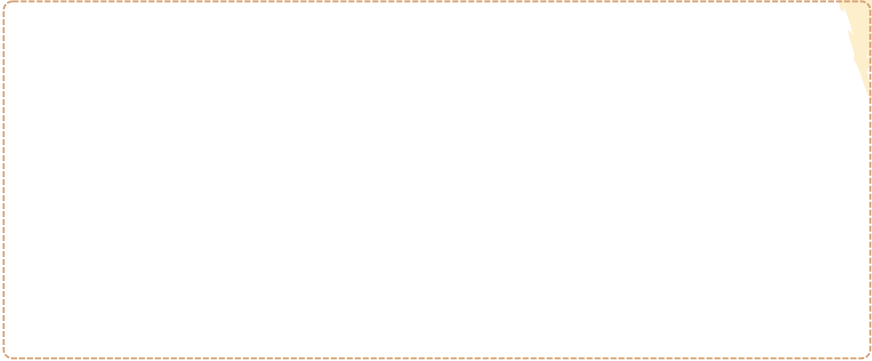
APPS | MATERIALS | SERVICES

TOOLS AND RESOURCES

PKB

Techniques

PRODUCTIVITY | MINDFULNESS | SKILLS



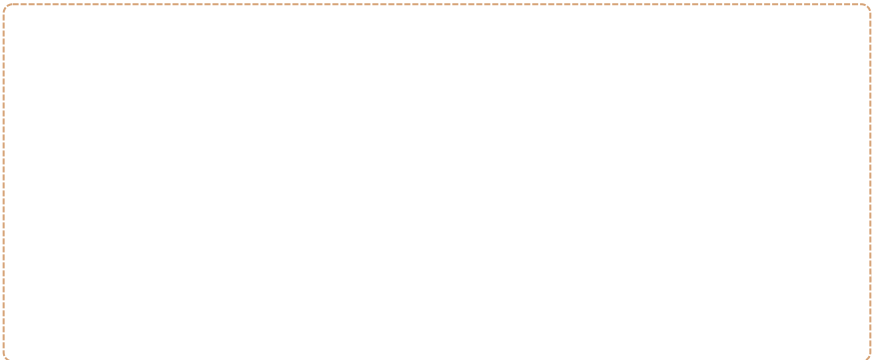
Treasures

SIGNIFICANT ITEMS | PEOPLE | GIFTS



Art

BEAUTY | THOUGHT-PROVOKING | WONDER



SMALL PLANS

What are three things I want to do this year?

Three ways I will reward and take care of myself

Three places I want to see this year

Three words about how I want to I feel this year

A START ON THE DETAILS

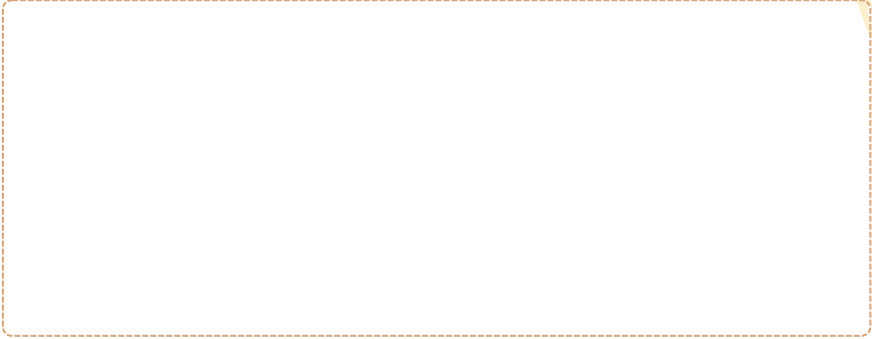
Use this space to start planning for the "how." Just jot down ideas. Literal goal planning can come later.



LOOKING AHEAD

Answer with your heart, and try not to overthink what is happening. Draw, write, whatever makes sense.

