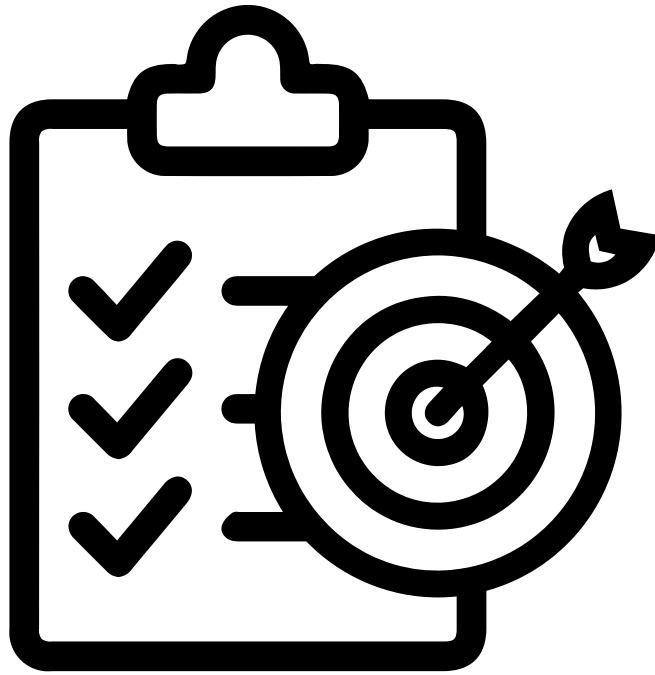


GOAL PLANNER



THIS PLANNER BELONGS TO

Goal Planner

Date

Title

My Goals

Why?

Milestones

Action

Goal Date

Achieved

--	--	--

GOAL TRACKER

MAIN GOAL

ACTION STEPS

1.

2.

3.

1.

2.

3.

GOAL 2

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOAL 3

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOAL 4

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOAL 5

ACTION STEPS

1.

2.

3.

4.

5.

6.

7.

GOALS JOURNAL

<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
☐	☐	☐	☐	☐	☐	☐

WHY DO I WANT TO ACHIEVE MY GOALS?

HOW CAN I ACHIEVE THEM?

REMINDER

NOTE



MY GOALS



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



GOAL:

REASON

MOTIVATION

STEPS TO TAKE



DAILY GOALS

REACH YOUR GOALS

THE GOAL

DESCRIPTION

ACCOUNTABILITY

ACTION STEPS

1. _____ ☐
2. _____ ☐
3. _____ ☐
4. _____ ☐
5. _____ ☐
6. _____ ☐
7. _____ ☐
8. _____ ☐
9. _____ ☐

PURPOSE & MOTIVATION

THE CHALLENGES

NOTES :

YOUR CELEBRATION

Weekly Goals

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday
Sunday		
Notes		

WEEKLY GOAL PLAN

DATE :

WEEKLY GOAL

TOP PRIORITY :

NOTES :

SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY GOALS

MONTH OF

FOCUS

GOAL #1

GOAL #2

GOAL #3



WEEKLY MEAL GOAL

MONTH OF :

	BREAKFAST	LUNCH	DINNER	OTHER	NOTES
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

ANNUAL Goal Planner

 YEAR

Goal 01	Purpose & Motivation

[illegible]

Goal 02	Purpose & Motivation

[illegible]

GOAL ACTION PLAN

GOAL	START DATE:	DUE DATE:

GOAL PROGRESS: 0% 100%

[illegible]

s m t w t f s

Month: _____

GOAL SETTING

Start Date:

Deadline:

Goals



Why

Four horizontal white rounded rectangular input fields stacked vertically within the 'Why' section.

