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Next

2019 Goal Setting Worksheet

IN THE LAST 12 MONTHS, I AM THANKFUL FOR:

WHAT HELD ME BACK FROM REACHING MY GOALS?

IN THE NEXT 12 MONTHS, MY ULTIMATE HAPPINESS WOULD LOOK LIKE THIS:

TOP 5 THINGS THAT ARE IMPORTANT TO ME IN THE NEXT 12 MONTHS:

WHY ARE THESE IMPORTANT TO ME? HOW WILL THEY MAKE MY LIFE BETTER?

Name: _____

SMART Goal Setting Worksheet

1. What is the goal?

2. Why is the goal important?

3. SMART goal checklist

S

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M

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A

chievable

R

elevant

T

ime-bound

Is the goal clearly written, with no ambiguity? Is it clear who needs to accomplish the goal, and any support they might expect?

Does the goal answer the questions of how many, how much and/or how often?

Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?

Does the goal make a difference in your career? Is it going to make an improvement in your personal life? Is it going to significantly make a difference to your business?

Does the goal state a clear and specific completion date?

4. List potential problems that might keep you from completing your goal.

5. Goal Completion date

Action Item

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

Yes

No

DevelopGoodHabits.com

Student Goal Setting Worksheet

Name

Date

I am GOOD at

I am BAD at

WHAT I WILL IMPROVE?

HOW WILL I MAKE THESE IMPROVEMENTS?

IF MY PLAN DOESN'T WORK, WHAT WILL I DO?

WWW.SHININGMOM.COM

The image displays a collection of 12 monthly goal-setting templates, arranged in a 3x3 grid. Each template is designed for a specific month, from January to December. The templates are visually consistent, featuring a light green background and a structured layout for goal tracking.

Each monthly template includes the following elements:

- Month Title:** The month name is prominently displayed at the top in a large, bold, black font.
- Goal Checklist:** A vertical list of 12 checkboxes is provided on the left side of the template, intended for tracking individual goals or tasks.
- Notes Section:** Two large, empty rectangular boxes are located on the right side of the template, providing space for additional notes, reflections, or detailed goal descriptions.

The templates are organized as follows:

- Top Row:** January, February, March
- Middle Row:** April, May, June
- Bottom Row:** July, August, September
- Bottom Row (continued):** October, November, December



"If our lives are a canvas then what kind of picture are we painting? We don't have to be a celebrity or a genius. What's important is to fill our canvas in our own style and to our own satisfaction"

Daigaku Ikeda



ROLES AND GOALS

Set goals for all the roles in your life to expand your goals!

GOALS

AS A FATHER/MOTHER...

Goals:

AS A HUSBAND/WIFE...

Goals:

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

AS A SON/DAUGHTER...

Goals:

AS A BROTHER/SISTER

Goals

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

AS A FRIEND

Goals:

AS A PROFFESIONAL.

Goals:

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

AS A NEIGHBOUR

Goals:

5. _____

5. _____

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works for you. If not, there's no time like the present --)The purpose of having a great vision for your future, I think, is more about having SOMETHING exciting to aim at, DE SOMETHING to gravitate towards, than necessarily actually achieving it all. You can get super organised with this spreadsheet and work out exactly where you currently stand debt wise. To make sure your goals are SMART you can use this worksheet.This article describes how to download the high quality printable PDF. You start to think about what your new year's resolutions are...You take a little time off and find yourself thinking about your year ahead....There is often more than the average motivation and hope around at the beginning of the year... Set goals for different areas in your life Have you thought through multiple areas in your goal setting? They include: creating a long term vision, and your main goal right nowRead More Jan 17, 20 03:40 PMSet body goals here and you'll have the highest chance of making progress. You might get a high quality planner for the year... You can choose either a blank version or the version with an example already entered. You can use this worksheet either for yourself, your students, or your clients. This article describes how to download the printable PDF. 4. You can find out more about your strengths as by filling out this FREE 15 minute surveyyou can also tick off when you've completed each step to create a sense of accomplishment as you make progress. 6. It's motivational to carry a feeling of "I'm doing it!" and "I've done it!" 5. You can use the questions to make sure each goal you set is specific, measurable, attainable, relevant, and timed. Whether or not you reach it all is kind of not the point. Feel free to set goals that have a small or big price tag or no price tag at all. The idea is to set goals that will help you move forward. Start at a place where you're comfortable and go from there. You don't want to start so far away that you want to quit. You want to start somewhere that you feel good about. Go through the examples below and see which goal you feel like something you'd like to shoot for!Your social life - goals to enhance the connection in your life (goals to share with thoughtful friends who are fun to hang out with, to find love, to go on holiday with someone to strengthen your connection, to do something fun or something new with someone, doing more of what you love to do with someone who also loves it!)Your family (do you want to expand your family, have children, help someone in your family achieve something, support a family member become strong, support a family member in some way) Your health (do you want to exercise more, lose weight, take up a sport, eat healthier, improve your nutritional awareness or balance, improve your psychological health, increase your strength)Your career (would you like to start a new career, get a promotion, create a new income stream, look for new directions, start a business, expand your current business)Your finances (Is it time to save money, pay off debts, expand your capital, spend less, invest, create new sources of income)Your learning (are you keen to learn something new, deeper your knowledge of a particular topic, go back to university and master some topic, read quality books intended to improve your life in some way, take a course to improve some area of your life, do some self-initiated work

