

ON PAPER. ON PURPOSE.

Let's set your goals for the year! In order to set strong goals, they need to be specific, be measurable, and have a time limit. You also want to think about why you're setting that goal to make sure it's really important to you. Use this formula to help you write out your goals below:

EXAMPLE GOAL

My goal is to (be specific)
 by (must be measurable) by (deadline) ____ / ____ / ____.
 I am doing this because (there must be a reason).....

☐ SUCCESS! I REACHED MY GOAL ON ____ / ____ / ____

...

GOAL #1

My goal is to
 by by ____ / ____ / ____.
 I am doing this because.....

☐ SUCCESS! I REACHED MY GOAL ON ____ / ____ / ____

...

GOAL #2

My goal is to
 by by ____ / ____ / ____.
 I am doing this because.....

☐ SUCCESS! I REACHED MY GOAL ON ____ / ____ / ____

YOUR ACTION PLAN

GOAL #3

My goal is to

by by ____ / ____ / ____.

I am doing this because

☐ SUCCESS! I REACHED MY GOAL ON ____ / ____ / ____

...

GOAL #4

My goal is to

by by ____ / ____ / ____.

I am doing this because

☐ SUCCESS! I REACHED MY GOAL ON ____ / ____ / ____

...

GOAL #5

My goal is to

by by ____ / ____ / ____.

I am doing this because

☐ SUCCESS! I REACHED MY GOAL ON ____ / ____ / ____

...

NOW ———
get going!

IF IT'S NOT ON YOUR SCHEDULE, IT WON'T HAPPEN.