Action Plan

What

Four horizontal white rounded rectangular input fields stacked vertically within the 'What' section.

s m t w t f s

Month: _____

14 WEEK GOALS

[illegible]

s m t w t f s

Month: _____

DAILY ROUTINE

Morning

Habits

S

M

T

W

T

F

S

Afternoon

Habits

S

M

T

W

T

F

S

Evening

Habits

S

M

T

W

T

F

S

Savings Goal

GOAL: _____

SAVING: _____

DATE

AMOUNT

BALANCE

DATE AMOUNT BALANCE

Three vertical red bars of varying heights. The first bar on the left is the tallest, reaching the top of the page. The second bar in the middle is shorter, reaching about three-quarters of the way up. The third bar on the right is the shortest, reaching about half the way up.

TOTAL :

TOTAL :

Financial Goal

MY GOAL:

STARTING
BALANCE:

REQUIRED
NUMBER:

Per
DAY: _____

Per
MONTH: _____

DUE
DATE:

REMEMBER!

*Set savings milestones
and visualize your
progress.*

NOTES

KEEP UP THE GOOD WORK, AMAZING ONE!

SET UP YOUR GOALS

S

Specific

→ STEP ONE

M

Measurable

→ STEP TWO

A

Achievable

→ STEP THREE

R

Relevant

→ STEP FOUR

T

Time

→ STEP FIVE

Month:

Start Date:

GOAL SETTING

Goals

What

.....

.....

.....

.....

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Action Plan

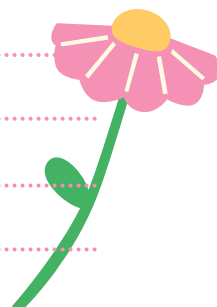
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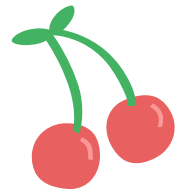
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3 MONTH GOAL

January

February



March



GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- -----
- -----
- -----
- -----

NOTES

FITNESS GOAL

START DATE :

DURATION :

END DATE :

START WEIGHT :

GOAL WEIGHT :

FINAL BMI :

START BMI :

GOAL BMI :

FINAL WEIGHT :

HABIT

NEW HABITS TO BUILD



BAD HABITS TO CUT



MEASUREMENTS

START		END
BUST		
WAIST		
HIPS		
CHEST		
THIGHS		
ARM		

MOTIVATION/BIG WHY

NOTES

BUSINESS GOAL

Action Steps

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Goals

Problems & Solution



Start

Progress

Due

FINANCIAL GOALS

DUE DATE



INCOME

EXPENSE

TOTAL INCOME

TOTAL EXPENSE

BUDGET

TOTAL SAVINGS

NOTES

QUARTER GOALS

1ST MONTH

- _____
- _____
- _____

2ND MONTH

- _____
- _____
- _____

3RD MONTH

- _____
- _____
- _____

4TH MONTH

- _____
- _____
- _____

INCOME GOALS

DATE:

M

T

W

T

F

S

S

MONTH	INCOME	EXPENSES	PROFIT	BALANCE
JAN				
FEB				
MAR				
APR				
MAY				
JUN				
JUL				
AGU				
SEP				
OCT				
NOV				
DEC				

S ● M ● T ● W ● T ● F ● S ●

Coaching Goals

Write down each goal you want to achieve, the reason why it is important to you, and the measurable outcome.

Goal 1:

Why it's important:

Measurable Outcome:

Goal 2:

Why it's important:

Measurable Outcome:

S ● M ● T ● W ● T ● F ● S ●

Achieving Goals

What are my short-term goals?

Why do I want to achieve them?

What habits do I need to keep in order to achieve them?

What habits might slow me down in achieving them?

