



METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC  
www.MetroRelationship.com

# End-Of-Year & New-Year Planning Process

~ ENP-Process ~

*An Enriching and Planning Process for Anytime You Need a Reset*

Step  
1

**Clearing** - Decluttering and Letting Go

Step  
2

**Celebrating** - Reviewing and Acknowledging

Step  
3

**Contemplating** - Visioning, Goaling and Strategizing (including projects and tactics/habits)

Step  
4

**Candescenting** - Enriching and Adding Meaning

**The Inspirational Part**

- Personal Brand
- Intention or Focus Term™
- Theme
- Vision Board

**The Masterful Part**

- Stop/Start List
- Life Rules List
- Spend for Happiness List
- Special Days List
- 30-Day Challenges List

**The Delightful Part**

- Self-Love Practice
- Experiences Map
- Interests and Activities
- Passion Project
- Giving Back Plan

Step  
5

**Coordinating** – Integrating and Implementing

- Time Map
- Routines and Habits
- Calendar
- Project Management and Templates
- Environments

Step  
6

**Communing** – Joining and Collaborating

- Invite Partner
- Create Join Life Vision
- Tweak Integration to Capture Partnership



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