

Goal Setting

YEAR

NAME

DATE SETTING
GOALS

What did I accomplish in 2020?

What were your biggest dissapointments in 2020?

What did I learn in 2020?

What 3 changes or guidelines am I going to make in 2021 to ensure I dont have the same outcome

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How did I limit myself in 2020?

In what areas of my life am I not achieving what I want

What can you say that explains these failures

Make affirmations against those points to focus on what you want (positive statements)

What are your personal values

*What are your best qualities, *What do you value in yourself, *What do you look upto in other people

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What roles do you play in life? Score each one 1-10 (10 being amazing), then select 3 you would like to improve on in 2021

In 2021 what will I do in each of the 3 selected from above to improve that score

Your life falls into 7 categories. Write a minimum of 3 goals for each one.

Finance and Wealth

- 1.
- 2.
- 3.

Career Goals

- 1.
- 2.
- 3.

In your free time

- 1.
- 2.
- 3.

Health and Appearance

- 1.
- 2.
- 3.

Relationships

- 1.
- 2.
- 3.

Personal Development

- 1.
- 2.
- 3.

Community and Charity

- 1.
- 2.
- 3.

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Highlight the top 10 things that you love to achieve in 2021. Use the GOAL sheet so you can pin them on your board/mirror/fridge!

Use this space for any additional goals

