

Positive Goal Setting

Use the following pages to help you set positive goals this year! Answer the questions honestly. Draw pictures, write, bullet point it- there is no wrong way here!

What do you imagine your life looking like 12 months from now?

What does happiness and fulfillment mean to you?



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Where would you like to be mentally and emotionally in 12 months?

Where would you like to be financially in 12 months?

Where would you like to be in your working life or business in 12 months?

Where would you like to be in your health in 12 months?



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Write one goal for each category. Make it a DO goal instead of a 'DON'T' goal.

Example: I Do want to grow my business this year by putting more time consistently into it.

At the end, circle your top 3 PRIMARY goals!

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

Goal 6:



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Now, for each goal that you think you can realistically accomplish this year, what steps will you need to take over the next 12 months to reach that goal? Think of around 5 steps per goal.

Goal:

Steps to reach that goal:

Goal:

Steps to reach that goal:

Goal:

Steps to reach that goal:



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Next, you are going to plan out each of your steps through the next 12 months. Where do you need to start now to be where you want to be by the end of the year?

Goal:

Month 1:

Month 2:

Month 3:

Month 4:

Month 5:

Month 6:

Month 7:

Month 8:

Month 9:

Month 10:

Month 11:

Month 12:



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What are you going to do to keep yourself motivated while you are trying to reach your goals? I recommend creating a vision or inspiration board that you can consistently look back at so that when things get hard you can remember the WHY behind your goal.

