



END OF YEAR
goal - setting challenge
WORKBOOK





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Challenge Rules

- Narrow down five to seven areas of your life that you consider to be the most important.
- For each area, write down a brief summary on why it matters to you and its current situation.
- Set aside time to brainstorm goals for each area.
- For each area, select the 5 most important goals and create a simple 3 step action plan.
- Fill in the workbook and print your goals to keep a visual reminder.



- 1
- 2
- 3
- 4
- 5
- 6
- 7

Priority Areas

Goal Brainstorming

Priority Area #1:

Why does this matter to me and what is my current situation?



My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #2:

Why does this matter to me and what is my current situation?



My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #3:

Why does this matter to me and what is my current situation?



My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #4:

Why does this matter to me and what is my current situation?




My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #5:

Why does this matter to me and what is my current situation?



My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #6:

Why does this matter to me and what is my current situation?



My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #7:

Why does this matter to me and what is my current situation?



My main goals are:

- 1.
- 2.
- 3.
- 4.
- 5.

"Never give up trying to do what you really want to do. Where there is love and inspiration you cannot go wrong." -Ella Fitzgerald

Priority Area #1:



Goal #1

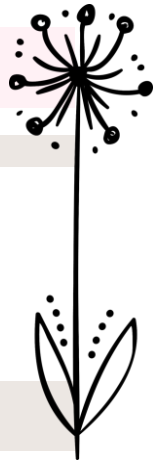
*Action steps I will take to
achieve this goal:*

1.

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Priority Area #1:



Goal #2

*Action steps I will take to
achieve this goal:*

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Priority Area #1:



Goal #3

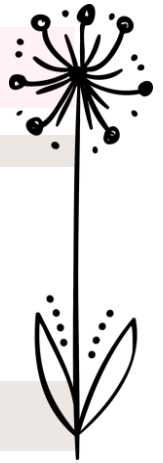
*Action steps I will take to
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Priority Area #1:



Goal #4

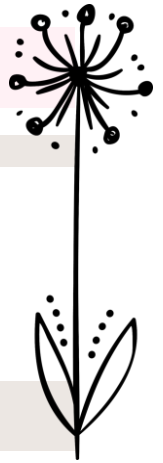
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Priority Area #1:



Goal #5

*Action steps I will take to
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Priority Area #2:



Goal #1

*Action steps I will take to
achieve this goal:*

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Priority Area #2:



Goal #2

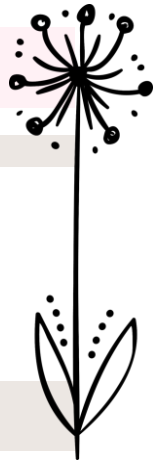
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Priority Area #2:



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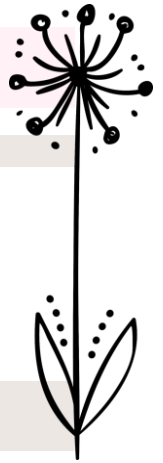
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Priority Area #2:



Goal #4

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Priority Area #2:



Goal #5

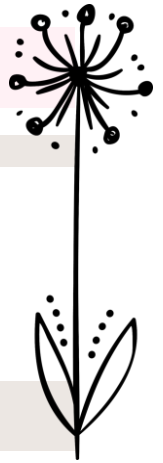
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Priority Area #3:



Goal #1

*Action steps I will take to
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Priority Area #3:



Goal #2

*Action steps I will take to
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Priority Area #3:



Goal #3

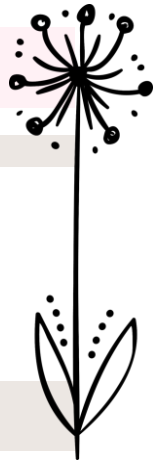
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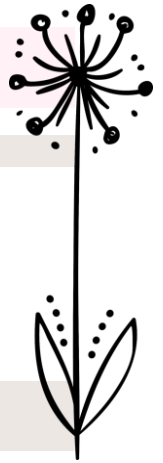
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Priority Area #4:



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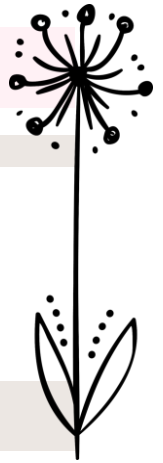
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Priority Area #4:



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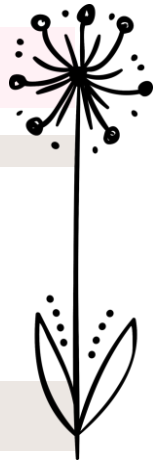
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Priority Area #4:



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Priority Area #4:



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Priority Area #4:



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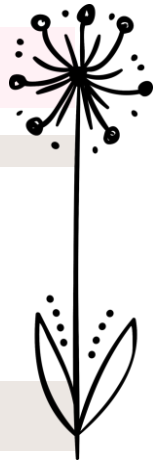
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Priority Area #5:



Goal #1

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Priority Area #5:



Goal #2

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Priority Area #5:



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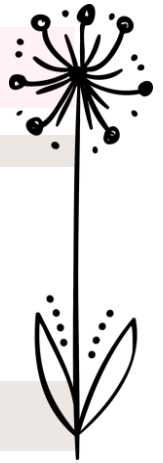
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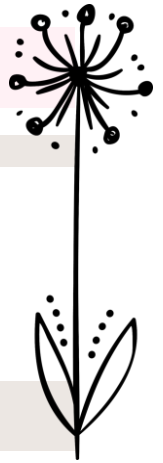
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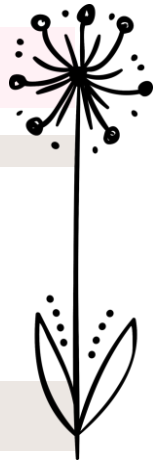
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Priority Area #6:



