



# GOAL PLANNER

# MONTHLY PLANNER

Month \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT

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# GOAL OVERVIEW

Goal

Steps

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Reward

People nearby

Result

Goal

Steps

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Reward

People nearby

Result

# MONTHLY REFLECTIONS

Month \_\_\_\_\_

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How was this month?

My achievements

I'm grateful for

Next Month Goals

Start

Continue

Finish

Next month i will

# GOAL SETTING

Goal

Why i want to achieve it

Is the goal within your power to accomplish?

Do i need someone else's help? If so, who?

How long does it take to reach?



# MONTHLY TASKS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

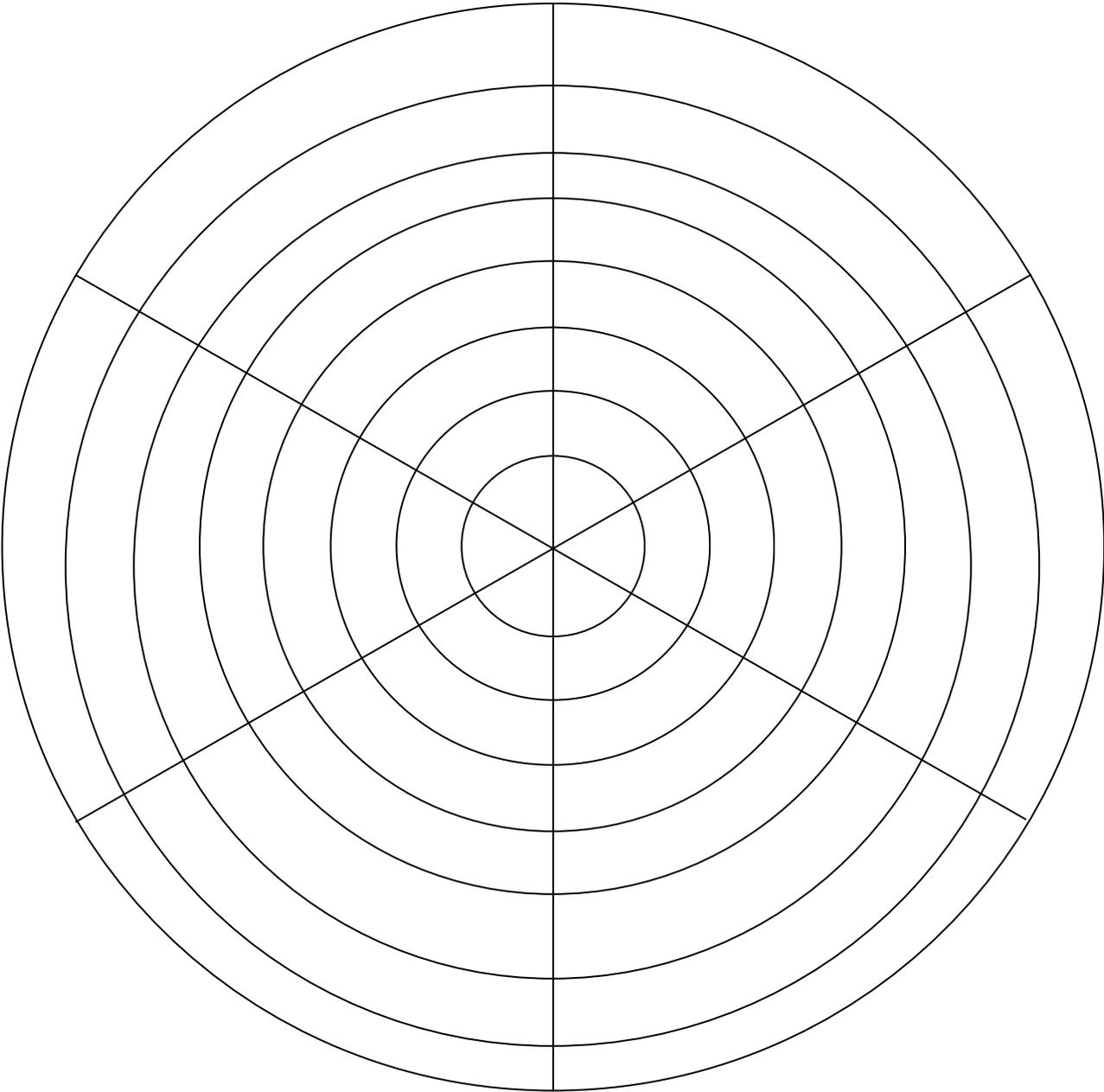
DEC

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# BALANCE OF GOALS



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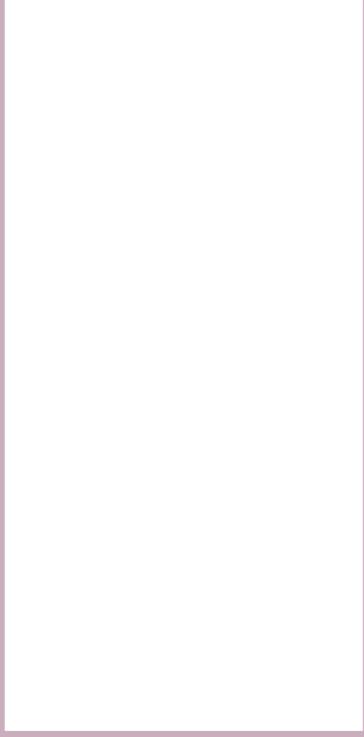
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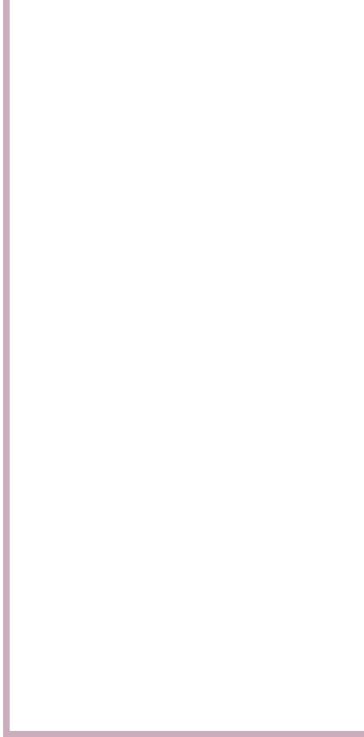
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# BALANCE OF GOALS

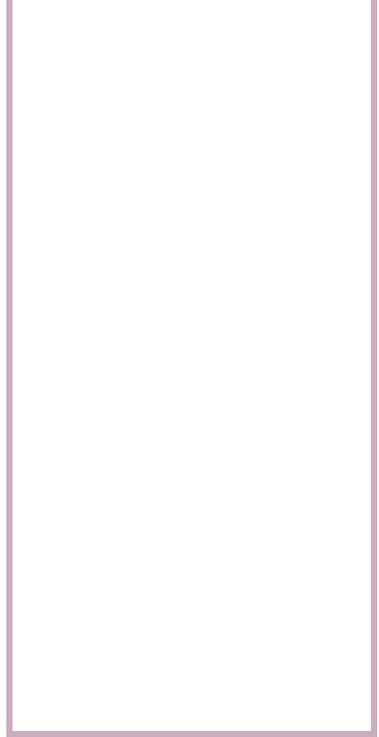
Health

