GOAL SETTING JOURNAL

Goal Setting & Vision Journal

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Words to Keep

"Progress is not always about speed; sometimes it is about direction."

"Goals give direction to effort and meaning to days."

"Goals are the north star; daily habits are the steps that move you toward them."

Career & Work

Ideas: Skills, projects, promotion, business

Goal 1:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 2:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 3:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Health & Wellness

Ideas: Exercise, diet, sleep, mental health

Goal 1:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 2:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 3:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Money

Ideas: Savings, income, investments, debt

Goal 1:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 2:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 3:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Relationships

Ideas: Family, friends, community

Goal 1:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 2:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 3:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Personal Growth

Ideas: Learning, hobbies, creativity, spirituality

Goal 1:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 2:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

Goal 3:

Step 1:

Step 2:

Step 3:

Deadline: Done: ☐

12-Week Review

Week	What I did	What blocked me	Next step
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			

About This Printable

GOAL SETTING JOURNAL

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