

Fulfilled & Limitless

Yearly Goal Mapping:

Create Your Roadmap

Yearly Goal Mapping & Timeline Worksheets

Use this worksheet to **map out your year**, break down your goals into manageable timeframes, and ensure you stay on track with clear action steps.

Step 1: Define Your Key Goals for the Year

(List three to five major goals you want to achieve this year below.)

01

06

02

07

03

08

04

09

05

10

Step 2: First Half vs. Second Half of the Year

Break your goals into the first and second halves of the year

--	--

Step 3: Quarterly Goal Breakdown

Map out what you need to accomplish each quarter to achieve your goals.

Quarterly Goals

Q1 (Jan–March)	Q2 (April–June)
Q3 (July–Sept)	Q4 (Oct–Dec)

Step 4: Monthly Goal Breakdown

List your focus for each month to stay aligned with your quarterly milestones.

Month	Focus Area	Key Action Steps
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

Weekly Goals Tracker

Top Three Goals:

_____ _____ _____

Tasks This Week

_____ _____ _____
 _____ _____ _____

Reflect:

What went well this week? What progress did you make?

What didn't go well? What challenges did you face, and how did you handle them?

How will you celebrate?

What will you do differently next week?

Weekly Planner

Mon

Tue

Wed

Sentences to Journal:

Gratitude:

Intentions:

01

02

03

01

02

03

01

02

03

Thu

Fri

Sat

Sun

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
01 <hr/> <hr/>	01 <hr/> <hr/>	01 <hr/> <hr/>	01 <hr/> <hr/>
02 <hr/> <hr/>	02 <hr/> <hr/>	02 <hr/> <hr/>	02 <hr/> <hr/>
03 <hr/> <hr/>	03 <hr/> <hr/>	03 <hr/> <hr/>	03 <hr/> <hr/>

Step 6: Time Blocking & Scheduling Activities

- Add milestones to my calendar.
- Schedule weekly focus time for goal-related tasks.
- Set reminders for key deadlines.
- Plan time for goal review & adjustments.

Step 7: Accountability & Progress Tracking

(Use this section to stay on track and ensure you have support.)

Accountability Partner(s):

Check-in Schedule:

(Example: "Every Sunday evening, I will review my goals and progress.")

Progress Reflection Questions:

- What went well this week/month?

- What obstacles did I face?

- What adjustments do I need to make?

- How will I celebrate my progress?

You're setting yourself up for success and consistency by mapping out your year in manageable steps. Stick with your plan, track progress, and adjust as needed—**your dream life is within reach!**