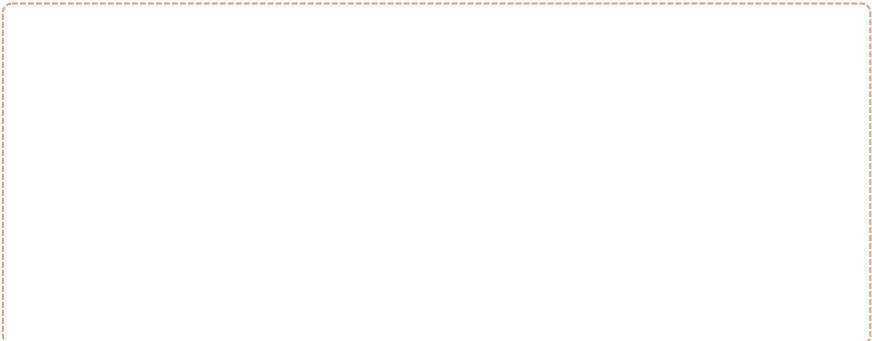
I will create time for...



My current chapter is... / My next chapter will be...



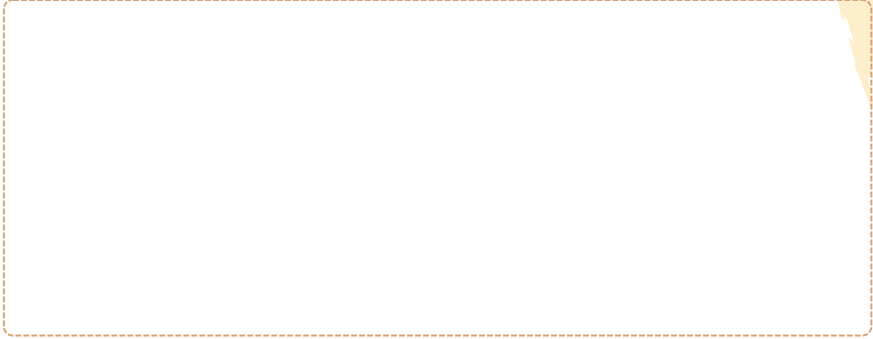
What adventure is next?



LOOKING AHEAD

PKB

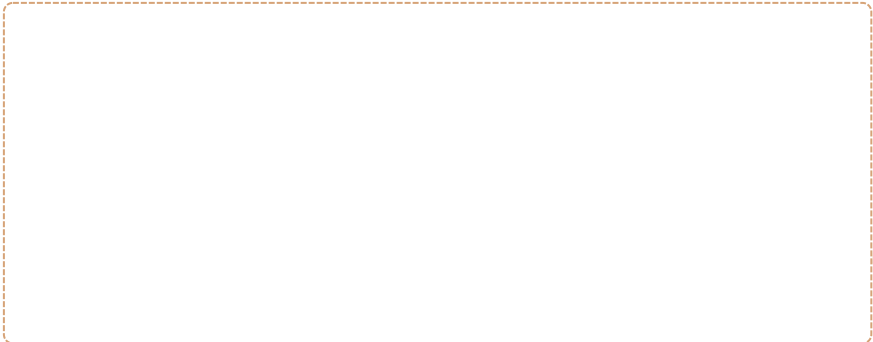
What tiny experiment do I want to try?



Who do I want to become?



What habits will support me?



ENERGY CHECK

Don't let perfect be the enemy of the good. Strive for fulfillment, not overachievement. What does that look like?

How do I want to define “enough” this year?

Three words about how I want to I feel this year

WHAT EXPECTATIONS CAN I RELEASE?

WHAT SUPPORT DO I NEED?

