

Determine Your Goals

Step 1: Write down areas in your life that you'd like to work on in order of priority in the boxes below.

(Suggested life areas are Health, Relationships, Finance, Fun, Contribution, and Spiritual)

- Health
- Relationships
- Finance
- Fun
- Contribution
- Spiritual

Step 2: Write out your ultimate DREAMS for each area and write the estimated timeline to achieve it.

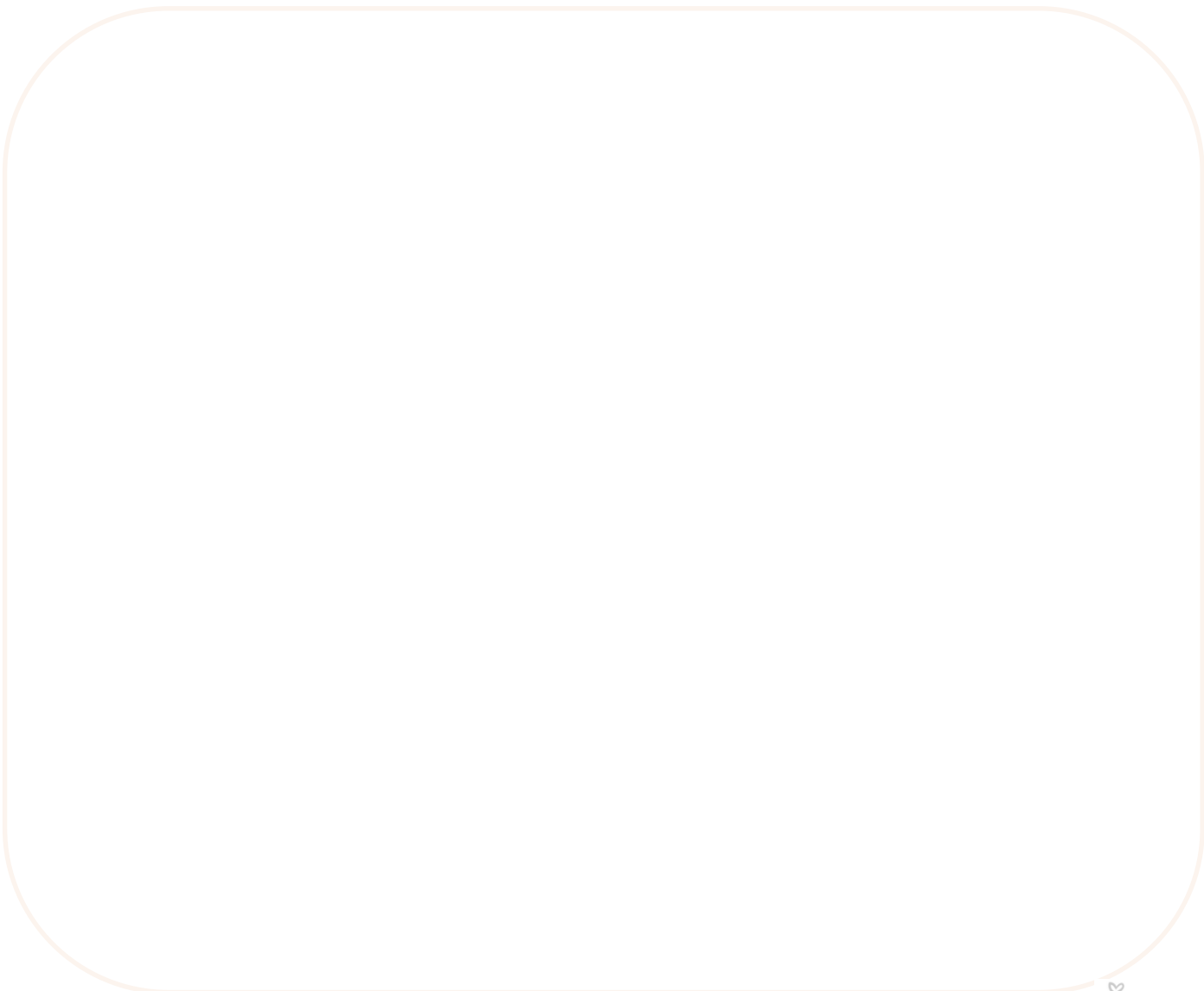
Health	Relationships	Finance
Fun	Contribution	Spiritual

The Big Picture

Step 3: Group dreams together in terms of assigned timeline. *(Suggested years: 1, 5, and 10 years)*

1 Year	5 Years	10 Years
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Step 4: Create your vision board below for motivation. Sketch out your dreams, glue cut outs from magazines, and get creative!



S.M.A.R.T Goals

Step 5: Evaluate each dream from each life area from steps 2 by answering the questions. Keep order of priority as you've determined from step 1. (Reprint more pages if needed.)

