

Goal Setting Challenge



MY ULTIMATE GOALS

DATE:

List all the Goals you have for your life here (make it as long as you need)

MY VISION BOARD

DATE:

Collect pictures of what you would like in your life and stick them here.
Pin this somewhere to see regularly

WHAT KIND OF PERSON WILL I BECOME?

When opportunity comes, you have to be the person to welcome it.

MY FIVE YEAR GOALS

DATE:

From your Ultimate Goal list,
copy only your goals you want to achieve in the next five years

MY NEXT YEAR GOALS

DATE:

From your Five Year Goal list,
copy only your goals you want to achieve in the
next 6 months to year ahead

THIS MONTH'S GOALS

DATE:

From your next year goals list,
write down how you will take action towards this during the next month

THIS WEEK'S GOALS

DATE:

From your monthly goals list,
write down how you will take action towards this during the next week

DAILY PLANNER

DATE:

IMPORTANT TASKS

HEALTHY EATING

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TIDY OR CLEAN IN 15 MINS

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EXERCISE



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MORNING

AFTERNOON

EVENING

WATER

