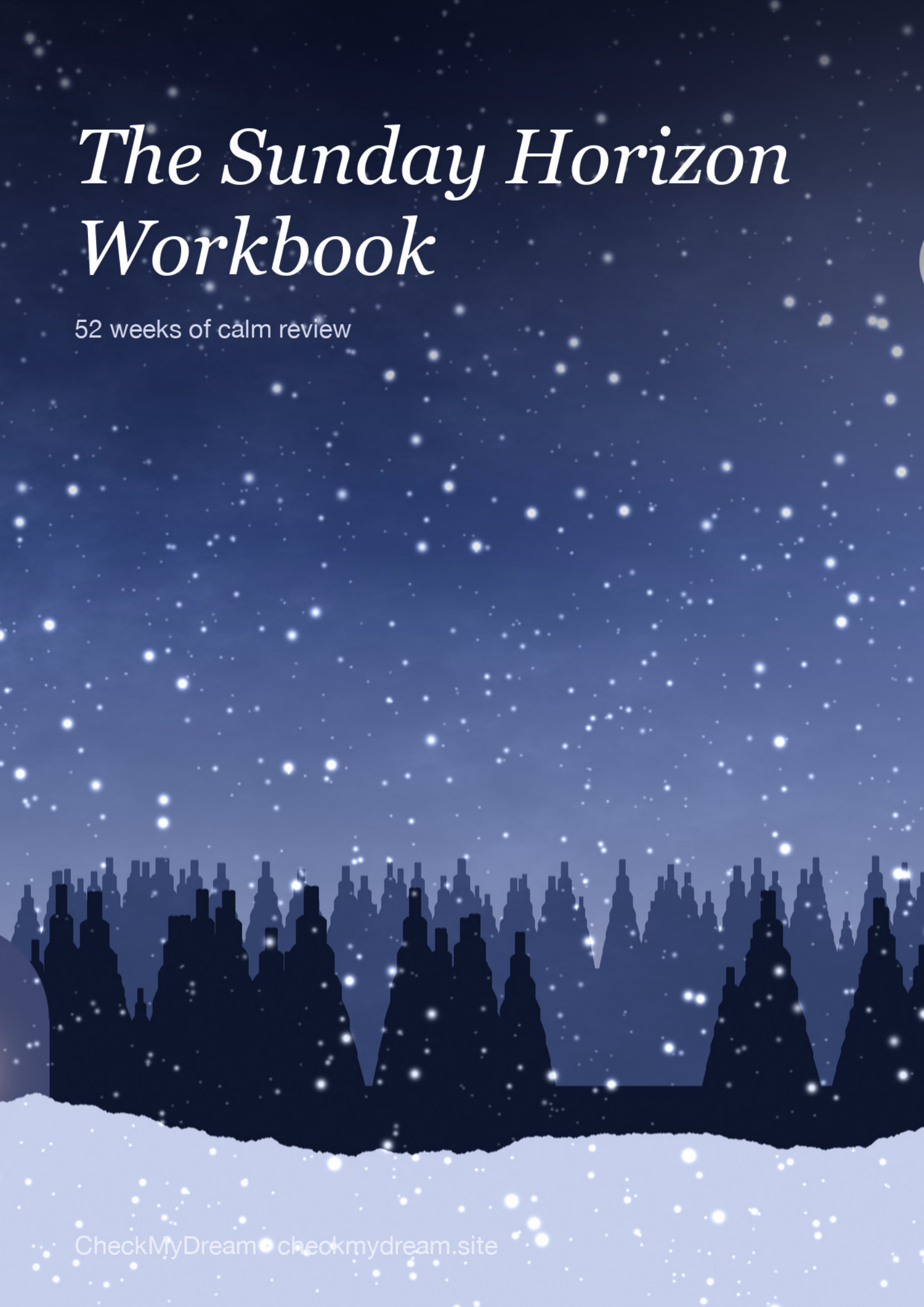
The Sunday Horizon Workbook

52 weeks of calm review



CheckMyDream · checkmydream.site

How to use this workbook

Pick one quiet time each week. Sunday evening works for most people, and fifteen minutes is enough.

Each week has two pages. The first looks back and the second looks forward. Write short answers: one honest line beats a page you never finish.

If you miss a week, leave it blank and carry on. A gap is a pause, never a reset.


Winter
Weeks 1 to 13: rest, plan and choose.

Week 1: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 1: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 2: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 2: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 3: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 3: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 4: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 4: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 5: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 5: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 6: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 6: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 7: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 7: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 8: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 8: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 9: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 9: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 10: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 10: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 11: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 11: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 12: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 12: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 13: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 13: looking ahead

Choose one step that fits inside 45 minutes.

