

My Year Goal

- Start a goal journal or make a designated section in your reflection/ gratitude journal for your goal work.

Goal:		
Why Do I Want This?	What Will Success Look Like?	What Happens If Not Fulfilled?

My Monthly Goals

1. Brain Dump (on a separate piece of paper) into making your 1-year goal into 12 smaller goals (for each month).
2. Prioritize each goal, from most to least important.
3. Add to the chart below in chosen order.

1.	5.	9.
2.	6.	10.
3.	7.	11.
4.	8.	12.

My Weekly Goals

1. Choose 1 monthly goal.
2. Brain Dump (on a separate piece of paper) ideas on making that month goal into 5 even smaller goals (for each month).
3. Prioritize each goal, from most to least important.
4. Add to the chart below in chosen order.

Week 1:
Week 2:
Week 3:
Week 4: