

# *It's Your* **YEAR**



**THE STEP-BY-STEP GUIDE TO FINALLY  
CRUSHING YOUR GOALS AND  
REACHING NEW HEIGHTS**

**CREATE A LIFE BASED ON YOUR TERMS**

# Time Management Resources

Discover Business – Learn how to effectively manage your time.

<https://www.discoverbusiness.us/resources/time-management/>

Mind Tools – Get tips for increasing your essential skills for an excellent career.

[https://www.mindtools.com/pages/main/newMN\\_HTE.htm](https://www.mindtools.com/pages/main/newMN_HTE.htm)

Time Thoughts – Helpful resources for personal and career success.

<http://www.timethoughts.com/>

Columbia College Berick Center for Student Advising –  
Time management resource to help you succeed.

<https://www.cc-seas.columbia.edu/node/31864>

Wyzant Forum – time management resources

[https://www.wyzant.com/resources/time\\_management](https://www.wyzant.com/resources/time_management)

Printable Worksheets – printable worksheets for all your organizational needs.

<http://printableworksheets.in/?dq=Time%20Management>

Week Plan – an online weekly planner for effective people. <https://weekplan.net/>

Weekis – A minimal, unobtrusive and focused weekly planner. <https://weekis.com/>

Trello – work more collaboratively and get more done.

<https://trello.com/>

GQueues – a collaborative online task manager for Google and G Suite users.

<https://www.gqueues.com/>

Toggl – An online time tracker that's built for speed and ease of use.

<https://toggl.com/>

Rescue Time - an online time management tool to help you find your ideal work-life balance.

<https://www.rescuetime.com/>

Doris – a free productivity tool that helps you get things done and sort out your life.

<http://beta.dorisapp.com/>

Todoist – manage tasks and projects anywhere.

<https://todoist.com/>

MeisterTask – the most intuitive project and task manager tool on the web.

<https://www.meistertask.com/>

ActiveWords – saves you time and helps you to get more done. <https://www.activewords.com/>

List.ly – Curate and publish great lists and share them socially. <https://list.ly/>

Remember the Milk – the smart to-do app for busy people

<https://www.rememberthemilk.com/>

OneNote – helps your ideas to take shape <https://www.onenote.com/>

Nozbe – helping busy people and effective teams get tasks done

<https://nozbe.com/?a=semanticlabs>

## Vision Board Resources

Mind Movies – helping you take your life to a whole new level

<https://www.makeavisionboard.com/vision-board-software/>

Vision Board Builder – build attractive image collages in a snap. [http://download.cnet.com/Vision-Board-Builder/3000-2192\\_4-75313237.html](http://download.cnet.com/Vision-Board-Builder/3000-2192_4-75313237.html)

Ript – organize all your online clippings in one place.

<https://ript.en.softonic.com/>

Map Our Lives – train your mind to point out all the changes you need to make in your life and all the opportunities available to you.

<http://www.mapourlives.com/default.aspx?ReturnUrl=%2f>

Subliminal Vision Boards – take manifesting your dreams to a whole different realm.

<https://www.subliminalvisionboards.com/>

My Desktop Therapist – allowing you to communicate directly with the subconscious mind.

<http://my-desktop-therapist.software.informer.com/>

The Vision Board – helping you turn your visions into reality.

<http://www.thevisionboard.org/resources/>

Jackcanfield.com – helping you create empowering vision boards.

<http://jackcanfield.com/blog/how-to-create-an-empowering-vision-book/>

Pinterest – a content sharing service that allows you to share your images, videos, and other objects <https://www.pinterest.com/>

Fototalisman – giving you the tools to create your vision board fast.

<http://fototalisman.com/en>

Printable Vision Board Template – free printable vision board template to help you get started creating your own vision board.

<https://www.carrieelle.com/printable-vision-board-template/>

Powtoon – showing you how to make the most mind-blowing vision board in four easy steps.

<https://www.powtoon.com/blog/mind-blowing-vision-board-4-step/>

Creative Affirmations – free printable affirmations for your vision board. <http://www.creativeaffirmations.com/vision-boards.html>

A House Full of Sunshine – free vision board printable

<https://www.ahousefullofsunshine.com/2016/01/free-2016-vision-board-printables/>

Shining Mom – vision board printable for free.

<http://shiningmom.com/vision-board-printables/>

DreamItAlive – empowering you to live the life of your dreams. <http://www.dreamitalive.com/>

## Mind Mapping Resources

Wisemapping – a free online mind mapping editor for individuals and business.

<http://www.wisemapping.com/>

Mindomo – the best way to understand and learn anything, Mind mapping, concept mapping, and outlining

<https://www.mindomo.com/>

Freemind – free, downloadable mind mapping tool.

