

A woman with her arms outstretched, smiling, stands on a rocky cliff overlooking the Grand Canyon at sunset. She is wearing a white and blue jacket, red leggings, and orange sneakers. The background shows the vast, layered rock formations of the canyon under a warm, golden light.

Opal's
**THE LIFE
YOU WANT**
PLANNER

Opal Daily

Oprah's

THE LIFE YOU WANT

PLANNER

HOW TO USE THIS PLANNER

WHEEL OF LIFE AND VISION BOARD

Before diving in, use these tools to reflect on your life and dreams as they currently stand. What needs to change to help you reach your goals?

FOCUS PAGES

Learn about each theme and explore what it means to you. Answer the reflection questions and determine how you can best incorporate each focus into your life. In this download we've included one focus: **Integrity | p. 11**

INTENTION

Identify your motivation for the week. Why do you do the things you do? What do you want the end result to be?

DONE LIST

Track and celebrate any time you complete an important task.

WEEKLY REFLECTION

Use the prompts to assess your progress each week. Think about what you've achieved and what you'd like to do next.

For more inspiration and guidance on how to make living well a daily practice, visit OprahDaily.com.

EMBRACE A FULLER LIFE!

I've been keeping a journal since I was 15 years old. When I was younger, my journals were mostly a record of everything I was thinking and feeling at that moment—crying about boys, writing bad poetry, worrying about my weight, or wondering what other people thought of me. In my 40s, I began to use my journals to focus on gratitude, writing lists of what brought me pleasure or joy every day, and it didn't take long to feel a massive shift. By taking a moment to pause and focus on the abundance of my life, I began to notice just how much good there really was.

I know that for many people finding time to journal can be a challenge. It's easy to get caught up in the “busy-ness” of life: rushing from here to there to make this appointment or that meeting, shuttling the children between school and soccer practice, trying to get dinner on the table or carve out some time to meet a friend for coffee. The days, weeks, and months pass in a blur, without a moment to stop, take a breath, and just be. That's why our team at Oprah Daily created this planner.

Within these pages you'll find space to organize appointments and stay on task, alongside thoughtful writing prompts to encourage you to pause and reflect on what really matters in your life. We hope it serves as a practical tool to help you manage your day-to-day schedule as well as a guide to inspire and motivate you to become the best

version of yourself. The first thing you'll notice is that we've left the entire planner undated—so no matter where you are or what's in front of you, today is always the perfect day to begin. We've also divided the planner into 12 different sections, each with a specific focus: values that I believe are essential to expanding our heart space and allowing us to step into the fullness of our authentic selves. Every focus lasts four to five weeks, allowing you time to dig deep and cultivate real, lasting change. As you answer the corresponding questions, define what each focus means to you and let it be your guide as you move closer to creating the life you want. You'll also notice several “Ask Yourself” thought-starters—short, simple questions designed to spark ideas and keep you aligned with the current focus. Instead of a to-do list, celebrate everything you accomplish by adding it to the Done List whenever you complete a big task.

Whether you tackle each of the 52 weeks consecutively or start and stop as needed, don't forget to look back and see your progress along the way. It's astonishing to be able to track your own evolution—who you were and who you can still become. We all have a limited number of years on earth. What will you do with yours?

The logo for Oprah Daily, featuring the word "Oprah" in a large, elegant, cursive script, with "Daily" in a smaller, simpler font underneath.

The Wheel of Life

The Wheel of Life is a useful tool to help you step back and assess what areas of your life give you satisfaction and what areas could use a little more attention. Review the categories on this page then rank your satisfaction with each category on a scale of 1 (dissatisfied) to 10 (fully satisfied). When you look at your completed wheel, ask yourself: How does this make me feel? Which areas need the most improvement? What's one small step I can take to get started?

INTEGRITY:

Living an authentic life where your beliefs and actions align. Being true to yourself and the values you cherish.

VULNERABILITY:

Your willingness to be open and share emotions, thoughts, and feelings, even when it may be painful or embarrassing.

CONNECTION:

The quality of relationships in your life. Do you feel part of a community with the people around you? Do you freely give and receive love?

BEING FULLY PRESENT:

Your ability to live in the present moment without dwelling on the past or worrying about the future.

RESILIENCE:

Your ability to overcome challenges and adversity.

COMPASSION & EMPATHY:

How would you rate the amount of kindness, patience, and understanding you show to others? To yourself?

FORGIVENESS:

Your ability to let go of grudges or unresolved feelings toward yourself or others.

RENEWAL:

Your ability to take care of your own physical and mental health and give yourself time to rest and recharge.

SERVICE:

Your contribution to the world. How often do you take the chance to serve?

