

Print this book now and  
Put it in a 3-ring binder

# **New You in a New Year**



**Your Annual Checklist  
for Keeping Organized.**

**NEW YOU IN A NEW YEAR:  
Your Annual Checklist for Keeping Organized**

Self-Published by:

Danny Pettry's Independent Education for the Recreational  
Therapist, LLC. Beckley, West Virginia 25801-2001.

USA. Online: [www.DannyPettry.Com](http://www.DannyPettry.Com)

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**Library Publication Data**

Pettry, II, Danny W.

New you in a new year: your annual checklist for  
keeping organized in the near year.

/ Danny W. Pettry, II, MS, CTRS

**Self-Help/ Personal Growth/ Success**

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This booklet  
is dedicated  
to:

**You.**

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# Introduction

## How to Use This Book

This is your checklist. It was created to help you to get organized and stay organized in the New Year.

First, print this full document and put it in a 3-ring binder.

Second, take a full day to daydream. Yes, that is right. Do some serious daydreaming. Visualize how you want your life to be in the New Year. Consider all areas of your life: career, money, volunteering, family, friends, leisure, recreation, education, and anything else.

Third, set goals to accomplish the things you always wanted to do. Write them on your checklist.

Fourth, refer to this checklist weekly, if not daily.

Fifth, enjoy accomplishing your goals.

Notice: you should always have things to do on your list. This is a never-ending list. If you don't have anything on your list then you've probably already passed away.

So, keep living and keep doing.

# Section 1: Your Life



[She or] he who fails to plan,  
[can] plan to fail

- Winston Churchill.

## Annual Reminders Checklist

|   |                          |
|---|--------------------------|
| Replace batteries in your fire alarms and clocks      | <input type="checkbox"/> |
| Check your fire extinguisher to see if it still works | <input type="checkbox"/> |
| Have an annual maintenance check-up on any cars       | <input type="checkbox"/> |
| Annual licenses and certifications (payments/ forms)  | <input type="checkbox"/> |
| Annual subscriptions (renewal)                        | <input type="checkbox"/> |
| Annual liability insurance                            | <input type="checkbox"/> |
| Renew First Aid/ CPR, etc.                            | <input type="checkbox"/> |
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## Most Important Things to Do Checklist

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# Personal Goals Checklist

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|---|--------------------------|
| Example: write a book this year or lost 25 lbs. | <input type="checkbox"/> |
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## Books to Read Checklist

|   |                          |
|---|--------------------------|
| Discover Hidden Secret Wisdom by Danny Pettry | <input type="checkbox"/> |
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## Movies to Watch Checklist

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|--|--------------------------|
| Create a list of movies you want to watch this year. | <input type="checkbox"/> |
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## Happiness Checklist

|   |                          |
|---|--------------------------|
| Create a list of things that you could do to feel happy | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
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## Leisure and Recreation Checklist

|   |                          |
|---|--------------------------|
| Create a list of recreation activities to do this year. | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
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## Social/ Relationships Checklist

|   |                          |
|---|--------------------------|
| Create a list of things to improve your relationships | <input type="checkbox"/> |
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# Doing Good Checklist

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|--|--------------------------|
| Create a list of ways you can volunteer this year. | <input type="checkbox"/> |
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## Health and Wellness Checklist

|  |                          |
|--|--------------------------|
| Create a list of ways to stay healthy this year. | <input type="checkbox"/> |
| See the dentist twice a year                     | <input type="checkbox"/> |
| Get an annual physical                           | <input type="checkbox"/> |
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## Financial/ Money Checklist

|  |                          |
|--|--------------------------|
| Example: save 10% each paycheck or cut 10% expense | <input type="checkbox"/> |
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# Section 2: Your Year



Success favors the  
prepared











|  |                          |
|--|--------------------------|
| <h2 style="text-align: center;">May Checklist</h2> |                          |
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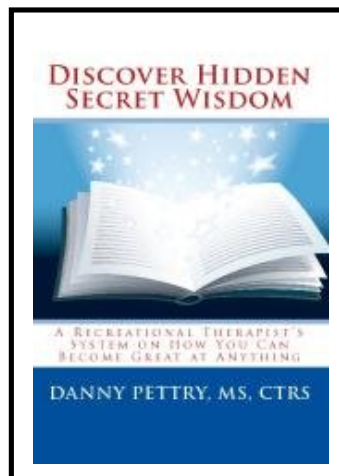
## December Checklist

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# If You Were To Read One Book This Year – This Should Be It:

Discover Hidden Secret Wisdom: A  
Recreational Therapist's System on  
How You Can Become Great



The book is available at this link:

[www.HiddenSecretWisdom.Com](http://www.HiddenSecretWisdom.Com)

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# Need Continuing Education Units?



Danny Pettry's Independent Education for the Recreational Therapist, LLC strives to be the # 1 self-study continuing education program online for recreational therapists and allied professionals.

You can complete self-study courses in three easy steps. First, you read an interesting book. Second, you pass a multiple choice quiz online to demonstrate that you have a basic understanding of the knowledge area. You're guaranteed to pass or you can re-take the quiz. Finally, you can print your certificate upon completion. You can implement your new-gained knowledge and skills into your practice.

Try one of Danny Pettry's amazing self-study courses. They're affordable, accessible, flexible, and easy-to-complete.

Go online: <http://www.DannyPettry.Com>

You'll get access to a FREE 5-clock-hour self-study course as a bonus gift for buying the primary book, Discover Hidden Secret Wisdom:

Professional Development in Recreational Therapy

It includes techniques for becoming the best recreational therapist that you can be. Access your free course at the link below. It's bonus #29.

<http://www.hiddensecretwisdom.com/bonus> Danny is an approved provider of continuing education for RNs. Provider #: WV 2007-052ORN. As with any continuing education program, The National Council for Therapeutic Recreation Certification (NCTRC) does not pre-approve any continuing education activities.

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# Who is Danny Pettry?



Danny Pettry, II, is a Recreational Therapist. He has held Certified Therapeutic Recreation Specialist (CTRS) credentials since 2003. He earned a Master of Science degree in Therapeutic Recreation from Indiana University, Bloomington, Indiana in 2006. He earned a Bachelor of Science degree in Park Resources and Leisure Services with a focus in Therapeutic Recreation from Marshall University, Huntington, West Virginia in 2002.

Danny has provided recreational therapy services at a residential treatment facility located in one of the two Virginias since 2002 for children between the ages of 7 and 13 who are abuse-reactive. These children have suffered physical, sexual, and/ or emotional abuse, and/ or severe neglect and have learned to act out the same abusive behaviors on others. Danny enjoys helping these kids. He provides a mix of treatment interventions to help these children to develop social interaction skills, empathy for others, self-worth, calming skills, problem-solving skills, and basic life skills. He also provides recreation services to maintain and promote their overall wellbeing and quality of life while being a resident at the treatment facility.

Danny has been a good-standing member of the American Therapeutic Recreation Association (ATRA) since 2000. He was acknowledged as a "Recreational Therapy Advocate of the Year" in 2005 by ATRA. He had won the ATRA - Dr. Peg Connolly Student Scholarship to the national conference in Kansas City, Missouri in 2004.

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