A large, empty rectangular box with a thin purple border, intended for writing goals related to health.

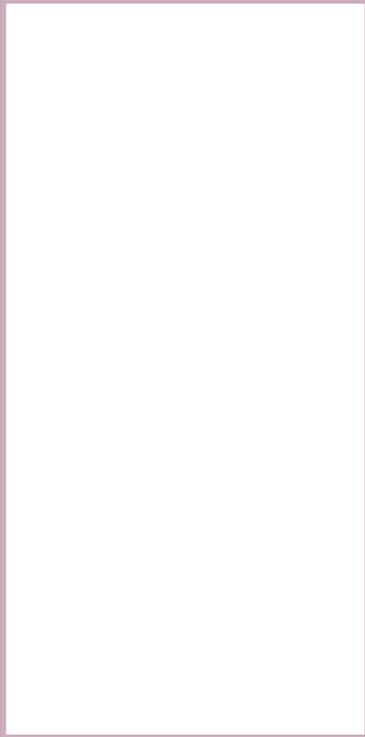
Family

A large, empty rectangular box with a thin purple border, intended for writing goals related to family.

Friends

A large, empty rectangular box with a thin purple border, intended for writing goals related to friends.

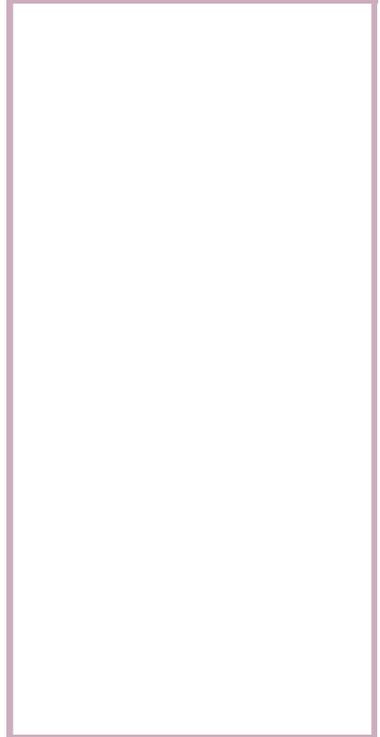
Career

A large, empty rectangular box with a thin purple border, intended for writing goals related to career.

Personal

A large, empty rectangular box with a thin purple border, intended for writing personal goals.

Study

A large, empty rectangular box with a thin purple border, intended for writing goals related to study.



# MY POSSIBILITIES

GOAL 1

GOAL 2

GOAL 3

What skills do i need for this?

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What resources do i need for this?

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What difficulties may arise?

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# MY GOAL PLAN

Goal

Reason

Ideas

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Action steps

Start

Finish

Result

Reward



# ANNUAL GOALS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

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