GRATITUDE:

Giving thanks and celebrating all the good people, places, and things in your life, no matter how simple or small.

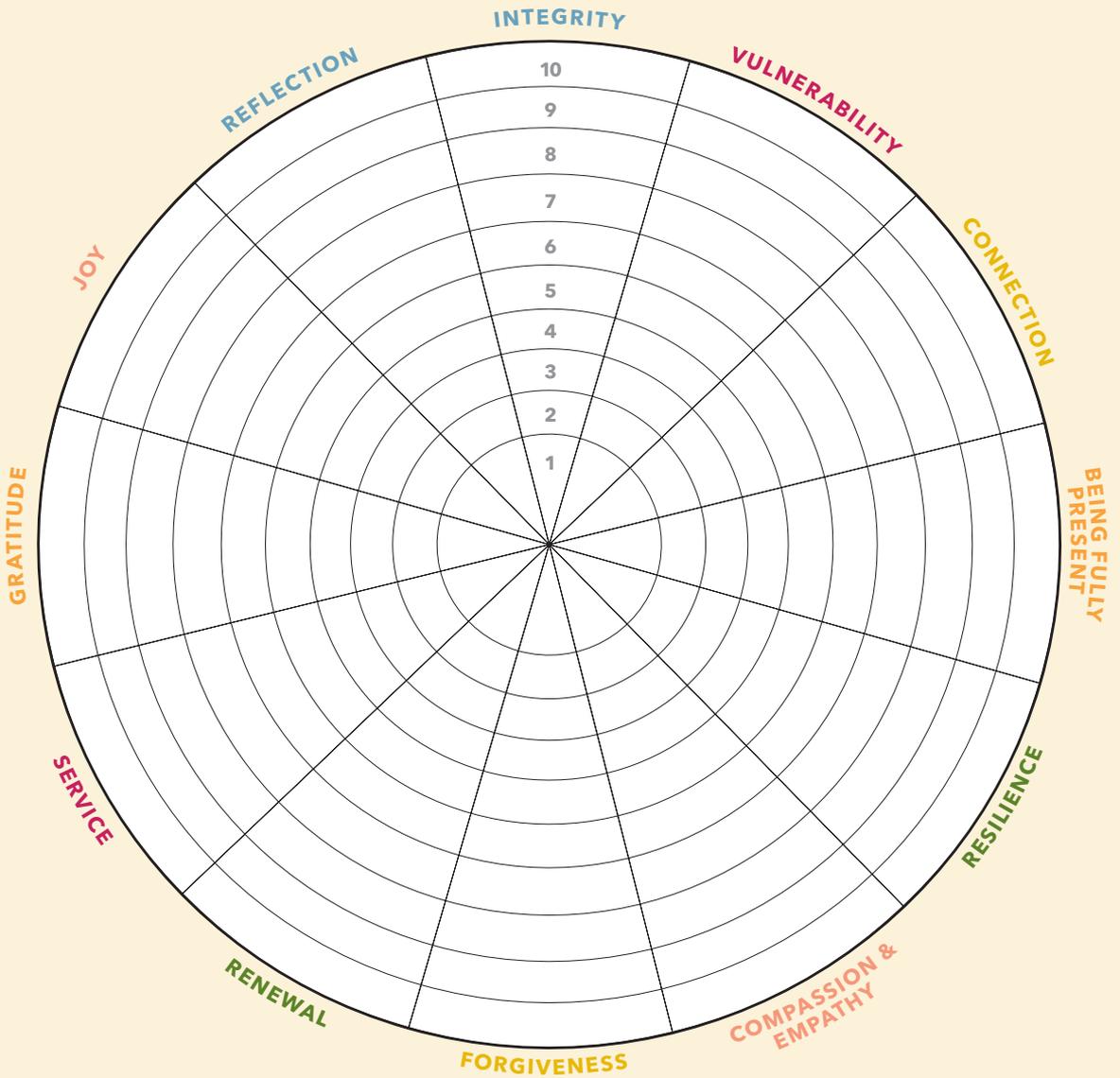
JOY:

How satisfied you are with the amount of happiness, peace, and contentment in your life.

REFLECTION:

Your ability to pause and examine your life, assess the progress you've made in achieving your goals, and decide what you want for your future.

These categories represent the 12 focuses you will work through over the course of this planner. Return to this page and assess your growth when you've completed all 52 weeks.



