



2023

WILL BE MY BEST YEAR YET!

MY GOAL SETTING PLANNER





# SORT & ORGANIZE

You probably have a nice, healthy list of things you'd like to tackle by now, and it can be quite overwhelming at this point. Try to keep that sentiment at bay because we are now going to whittle things down.

Review your list and transfer those things that matter (or will matter) to you for the next 12 months. Choose 3 for each area of your life and organize them below.

## WORK / CAREER

## FAMILY / RELATIONSHIPS

## PERSONAL

## COMMUNITY



# PAUSE

**Congratulations!** Believe it or not, you've accomplished a lot. Before moving on, let's make sure you are truly in-tune with your goals.

After examining your whys for each goal. Are there any you now believe aren't as important as you thought?

After examining your whys for each goal. Are there any you now believe aren't as important as you thought?

**YES | NO**

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Are there any that are still important but no longer something you want to focus on in the next 12 months?

**YES | NO**

If there are yes answers to either of the above questions, release them for now. It is completely OK. Give yourself permission to shift them out of your radar. You can always come back to them once you've completed the more immediate and important goals. You've already documented them in these pages so can rest easy they won't be forgotten when you are ready.

Now that you've done that, below, write three goals you want to work on in the next 12 weeks.

**#1**

**#2**

**#3**



# SET YOUR MILESTONES - GOAL #1

Milestones help you gauge your progress and serve as mini goals within a goal to spur you on.

Example: Lost 5 lbs. Reached 1000 email subscribers.

Goal #1:	
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Milestone 1: \_\_\_\_\_

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Milestone 2: \_\_\_\_\_

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Milestone 3: \_\_\_\_\_

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Milestone 4: \_\_\_\_\_

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Milestone 5: \_\_\_\_\_

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Milestone 7: \_\_\_\_\_

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Milestone 8: \_\_\_\_\_

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Milestone 9: \_\_\_\_\_

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Milestone 10: \_\_\_\_\_

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# SET YOUR MILESTONES - GOAL #2

Milestones help you gauge your progress and serve as mini goals within a goal to spur you on.

Example: Lost 5 lbs. Reached 1000 email subscribers.

Goal #2:	
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Milestone 1: \_\_\_\_\_

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Milestone 2: \_\_\_\_\_

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Milestone 3: \_\_\_\_\_

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Milestone 4: \_\_\_\_\_

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Milestone 9: \_\_\_\_\_

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Milestone 10: \_\_\_\_\_

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# SET YOUR MILESTONES - GOAL #3

Milestones help you gauge your progress and serve as mini goals within a goal to spur you on.

Example: Lost 5 lbs. Reached 1000 email subscribers.

Goal #3:	
----------	--

Milestone 1: \_\_\_\_\_

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Milestone 2: \_\_\_\_\_

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Milestone 3: \_\_\_\_\_

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Milestone 4: \_\_\_\_\_

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Milestone 9: \_\_\_\_\_

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Milestone 10: \_\_\_\_\_

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# CELEBRATION PLAN - GOAL #1

One more thing before you dive headlong into slaying those goals.  
Make a plan on how you will celebrate each milestone.

Goal #1:	
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- Milestone 1: \_\_\_\_\_  
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- Milestone 2: \_\_\_\_\_  
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- Milestone 3: \_\_\_\_\_  
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- Milestone 4: \_\_\_\_\_  
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- Milestone 5: \_\_\_\_\_  
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- Milestone 6: \_\_\_\_\_  
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- Milestone 7: \_\_\_\_\_  
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- Milestone 8: \_\_\_\_\_  
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- Milestone 9: \_\_\_\_\_  
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- Milestone 10: \_\_\_\_\_  
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# CELEBRATION PLAN - GOAL #2

One more thing before you dive headlong into slaying those goals.  
Make a plan on how you will celebrate each milestone.

Goal #2:	
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Milestone 1: \_\_\_\_\_

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Milestone 2: \_\_\_\_\_

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Milestone 3: \_\_\_\_\_

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Milestone 10: \_\_\_\_\_

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# CELEBRATION PLAN - GOAL #3

One more thing before you dive headlong into slaying those goals.  
Make a plan on how you will celebrate each milestone.

Goal #1:	
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Milestone 1: \_\_\_\_\_

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# DAILY PLAN

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## MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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## EVERYTHING ELSE

## NOTES

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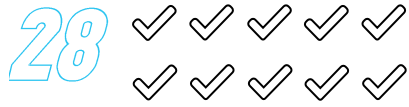
## EVERYTHING ELSE

## NOTES

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# DAILY STREAK TRACKER

Goal: |



# MONTHLY STREAK TRACKER

Goal:

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# WEEKLY REVIEW

Week Beginning: \_\_\_\_\_ Ending: \_\_\_\_\_

How many days did you work on...

Goal #1:

Goal #2:

Goal #3:

M T W T F S S  
S S

M T W T F S S

M T W T F

Were you productive? Why? \_\_\_\_\_

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What did you learn this week that you can take into next week and beyond?

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# QUARTERLY REVIEW

Quarter: \_\_\_\_\_

Year: \_\_\_\_\_

In the last 12 weeks, rate how far you got.

Goal #1: Start 

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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 Completed!

Goal #2: Start 

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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 Completed!

Goal #3: Start 

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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I have celebrated and rewarded myself for the hard work in the last 12 weeks.



Now that you have properly celebrated your success, it's time to move on to your next milestone or goal. Go back to the earlier pages and start working on the next milestone.

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