GOAL PLANNER

My Year in Review

look back with kindness before you plan ahead

Best moments of the year

What I'm proud of

Lessons I learned

What I'm letting go of

People I'm grateful for

What I want more of

This year in three words: _____

GOAL PLANNER

My Goals for the Year

write 'I will start...', then circle your top 3

My word of the year: _____ Year: _____

Health & Body

Money

Career & Work

Home

Family & Friends

Personal Growth

Fun & Travel

Self-Care

GOAL PLANNER

Goal Action Plan

turn one big goal into small, doable steps

My goal: _____

_____

Why it matters to me: _____

_____

Start date: _____ Finish by: _____

#	Action Step	Due Date	Done
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐

My biggest obstacle

_____

_____

_____

My if-then plan

If _____

_____

then I will _____

My reward when I reach it: _____

GOAL PLANNER

Quarterly Goals

four short seasons are easier than one long year

Quarter 1 · Jan – Mar

TOP 3 GOALS

- [ ]
- [ ]
- [ ]

KEY STEPS

- [ ]
- [ ]
- [ ]
- [ ]

HOW IT WENT

Quarter 2 · Apr – Jun

TOP 3 GOALS

- [ ]
- [ ]
- [ ]

KEY STEPS

- [ ]
- [ ]
- [ ]
- [ ]

HOW IT WENT

Quarter 3 · Jul – Sep

TOP 3 GOALS

- [ ]
- [ ]
- [ ]

KEY STEPS

- [ ]
- [ ]
- [ ]
- [ ]

HOW IT WENT

Quarter 4 · Oct – Dec

TOP 3 GOALS

- [ ]
- [ ]
- [ ]

KEY STEPS

- [ ]
- [ ]
- [ ]
- [ ]

HOW IT WENT

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Monthly Goals

one month, a few clear steps, real progress

Month: _____ Main focus: _____

This month's goals

- [ ] _____
- [ ] _____
- [ ] _____

Week 1 · small steps

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Week 2 · small steps

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Week 3 · small steps

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Week 4 · small steps

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Wins this month

_____

_____

_____

_____

What I will change next month

_____

_____

_____

_____

GOAL PLANNER

Goal Progress Tracker

color one box each month you move a goal forward

Goal	J	F	M	A	M	J	J	A	S	O	N	D
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Tip: progress counts, even when it is small. Color the box anyway.