Dream: _____

Why do you want to achieve this dream? *(Strong Whys will serve as your ultimate motivator. If you can't think of strong enough reasons on why you should pursue your dream, rephrase, replace, or remove that dream.)*

What are the obstacles you might encounter? *(Knowing possible obstacles can better prepare you in case it does happen.)*

What do you need to do or achieve to turn these dreams into reality? *(These will be your GOALS. Your goals should be SMART - Specific, Measurable, Attainable, Relevant, Timely.)*

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Goal Setting

Step 6: Transfer the goals you've created from step 5 and categorize them per life area below.

Health

Relationships

Finance

Fun

Contribution

Spiritual

Monthly Goals

Step 7: Take the goals from step 6 and divide up on the monthly spread below. *(If unsure on how much goals to put per month, just take a stab for now. You can always adjust along the journey.)*

- Use this monthly goals worksheet as a checklist to track your progress throughout the year.
- Perform a quarterly check-in to make sure that you are staying focused on your goals.
- Feel free to move things around especially for unfinished goals.

1st Quarter

January

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

February

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

March

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Quarterly Check-in

Do you need to lessen or add goals per month? Lessen Add

Are these goals still realistic and/or attainable?

- Yes.
- No. Extend timeline needed to achieve goal, move unfinished goals to the next month, or totally scratch off from your list (only if you truly believe that you've done everything you can)

Overall, are you on track or behind in reaching your goals? On track Behind

What else can you do to get closer to your goals?

2nd Quarter:

April

May

June

Quarterly Check-in

Do you need to lessen or add goals per month? Lessen Add

Are these goals still realistic and/or attainable?

- Yes.
- No. Extend timeline needed to achieve goal, move unfinished goals to the next month, or totally scratch off from your list (only if you truly believe that you've done everything you can)

Overall, are you on track or behind in reaching your goals? On track Behind

What else can you do to get closer to your goals?

3rd Quarter

July

- _____
- _____
- _____
- _____
- _____
- _____

August

- _____
- _____
- _____
- _____
- _____
- _____

September

- _____
- _____
- _____
- _____
- _____
- _____

Quarterly Check-in

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- No. Extend timeline needed to achieve goal, move unfinished goals to the next month, or totally scratch off from your list (only if you truly believe that you've done everything you can)

Overall, are you on track or behind in reaching your goals? On track Behind

What else can you do to get closer to your goals?

4th Quarter

October

November

December

Quarterly Check-in

Do you need to lessen or add goals per month? Lessen Add

Are these goals still realistic and/or attainable?

- Yes.
- No. Extend timeline needed to achieve goal, move unfinished goals to the next month, or totally scratch off from your list (only if you truly believe that you've done everything you can)

Overall, are you on track or behind in reaching your goals? On track Behind

What else can you do to get closer to your goals?

Weeklies and Dailies

Step 8: Plan your week by writing down small ACTIONABLE STEPS you need to take that will direct you to achieve your monthly goals from step 7.

- Write out your life areas in order of priority on the 1st column.
- Categorize your actionable steps according to life area as you plan them out throughout your week.
 - ✓ *Since your life areas are in order of priority, this chart will give you your top priorities that you must take care of during the day.*
 - ✓ *Treat these as your “non-negotiables,” things that you need to complete on that day, things that will make you fulfilled and productive.*
- Write out your appointments and commitments that day so you can plan out when you can work on your non-negotiables and other to-dos.
- While trying your best to stick to your commitments that you write out on this worksheet, feel free to be flexible, adjust things, and not be hard on yourself when things don't pan out as planned.
- Print out the weekly pages as much as you need.

Road to Your Dreams

Month:

Week:

Life Area	Monday	Tuesday	Wednesday
Health	.	.	.
	.	.	.
	.	.	.
Relationships	.	.	.
	.	.	.
	.	.	.
Finance	.	.	.
	.	.	.
	.	.	.
Fun	.	.	.
	.	.	.
	.	.	.
Contribution	.	.	.
	.	.	.
	.	.	.
Spiritual	.	.	.
	.	.	.
	.	.	.
Commitments	7	7	7
	8	8	8
	9	9	9
	10	10	10
	11	11	11
	12	12	12
	1	1	1
	2	2	2
	3	3	3
	4	4	4
	5	5	5
	6	6	6
7	7	7	
8	8	8	
9	9	9	

Road to Your Dreams

Month:

Week:

Life Area	Thursday	Friday
-----------	----------	--------

Health	.	.
	.	.
	.	.

Relationships	.	.
	.	.
	.	.

Finance	.	.
	.	.
	.	.

Fun	.	.
	.	.
	.	.

Contribution	.	.
	.	.
	.	.

Spiritual	.	.
	.	.
	.	.

--	--	--

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

Road to Your Dreams

Month:

Week:

Life Area	Saturday	Sunday
-----------	----------	--------

Health	.	.
	.	.
	.	.

Relationships	.	.
	.	.
	.	.

Finance	.	.
	.	.
	.	.

Fun	.	.
	.	.
	.	.

Contribution	.	.
	.	.
	.	.

Spiritual	.	.
	.	.
	.	.

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