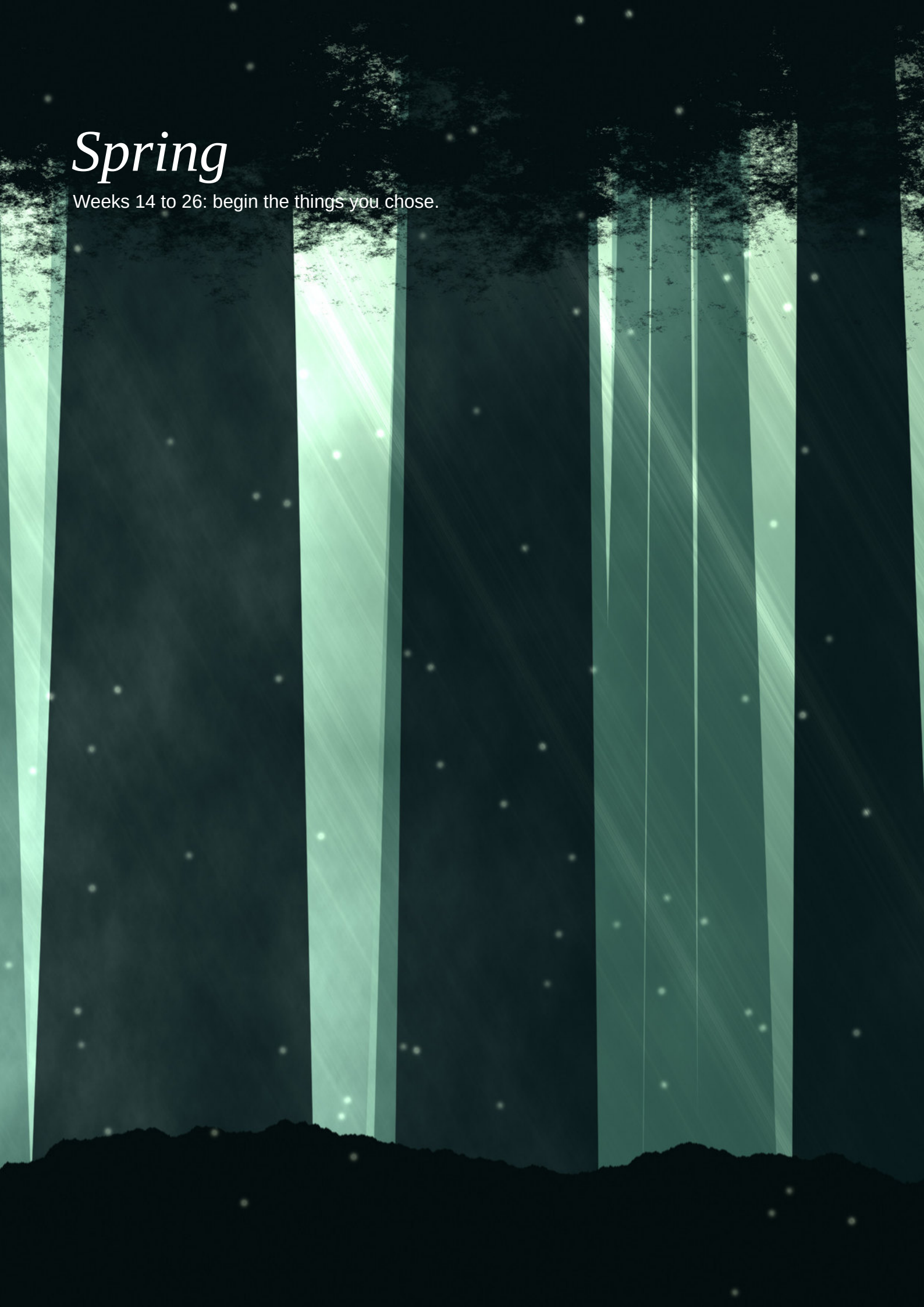
The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to



Spring

Weeks 14 to 26: begin the things you chose.

Week 14: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 14: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 15: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 15: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 16: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 16: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 17: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 17: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 18: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 18: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 19: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 19: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 20: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 20: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 21: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 21: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 22: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 22: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 23: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 23: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 24: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 24: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 25: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 25: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 26: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 26: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to


Summer
Weeks 27 to 39: keep going, gently.

Week 27: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 27: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 28: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 28: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 29: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 29: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 30: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 30: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 31: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 31: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 32: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 32: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 33: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 33: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 34: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 34: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 35: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 35: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 36: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 36: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 37: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 37: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 38: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 38: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 39: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 39: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to



Autumn

Weeks 40 to 52: finish and look back.

Week 40: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 40: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 41: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 41: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 42: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 42: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 43: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 43: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 44: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 44: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 45: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 45: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 46: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 46: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 47: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 47: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 48: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 48: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 49: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 49: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 50: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 50: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 51: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 51: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to

Week 52: looking back

One honest line for each.

What moved forward?

What got in the way?

Which step am I proud of?

How is my energy, from 1 to 5, and why?

Week 52: looking ahead

Choose one step that fits inside 45 minutes.

The horizon I am walking towards

One next milestone

When exactly will I do it?

What could stop me, and what will I do then?

Something to look forward to