SETTING YOUR *INTENTION*

I first learned about intention back in the 1980s when I read Gary Zukav's "The Seat of the Soul." It was a transformational lesson for me—one that changed how I move through the world, how I operate my business, and who I choose to work with. Gary wrote, "**Every action, thought, and feeling is motivated by an intention, and that intention is a cause that exists as one with an effect. If we participate in the cause, it is not possible for us not to participate in the effect. In this most profound way, we are held responsible for every action, thought, and feeling, which is to say, for our every intention.**" Today, anyone who knows me knows that intention is still the number one principle that rules my life. It stems from the greatest spiritual law: **What you put out into the world is what you get back.** I don't do anything without first asking, "What is my intention?" In order to step into the most powerful version of yourself, you need to know not just what you want, but why you want it. Throughout this planner, you'll have a chance to set your own intention at the start of each week. Do you want to be more present? More loving? **How can you move through the world while honoring your why?** Start living from your intention, and watch your life unfold in all the ways you want.

—Oprah

Creating Your *Vision Statement*

I was raised with this biblical teaching from Proverbs 29:18: “Where there is no vision, the people perish.” I used to recite that verse in Sunday school, but it wasn’t until I was much older, trying to manage a business and my life, that I clearly understood its meaning: *Having a vision creates a path for the future. It focuses you and allows for clarity moving forward. You decide where you want to go, who you want to be, and, as Paulo Coelho says in “The Alchemist,” “When you want something, all the universe conspires in helping you to achieve it.” What do you want? When you can specifically and fully answer that question, you begin to create a roadmap for what your heart desires.*

—Oprah



What would my ideal life look like?

What kind of person do I want to be in that life?

What gives me a sense of meaning, value, and purpose?

What can I do now to start moving in the direction of achieving what I say matters?

VISION BOARD

Ask yourself, “When I see my life one year from now, what does it look like?” Think about areas of your life you really want to change—in your family, relationships, hobbies, fitness, well-being, or finances. What words and images come to mind?

Use this page to write, draw, or paste whatever inspires your vision of the future: your dreams, your goals, and your ideal life. Put your vision into the universe, then prepare yourself to meet it as you create your future.

Return to this page throughout the year to remind yourself of your dreams.



*Everything that is happening to you
is being drawn into your life as a
means to help you evolve into who you
were really meant to be here on
earth. It's not the thing that matters,
it's what that thing opens within you.*

—Oprah

Integrity

Of all the values I hold dear, integrity is everything to me. I always thought it meant doing the right thing no matter what. But recently my friend Martha Beck deepened my understanding of what integrity really means. It's about alignment. In order to find the truest expression of ourselves, we must be in alignment with the truth. Everyday things you do—telling little white lies, gossiping, not standing up for yourself—knock you off-balance. When you are out of alignment, your goals become more difficult to reach. The beauty of living with integrity means that life becomes simple: We never have to spend time or energy questioning ourselves because our beliefs and actions work in perfect harmony. In the coming weeks, take a moment to think about how you can live in alignment and better embody your highest integrity.

—Oprah

Ask yourself the questions below. Whether you express yourself by writing, drawing, or pasting, let your answers help shape your intention in the weeks ahead.

What does the word *integrity* mean to me?

Who is someone I admire for living their life with integrity?

**Am I satisfied with who I am as a person?
What do I believe to be true about myself?**

Are there areas of my life in which I can be more truthful?

MY INTENTION

Living in alignment with the truth means speaking your truth. Ask yourself: Am I willing to say what I'm thinking? Why or why not?

MONDAY /

TUESDAY /

WEDNESDAY /



REMEMBER: Only you have the power to take responsibility for your own life.
 What matters now is this moment and what you choose to do from this point forward.

THURSDAY /

FRIDAY /

SATURDAY /

SUNDAY /

We're all familiar with the idea of a to-do list...but do we ever celebrate ourselves for completing it? Use the lines below to write down the tasks you accomplished this week.

My Done List

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*You become what
 you believe.*

—Oprah

WEEKLY REFLECTION

When was I at my best this week?

When was I true to myself?

What do I want to improve?

MY INTENTION

To live your most authentic life, you must let go of anything that pulls you out of alignment.
Ask yourself: What's one thing I can remove from my life right now that compromises my integrity?

MONDAY / _____

TUESDAY / _____

WEDNESDAY / _____

WEEKLY REFLECTION

When was I at my best this week?

When was I true to myself?

What do I want to improve?

MY INTENTION

*Living your life for other people is a sure way to knock yourself right out of alignment. **Ask yourself: Do I seek approval from others when doing certain things? Why or why not?***

MONDAY /

TUESDAY /

WEDNESDAY /

THURSDAY / _____

FRIDAY / _____

SATURDAY / _____

SUNDAY / _____

My Done List

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Peace is your home, integrity is the way to it, and everything you long for will meet you there.