<http://freemind.sourceforge.net/wiki/index.php/Download>

bubble.us – a graphical representation of ideas and concepts <https://bubbl.us/>

Semantik – a mind mapping tool for document generation featuring its own internal diagramming tool.

<https://www.linux-apps.com/content/show.php?content=55242>

MindMeister – an online mind mapping tool that lets you capture, develop and share ideas visually. <https://www.mindmeister.com/>

RecallPlus – the only map-based study program that lets you organize your notes.

<http://www.recallplus.com/index.php>



Mind42 – free online mind mapping software that runs in your browser. <https://mind42.com/>

Labyrinth – a lightweight mind-mapping tool that provides a wide range of powerful features.

<https://people.gnome.org/~dscorgie/labyrinth.html>

Vym – an online tool that generates and manipulates maps that show you your thoughts.

<http://www.insilmaril.de/vym/>

PersonalBrain – an intelligent note-taking, non-linear file management systems that allow your ideas and relationships to be visualized.

<http://www.thebrain.com/#-110>

Mindmapping.org – software for mind mapping and information organization.

<https://www.mind-mapping.org/>

iMindMap – mind mapping, brainstorming, and project planning software.

<https://imindmap.com/>

Mindtools – using mind maps as a powerful tool for note-taking

[https://www.mindtools.com/pages/article/newISS\\_01.htm](https://www.mindtools.com/pages/article/newISS_01.htm)

The Graphic Organizer – helping you understand how to utilize mind mapping

<http://www.graphic.org/>

Idea Mapping – a blog to share idea mapping examples and related learning from idea mapping.

<http://ideamapping.blogspot.com/>

Activity Owner – a forum for getting things done with

MindManager <http://www.activityowner.com/>

# Goal Planning Resources

David Allen, Getting Things Done – a work-life management system to help bring order to chaos.

<http://gettingthingsdone.com/>

30 Day Happiness Challenge – created to help you increase your level of happiness over 30 days.

<http://30dayhappinesschallenge.com/>

Stage of Life – free goal setting resources.

<https://www.stageoflife.com/GoalSetting.aspx>

About Goal Setting – free tutorials and top goal setting resources.

<http://www.about-goal-setting.com/>

Goal Buddy – helping you find a goal buddy for motivation, accountability, and results.

<http://www.goal-buddy.com/>

Positive Thinking Toolbox – providing you with positive tools for positive results.

<http://www.positivethinking-toolbox.com/>

# Goal Tracking Resources

Lifetick – web based software that helps you set, track and achieve your goals in life.

<https://lifetick.com/>

Mindbloom Life Game – making life improvement accessible to everyone.

<http://www.mindbloom.com/>

Goalscape – visual goal setting software for success.

<https://goalscape.com/en/>

Milestone Planner – planning without the project management hassle. Allowing you to create plans, track progress, get results, right from your computer, phone or tablet.

<https://milestoneplanner.com/>

Joe's Goals – a simple tool to help you keep track of your goals. <http://www.joesgoals.com/>

43 Things – a place for inspiration, advice, and support in setting and achieving your goals

<https://43things.com/>

EverNote – capture, organize, and share notes from anywhere.

<http://www.evernote.com/>

## SMART Goal Resources

Spark People – a free, printable SMART goal-setting worksheet.

<https://www.sparkpeople.com/resource/SMARTgoalsWS-NN.pdf>

Evolutionary Pathways – examples of SMART goals, a worksheet for goal setting.

<http://www.evolutionarypathways.com/examples-of-smart-goals.html>

SmartSheet – an essential guide to writing SMART goals.

<https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>

Bright Hub – a free, downloadable worksheet for preparing SMART Goals.

<http://www.brighthousepm.com/templates-forms/78835-a-worksheet-for-preparing-smart-goals/>

Get Organized Wizard – free goal planner template.

<https://www.getorganizedwizard.com/blog/2009/02/smart-goals-5-steps-to-smart-goal-setting-with-free-goal-planner-template/>



Objectiveili – manage your goals and objectives in real time.

<http://objectiveli.com/>

42goals – a simple tool for tracking your daily SMART goals and keeping a log of your activities.

<http://www.42goals.com/>

## Resources for Motivation

Motivation for Dreamers – motivation resources to help you excel and & achieve your dreams.

<https://www.motivation-for-dreamers.com/motivation-newsletter.html>

Motivation Tool Chest – free, personal motivation tools -

<http://www.motivation-tools.com/>

Daily Motivation Tool – get free daily motivation sent to your inbox, Facebook, or mobile phone so you can accomplish your goals. -

<https://motivationping.com/daily/>

TED Talks – influential videos from expert speakers to help you find your motivation –

<https://www.ted.com/talks>

Motivational Well Being – a list of the best motivational quotes -

<http://www.motivationalwellbeing.com/>