**Yearly Goal Planning Workbook**

**Journal Prompts:**

**Reflection on the Past Year:***How did the year go? Are there any milestones or goals you are really proud that you accomplished? What went really well and what are some things that could use some improvement in the next year?*

**Vision for the Next Year:***What do I want my life to look like in the next year? What does my day-to-day look like? Are there any big goals I want to work on? Are there any milestones I’m looking forward to?*

**Setting Intentions:  
Word or Phrase of the Year:**

*What word or phrase will set the tone for the upcoming year?*

**Focus:  
Part of your life that you would like to make a priority to work on this year:***Examples: focusing on your career, improving your relationships, spending more time with family, elevating your financial position, becoming healthier, etc.*

**Goals Outline:**

*What are the key things I want to accomplish this year? Include overview statements below and then will go into further detail in the section below. Categories to consider making goals in career, health, travel, money, love and hobbies*



**Detailed Goal Planning:**

*List goals from above in this section to expand upon:*

**Goal 1:**

**Overview:**

*List goal here*

Example: This year I want commit to improving my strength and prioritizing my health by completing 250 workouts on Peloton.

**Motivation:**

*Why do I want to make this happen?*

Example: I want to complete 250 Peloton workouts because I want to prioritize self-care and become a stronger version of myself.

**Action Plan:***How am I going to accomplish this goal? Break the goal down into monthly/weekly/or daily tasks*

Example: To hit 250 workouts for the year I need to complete at least 20 workouts per month or 4-5 workouts per week. I will also be able to stack multiple workouts on some days to reach my goal.

**Timeline:***When do I hope to accomplish this goal?*

Example: This is a goal I want to complete by the end of the year.

**Milestones/Progress:***What does progress look like for this goal? Are there milestones?*

Example: Progress looks like staying on track with the estimated workouts I need to complete weekly and monthly. For this goal, I’d like to celebrate hitting the half-way point and completing my goal.

**Accountability:***How will we track our success? Is there something numerical you can track the progress of?*

Example: To stay on track, I will plan my workouts for the week ahead on Sundays so that I have a plan for the week. I will also monitor the number of workouts I completed on the Peloton app as well as update my progress whiteboard of how many I have completed to date at the end of each month.

**Reward:***How will I celebrate my success?*

* Milestone reward: Example: When I hit the halfway point, I’ll reward myself by buying myself a new pair of workout shoes.
* Goal completion reward: Example: When I complete the goal, I’ll reward myself by buying myself a new workout set from Peloton.

**Goal 2:**

**Overview:**

*List goal here*

**Motivation:**

*Why do I want to make this happen?*

Example: I want to complete 250 Peloton

**Action Plan:***How am I going to accomplish this goal? Break the goal down into monthly/weekly/or daily tasks*

**Timeline:***When do I hope to accomplish this goal?*

**Milestones/Progress:***What does progress look like for this goal? Are there milestones?*

**Accountability:***How will we track our success? Is there something numerical you can track the progress of?*

**Reward:***How will I celebrate my success?*

* Milestone reward:
* Goal completion reward:

**Goal 3:**

**Overview:**

*List goal here*

**Motivation:**

*Why do I want to make this happen?*

**Action Plan:***How am I going to accomplish this goal? Break the goal down into monthly/weekly/or daily tasks*

**Timeline:***When do I hope to accomplish this goal?*

**Milestones/Progress:***What does progress look like for this goal? Are there milestones?*

**Accountability:***How will we track our success? Is there something numerical you can track the progress of?*

**Reward:***How will I celebrate my success?*

* Milestone reward:
* Goal completion reward:

**Goal 4:**

**Overview:**

*List goal here*

**Motivation:**

*Why do I want to make this happen?*

**Action Plan:***How am I going to accomplish this goal? Break the goal down into monthly/weekly/or daily tasks*

**Timeline:***When do I hope to accomplish this goal?*

**Milestones/Progress:***What does progress look like for this goal? Are there milestones?*

**Accountability:***How will we track our success? Is there something numerical you can track the progress of?*

**Reward:***How will I celebrate my success?*

* Milestone reward:
* Goal completion reward:

**Goal 5:**

**Overview:**

*List goal here*

**Motivation:**

*Why do I want to make this happen?*

**Action Plan:***How am I going to accomplish this goal? Break the goal down into monthly/weekly/or daily tasks*

**Timeline:***When do I hope to accomplish this goal?*

**Milestones/Progress:***What does progress look like for this goal? Are there milestones?*

**Accountability:***How will we track our success? Is there something numerical you can track the progress of?*

**Reward:***How will I celebrate my success?*

* Milestone reward:
* Goal completion reward:

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