—Martha Beck

WEEKLY REFLECTION *Check-in*

I'm living with integrity by:

I'm looking forward to:

I'm spending the most time:

Three promises I can make to myself are:

I'm reading/watching/listening to:

Notes:

MY INTENTION

Living a life of integrity means telling the truth about ourselves to ourselves. Ask yourself: What is the real reason that I don't do that thing that I feel deep down I should do?

MONDAY /

TUESDAY /

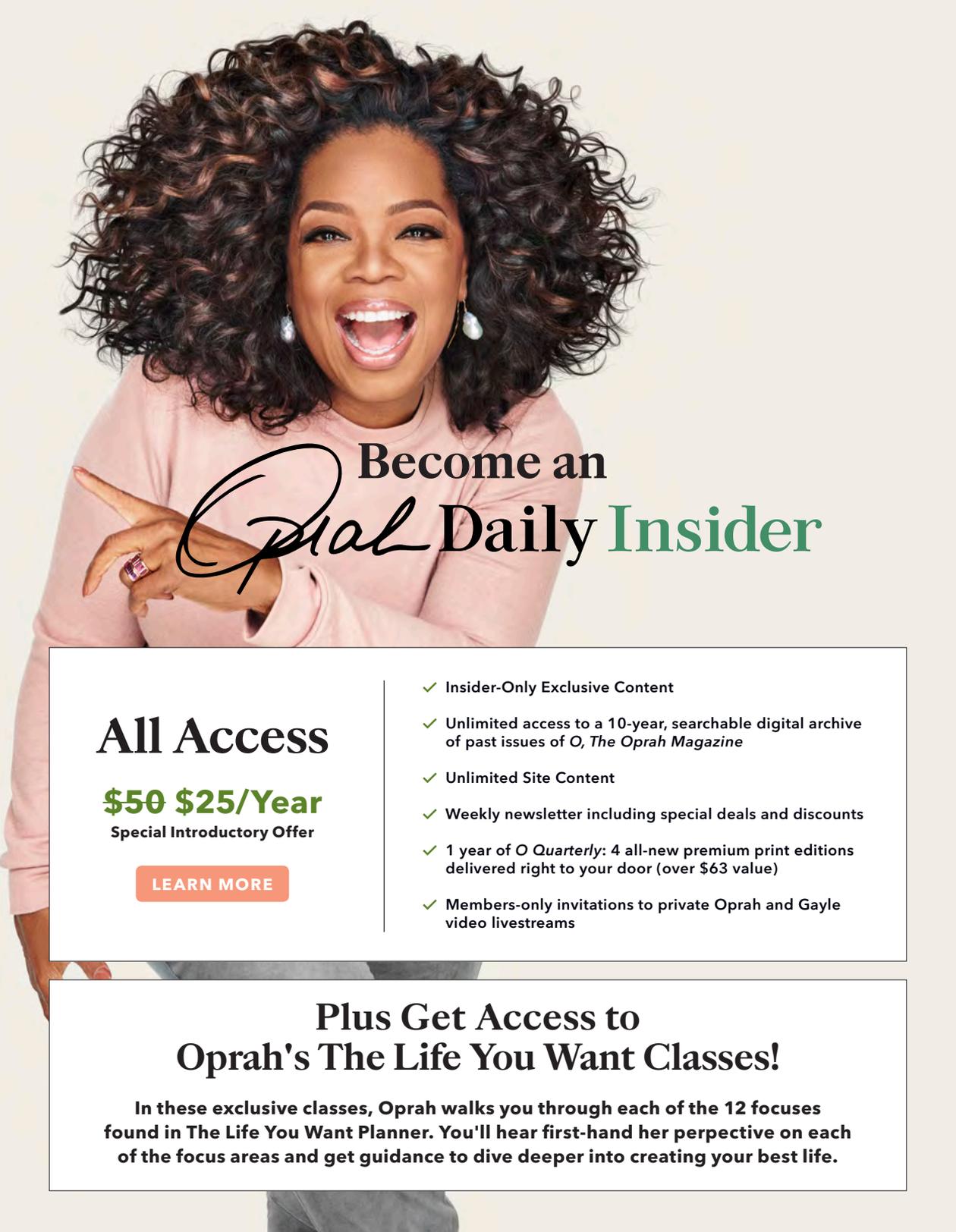
WEDNESDAY /

WEEKLY REFLECTION

When was I at my best this week?

When was I true to myself?

What do I want to improve?



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Plus Get Access to Oprah's The Life You Want Classes!

In these exclusive classes, Oprah walks you through each of the 12 focuses found in *The Life You Want Planner*. You'll hear first-hand her perspective on each of the focus areas and get guidance to dive deeper into creating your best life.