Your character (how much of a focus on personalizing your character, then you can use the "3 main goals right now" worksheet above to zone in on your 3 most important or most important goals. You can bring into focus what 3 things are most important for you to focus on right now. You'd like to see some positive result by in each area/what action steps you'd like to take first towards your 3 goals/you can also bring into the limelight the qualities or strengths relevant to each goal that you have. It can be considered a live document. All progress is good progress! If you liked the above... Your main goal right now Do you have one goal which is your top priority? 8760 hours, but of course the ideas here are far from exhaustive... In fact, I think it's important to set goals based on your own definition and idea of what a social goal, a family goal, or a character goal might be. The beauty of this goal setting worksheet is you can explore multiple areas, and also explore multiple time frames, then you can use this worksheet to create ideas and motivation towards this. In other words, when we aim way above the mark... Click HERE to download the FREE and high quality printable PDF file for the "my main goal right now" worksheet.You no doubt have many big dreams and hopes for the future. For example, by increasing savings or income?This article shows you how to download a spreadsheet that can be used for this. Has the time come to pay off your debts? or perhaps your social intelligence? If this is you, and you prefer to do a little multitasking... To some you are a close friend, to others you are work friend... you may be a mother, a brother, a daughter, a neighbour, a boss... It can be powerful to think of just how many people you are connected with and how many people you can have a potentially positive impact on in the course of your life. Well, now is your chance. Answer the questions to check if your goal is specific, measurable, attainable, relevant, and time-framed. Click HERE to download the FREE and high quality printable PDF file for the "roles and goals worksheet". You no doubt have many roles you play in life. Do you want to get on top of your finances ? It can be a great way of deciding what you might want to focus on straight away, and what for example could take centre stage in a couple of months. Of course, you don't necessarily need to set goals in all 7 areas. Have you thought about it? Goal setting worksheets can make getting your hopes and dreams down on paper nice and easy. if you start moving in one direction, and you realise a week later than you have more immediate priorities, feel free to be flexible... right here, right now. Of course, this doesn't mean you can't go for multiple goals at the same time. 20 years from now? Click here to download the FREE and printable PDF file for the "long term dreams - short term focus" worksheet.What's your vision for say... Working with a strong coach with a solid grounding in psychology can support you achieving more of your potentialRead More May 22, 20 11:30 PMYou can use these goal setting worksheets to think through your goals and future dreams, then why not upgrade! Using these goal setting worksheets will basically be like having new year's resolutions but better! You will be naturally using an approach that has the backing of the power of scientific findings in achievement and persistence and it won't feel any more difficult to do... BUT... what you'd like to change... 525,600 minutes. Feel free to use all these goal setting worksheets in any way you wish! 3. Give it a try! Grounded in scientific study these methods will get you goingRead More Sep 16, 19 08:24 AMThis smart goal worksheet from WiseGoals can used to help make your goals SMART. Topics include career, family, friends, health, home, learning, love, money, development, physical, and social. Read this article to find out how to download the printable PDF. Would you like to use a worksheet to help you budget your monthly expenses and income?Having the current reality and cold hard facts lay out in front of us can have a motivational impact and can also unlock creative ideas. This article will tell you how to download the free spreadsheet. Is there something, that if you were to achieve in the next couple of months, would best open the path wide to the future you desire?Whatever you decide to focus on... Home > Goal Setting Worksheets Like something you've read? Ten... twenty... thirty years is a long time and you're capable of remarkable achievements in that time, or maybe even increasing the number of these connections... While using the worksheet above you can bring into focus:what 5 things are most important for you to focus on this yearwhen you imagine you'll see some positive result in each goalwhat action steps you could potentially take that will cause progress towards your top 5 goalsyou can also tick the box when you've done an action. You might want to think of this more as a creative exercise in self-discovery... Even if you don't see them often, those positive connections that you've co-created have a significant influence on your life. If you're most interested in improving in some way, or enhancing the quality of these connections... Answering the simple questions makes setting smart's goals easy and natural...Read More Or maybe in a more balanced and patient way? This worksheet will allow you to think through what you want to achieve in 7 popular and key areas of goal setting. The goal setting worksheet above will not only let you think about where you'd like to focus in your relationships... outcomes you'd be pleased to see...If you're already doing the new year's resolution thing... 