

Into a Better Year

2019 GOAL SETTING WORKSHEET

Part 1 2018 IN REVIEW

[Before starting and setting goals for a new year, it's very important to look back and assess how your last year went.]

Highlights

Best things that happened to me last year:

- ①
- ②
- ③
- ④
- ⑤

Blessings

Things that I'm grateful for:

- ①
- ②
- ③
- ④
- ⑤

Lessons and Realizations

Great lessons that I've learned last year:

- ①
- ②
- ③
- ④
- ⑤

Reflection [How was your relationship with others and yourself, career, finances, and health and fitness last year?]

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Part 2 PLANNING 2019

MY THEME FOR 2019

[Your 2019 theme will be your main focus this year. It will serve as your guide for the goals that you are going to set.]

ex. Building confidence, Finding balance, Overcoming fear

MY TOP GOAL/S

[Set SMART goal/s. You also don't need to set too many goals. It's better to focus on 1-3 goal/s only.]

①

②

③

KNOW YOUR WHY/S

[It's important to know why you want to achieve the goal/s that you've set. It will keep you motivated.]

①

②

③

THIS YEAR, I WOULD ALLOW MYSELF TO: [This is your space. You can write as much as you want. Please don't be afraid and be honest. What would you allow yourself to do this year?]

"A goal without a plan is just a wish"

-ANTOINE DE SAINT-EXUPÉRY