

# ANNUAL GOAL WORKSHEET

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Today's Date: \_\_\_\_\_

## THIS YEAR'S RECAP

THREE MOMENTS THAT DEFINED THIS YEAR FOR ME:

THIS YEAR'S ACCOMPLISHMENT I'M MOST PROUD OF:

MOST FUN MOMENT OF THIS YEAR:

THING I'M MOST GRATEFUL FOR THIS YEAR:

MOST IMPORTANT LESSON I LEARNED THIS YEAR:

## TRIPS I TOOK THIS YEAR:

## NEXT YEAR'S GOAL SETTING

Goal setting is an exercise in broadening your horizons, thinking BIG, and dreaming of what could be. There are no limitations to how big or small your goals can be. If you need ideas, do a brainstorm first. Once you do nail down some goals, make them **specific** (exactly how will you know if you've gotten the goal or not?) and **measurable** (i.e. "eat 4 fruits a day" instead of "eat better"). Write them down with a pen and paper. Ok, go for it!

Next to each goal, state your confidence level on a scale of 1-10 that you can achieve it. 1 = low confidence, 10 = very confident you can do it.

## MY ONE GOAL WITH HEALTH AND WELLNESS IS:

## MY ONE GOAL WITH FITNESS IS:

## MY ONE GOAL WITH FAMILY IS:

MY ONE GOAL WITH MY CAREER IS:
MY ONE GOAL WITH MY FINANCES IS:
MY ONE GOAL WITH MY MENTAL / EMOTIONAL HEALTH IS:
MY ONE GOAL WITH FUN IS:
MY ONE GOAL WITH _____ (FILL IN YOUR OWN) IS:

WHAT IS THE #1 MOST IMPORTANT GOAL FOR THIS COMING YEAR?  
WHY DO YOU WANT TO ACHIEVE IT?

WHAT IS THE BEST THING YOU CAN DO TO HELP YOURSELF GET THERE?

Keep this worksheet in a place you can see it regularly. Check in with your progress throughout the year.