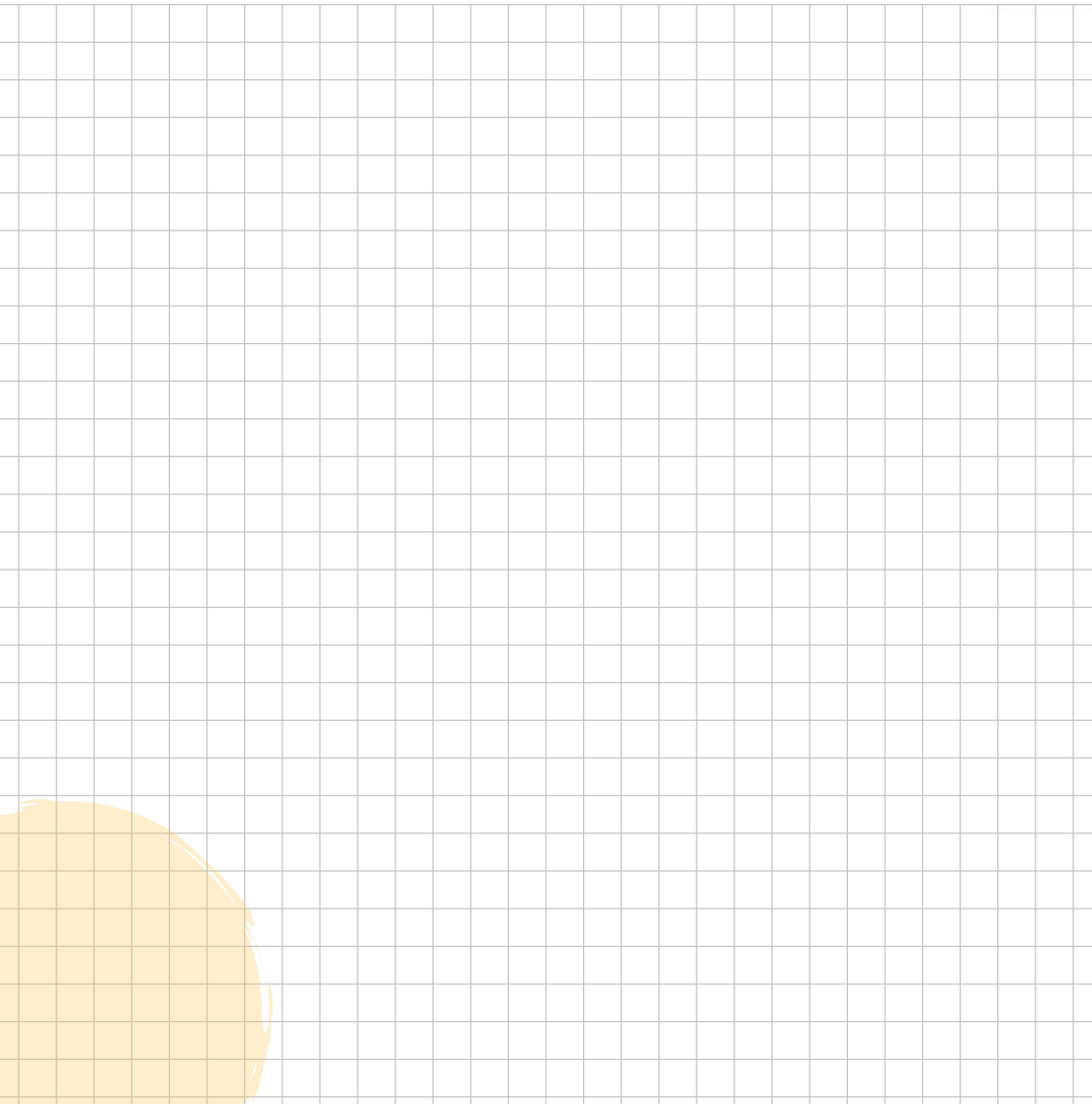
GET TO THE THEME

Go back and review everything. What keeps coming up?
My themes often a word or statement, but never a
resolution or goal. Use the prompt below if you need help!

This year is about... .

I need.... .

I'm becoming... .

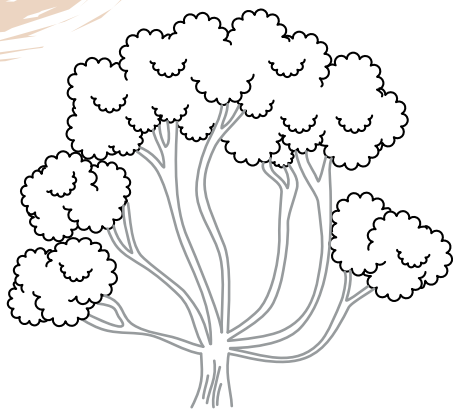


THANK YOU

I hope this helped you create some great plans for the year ahead.

Have questions?

You can find me at hello@kimbui.com



Here's to a year of more growth.
More love. More joy. More
Kindness. More space.