Goal #1

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Priority Area #6:



Goal #2

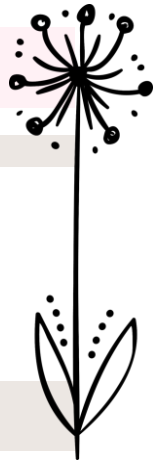
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Priority Area #6:



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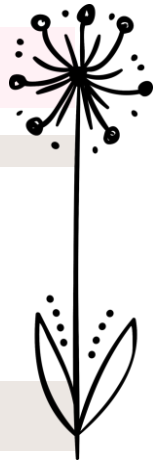
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Priority Area #6:



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Priority Area #6:



Goal #5

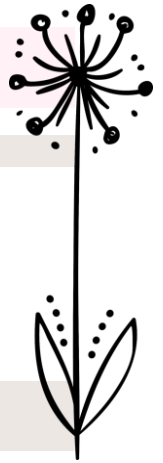
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Priority Area #7:



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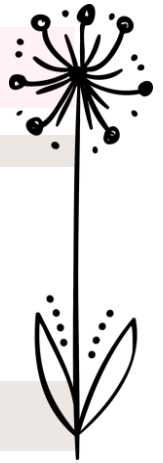
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Priority Area #7:



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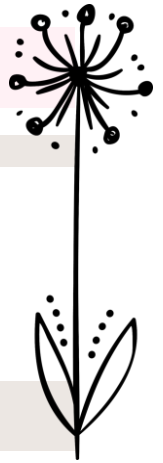
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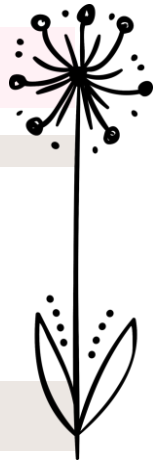
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Priority Area #7:



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Priority Area #7:



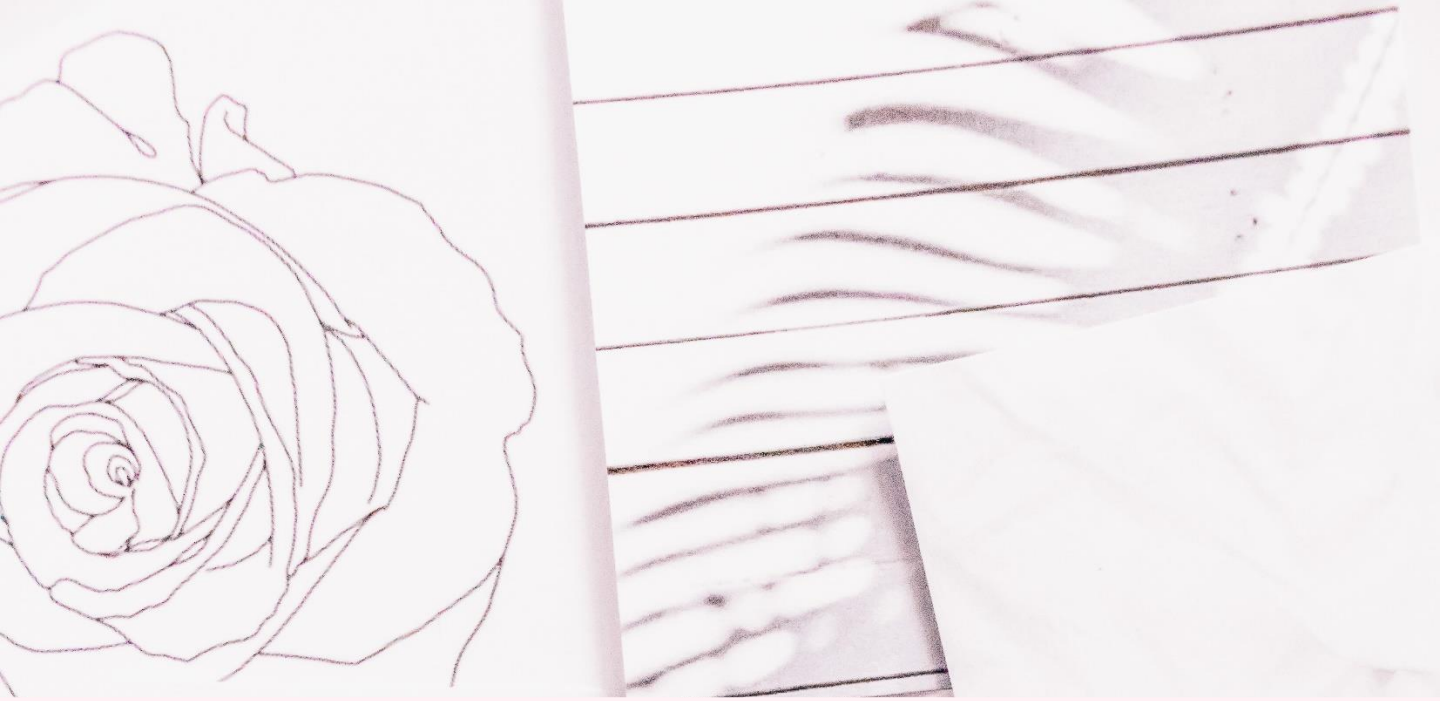
Goal #5

*Action steps I will take to
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3.



You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands: your own.

-Mark Victor Hansen