365 days. If you love to do lists, this may make you smile... It comes with a "when will you do it" planning box, and a tick box for when you complete each thing! Use in combo with one of the worksheets above for even greater effectiveness! If you're interested in losing weight or reducing your body fat percentage you might want to use this worksheet.This article describes how to download the printable PDF. Forever changing as you change, or multi-focusing... And it doesn't hurt if the worksheet for your dreams looks the part!If you're about to make a significant step towards achieving your life's goals every detail is important... Maybe you're a teacher who'd like your students to achieve more of what they're capable of?Or you could be a coach looking for resources to support your clients...Or perhaps you're a trainer, or a leader in your organisation...Or you're determined it's time for action in a situation you're facing!Or it could be time to start (or re-start) the journey to the future you're imagining! Whatever the reason is, you've found something unique here... worksheets created by someone who has studied the science in depth at university and also has many years of first-hand experience setting goals. Jan 12, 22 07:12 AMThe best possible self intervention is a powerful tool for creating optimism, a sense of direction and goal progress. Click on the pictures or headings below to go to the topic that interests you most... i.e. is your kindness going to support you in reaching this goal? and this is potentially a great opportunity as someone interested in goal setting! A year can be quite a long time. You do the same for many other people, the results will, on average, be better!When using the worksheet above you'll be able to set 5 goals. By the way, if you like you can discover what some of your most important and natural strengths are with this FREE 15 minute strengths survey These are just a few thoughts about the kinds of goals you might set in each area when using this goal setting worksheet... If you have already done something like this, now could be a good time to even more deeply etch your future vision in your heart. Set goals for each role in your life Which role would you like to focus on next? That said, I think having a main focus can be powerful. So, what do you feel is the most important thing for you to tackle right now? or an aid to support planning your year... It might be considered by some as odd to only focus on one goal at a time... You can use this worksheet to brainstorm lots of different ideas, is it time to work with a counsellor, or a life or transformational coach, would you like to enhance the gratitude in your life, or your grit in tough situations, or increase your awareness of your character strengths and use them more often, the possibilities are endless). This worksheet has a SMART checker tick list, a tool to work out priorities... Or you're leadership ability? what you'd like to improve... This years goals What are you aiming for this year? It makes sense to spend some time thinking about and planning where you'd like to go... 2. If you're keen to think about the many areas in life you can set personal goals in this worksheet might be useful, but it'll also raise awareness of how connected you are in the first place. If you are a people person and you like to think of your goals in terms of how they reach and influence others this may be the goal setting worksheet for you. If you think for a moment of the people in your life and how they make your life so much better than it would be without them... Click HERE to download the FREE and high quality printable PDF file for the "7 areas of life goal setting worksheet". Are you interested in setting goals in multiple areas of your life?Maybe your looking to challenge yourself more broadly? Explore the roots and give it a try today Read More Jun 06, 21 04:48 PMYou have great potential. Check out and download the goal setting worksheets here Below you will find the following beautiful goal setting worksheets: Creating a 20 year vision for your life and deciding first steps towards itSet goals in 7 different areas of life over multiple time-frames (social, family, health, career, finances, learning, character)Set goals related to each of the roles you find yourself playing in life (friend, colleague, brother, father, son etc...)Set some things you'd like to achieve this yearChoosing your top 3 things to focus on right nowYour main goal right now - to go through your main goal in great detail 1. We hit the mark!An exciting vision can infuse the present moment with extra hope! It can be like wearing super goggles!Whatever you create when you fill out this goal setting worksheet can be added to, adjusted, changed, and updated as the days, weeks, months, and years pass. Long term dreams - Short term goals You have big dreams. Do your friend a favour & pass it on! Would you prefer to share this page with others by linking to it?Click on the HTML link code below.Copy and paste it, adding a note of your own, into your blog, a Web page, forums, a blog comment, your Facebook account, or anywhere that someone would find this page valuable. With all of those in mind there is something significant about choosing the main thing to take on...Well, this worksheet will help energise you towards something that's important to you... Top 3 things I'm focusing on right now 3...

