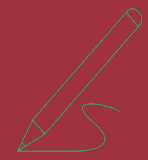


Goal Planner

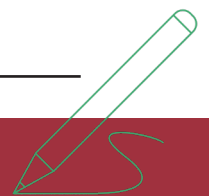


Major Events (next 12 months)	Lifelong Dreams	Personal Values

List Quarterly Goals with Deadlines

_____	_____
_____	_____
_____	_____
_____	_____

How to Fill Out Your Planner from Here



- In the first column, list all the significant events you know are coming up in the next 12 months (job changes, moves, trips, etc.).
- In the second column, list the items off your bucket list that you hope to accomplish in the next 12 months.
- In the third column, list a few personal values. You can do a web search for 100 values list and choose from there if you need help. Then, match your personal values with your dreams list to narrow your focus for the year down to just a few goals.
- In the next section, you want to piece together the results of the three columns into specific, attainable goals for each quarter of the year. These goals should include anything you need to do to achieve your dreams and prepare for the significant events you know are coming.

At this point, you'll want to move to your chosen planner or calendar that you regularly use to keep track of all your responsibilities and plans. Write in your quarterly goals in the appropriate places in your planner, and then break each of these quarters into smaller I goals. Write those into your planner.

Next, go to each month and break down the monthly goals into appropriate smaller goals for each week. In my practice, I recommend checking in every week with your goals to see where you're at and make any adjustments. Then reevaluate each month, quarter, six months, and annually. Checking in regularly and adjusting to new circumstances will help you stay on track, which gets you to the finish line!

