

Year Goal Planning

Make this year a *Success!*

Brainstorming

(continue if needed on the Notes pages)

What do you wish you would stop doing?

1. _____
2. _____
3. _____
4. _____
5. _____

What would you like to start doing?

1. _____
2. _____
3. _____
4. _____
5. _____

If you could magically change 7 things in your life today, what would you change?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

If you were guaranteed 100% success in 3 pursuits, what would you pursue?

1. _____
2. _____
3. _____

What are your largest time wasters?

1. _____
2. _____
3. _____
4. _____
5. _____

Balance

Next, in each Area of Balance, write statements describing realistic events you would like to happen this year and the person you would like to be by the end of the year. Write statements in the present tense, as if today were the last day of the year and this year had been a great success.

Example: "I am healthy. I eat and drink only things that benefit my body."

Spirituality / Values _____

Emotional Fitness _____

Health / Physical _____

Learn / Create _____

Relationships / Family _____

Finances / Self-reliance _____

Serve / Help Others _____

Organize / Beautify _____

Year Goals / Vision

Now, re-read your answers on these pages and identify below your most important goals for this coming year. Envision their successful completion.

1. _____
2. _____
3. _____

Success Choice Challenge Goal(s)

On planner pages 6 through 10, brainstorm projects, milestones, routines, and resources needed to achieve these goals. From this process, select and list here 1 to 3 "Challenges" that you can commit to accomplishing in the next 3 months.

1. _____
2. _____
3. _____

The Next Steps

On monthly Tasks, Calendar and Planning pages, identify goals and tasks required to meet each Challenge. Weekly, refine your plan and pull specific steps into your week. Repeat this process monthly and quarterly to make these dreams a reality.