# Goal Setting Challenge



MAMAFURFUR Mumspiration - Lifestyle Design - Family Life

## 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:

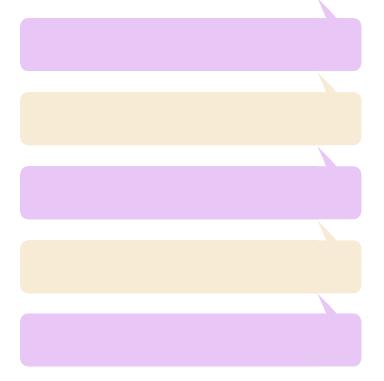
From your monthly goals list,

write down how you will take action towards this during the next week

## DAILY PLANNER MORNING

DATE: . . . . . . . .

#### **IMPORTANT TASKS**



#### HEALTHY EATING

•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
T		D	) `	Y		0	)	R	2		С	;		E		4	ľ	1			N		1		5	I	N	1		N		S	,		
•	• •	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
•	• •	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
•	• •	•	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
E	X	(	E	F	2	C	;		S	Ē		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
q	Ē	-		þ	-				-																										

#### **AFTERNOON**

#### EVENING

WATER 

MAMAFURFUR Mumspiration - Lifestyle Design - Family Life