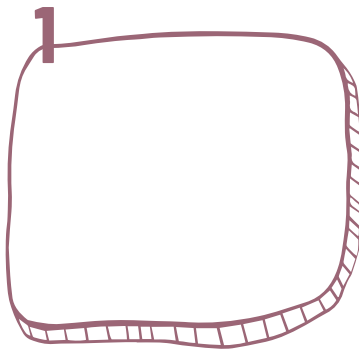
My Goal Planning Sheet

Name _____

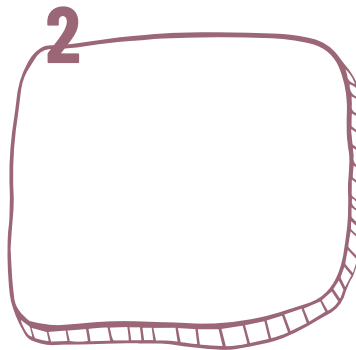
Date _____

My Goals

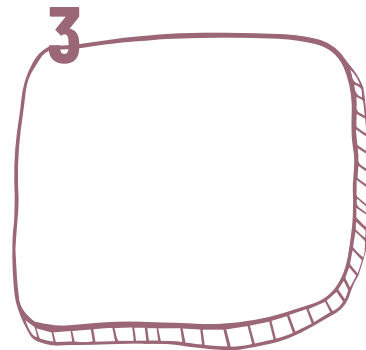
1



2

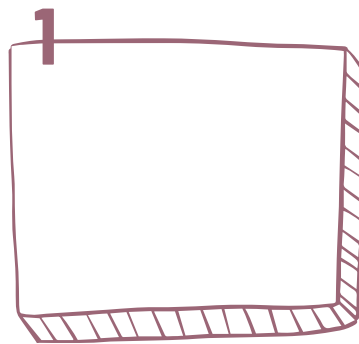


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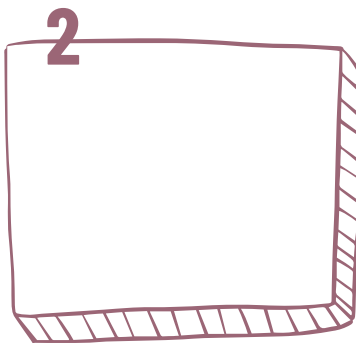


How I will meet them

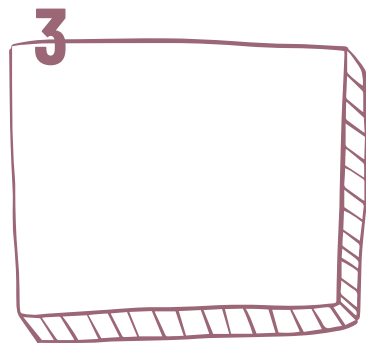
1



2

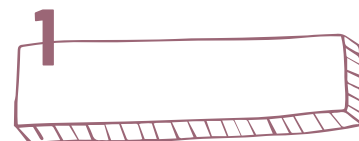


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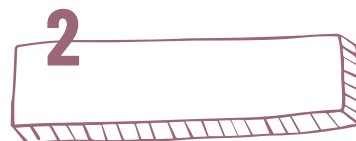


When I will meet them

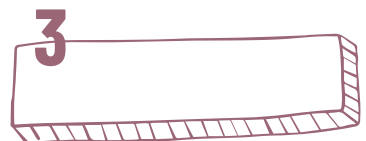
1



2



3



I met my goals



MY LEARNING GOALS

I am doing well with..

I would like to get better at..

Three things I will do to reach my goal:

1.

2.

3.

My Big Goal

School year 2022-2023

Name: _____ Section: _____

This school year, I want to be able to:

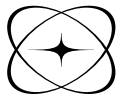
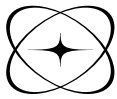
To get to my big goal, first I have to:

Step
1

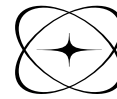
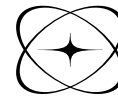
Step
2

Step
3

VISION BOARD



MAKE IT HAPPEN



WEALTH

Progression : ○○○○

PASSION

Progression : ○○○○

HEALTH

Progression : ○○○○

LOVE

Progression : ○○○○

FAMILY

Progression : ○○○○

CAREER

Progression : ○○○○

Self-Care GOALS

S M T W T F S

What does self care mean to me?

What is the purpose behind my self care goals?

What motivates me to achieve them?

Habits to start

Habits to stop

30 Book Goal



Put a sticker for every book you read this year

[illegible]