

GOALS FOR THE NEW YEAR

Planning Worksheet for _____(year)

1. Brainstorm everything you'd like to see for yourself this year (example: start a business, eat healthier, get organized)

2. Now, highlight like-minded goals similar colors. above (example: health goals in yellow, money goals in green)

3. What are the themes that emerge? Health, money, organization? Choose 1 or 2 goals to focus on this year, and write them below. Make them realistic and measurable. (example: I will ___ by ___)

1. _____

2. _____

4. Now list your action steps for each goal. What steps will you take to achieve them?

Goal #1:

Goal #2:

5. Now schedule your action items! Put them on the calendar. Check in each month or quarter, how close are you to your measurable goals? Adjust as needed, and GO GET 'EM!