

Goal Setting Workbook



Hello & Welcome

Creating a game plan is the first step to moving ahead with any project and that includes our lives too. In this workbook you will have all the questions that enable you to create a plan for the next 12 months.

"It's never too late to start or make incredible things happen."



Section 01

Year In Review



Review

- Looking back over the last year, what worked well for you?
- What didn't work?
- What is your ideal workday?
- What are you grateful for?
- What does success look like to you?
- When you were living your best life last year, what were you doing?
- What were your biggest time wasters?



Section 02

THE NEXT 12 MONTHS



Top 3 Priorities

YOUR WORD FOR THE YEAR:

1

2

3



Quarterly Planning

Q1

Goals:

Q2

Goals:

Q3

Goals:

Q4

Goals:



Planner

URGENT

IMPORTANT

PRIORITY

REMEMBER



"Always remember, your
focus determines
your reality"