Dec 26, 2021 · Free printable cards make them perfect for family time or a New Year's Eve party. 2020 Year In Review Coloring Page I decided that I needed to add an extra sheet this year that gives the opportunity to note this monumental year that we have all endured. Create your Goals. Adding the Family Goals Worksheet poster to your laundry room, mud room, kitchen or even a hallway will allow you to walk by it multiple times a day and glance at what the next goal is your family is working on.. Set aside 1 hour of family time. Give everyone a piece of paper and ask them to brainstorm as many family goals the would like to do in the upcoming ... Goal setting for teens can be daunting: teens have big ideas and big dreams, but don't yet have the experience of breaking down and organizing a goal into steps.Goals like "Get an A-plus in all of my classes" or "Save enough money for a car" can end in disappointment or abandonment. Dec 28, 2021 · This blog post will be sharing ALL of the free New Year's Goal setting printables that I have created, updated for 2022... We get snacks, look over our last year's worksheet, fill out the new worksheet, then start a competitive game of Monopoly. Thanks so much for creating and sharing! Shelley Jansen, December 31, 2021 at 3:01 am Reply, Curious to find out more? Great! Keep scrolling this White Paper for an in-depth review of the smart goal setting techniques, plus a smart goals worksheet example that therapists can add to their existing worksheet. Elements of Goal Setting in CBT. Part 1: The Three Goal Setting Rules. Set Three Goals May 11, 2017 · It will help clear your thoughts. And by the way, tax saving is not a financial goal. So don't list it as a goal. Though it should be a desirable side effect of a good financial plan. So download this free financial goals excel worksheet. I hope you find it useful... atleast as a first step towards putting your finances in order. Sep 09, 2019 · The 7 habits of highly effective people pdf free download. 7 habits for kids. Mind Body Spirit Weekly Wellness Plan Downloadable Goal Planning Worksheet Mind Body Spirit Good Habits How To Plan · Setting Goals Free Daily Goals Worksheets In 7 Colors Britt Lashelle Goals Worksheet Smart Goals Worksheet Goal Setting Printable Jan 10, 2019 · Divide the estimated cost of each goal by the number of weeks between now and your target date. The resulting figure is how much you'll need to save each week to reach your goal on time. 5. Rework your budget. Use my budget worksheet to create a new budget that includes your goals. 6. Expect setbacks. Smart Goal Worksheet is a simple research method to monitor and analyze a desired specific goal in the light of the company properties according to SMART scale what the new goal can be. This tool is useful for goal setting a new company. Jan 26, 2022 · Whether you're setting goals for a personal achievement or as part of hitting important marketing milestones, it's good to start with what you want to achieve and then reverse-engineer it into a concrete SMART goal. Editor's note: This post was originally published in December 2019 and has been updated for comprehensiveness. Oct 02, 2014 · Yesterday I introduced a series that I will be doing for the month of October called 31 Days to an Intentional Life. You can read the whole description here, but here are the cliff notes: many of us, myself most definitely included, are living in survival mode. We're so busy, have so much going on, feel like we don't have enough hours in the day, and are just plain ...Jan 08, 2020 · Take the mushiness out of your goal-setting with time-oriented goals. By adding a time element to our goals, you create a sense of urgency and a deadline that will keep you on track for completion. Get our full Real Estate Agent Income Guide for ...Jan 10, 2018 · Setting goals with your spouse allows you to reconnect, strengthen your marriage, & put your own goals in the context of your marriage & family. Tips for goal setting with your spouse + a FREE goal setting worksheet for couples with questions to help get you started setting goals together today. Mar 15, 2021 · In order to achieve effective goal setting, you should break your goal down into measurable elements. 5. Set goals that are attainable. While there is nothing wrong with shooting for the stars, it is important to investigate whether the goal is ...

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