Goal Setting Template

Welcome to your goal planner! I've created this to help you all better reach your goals by writing down specifically *what* it is you want to achieve and then laying out *how* you can go about realizing it.

First, before we get into each goal's length, I think it's important that you break down the categories of your goals first. The following are just a few that I've managed to think of and can be used as inspiration for your own goal timeline:

A. Career
B. Personal (i.e. skills you'd like to master, courses you'd like to take, books to read)
C. Fitness routine
D. Savings/ budget
E. Travel
F. Household

Some things to think about: try to keep the goals extra specific.

- *How* are you planning to go about making these goals a reality each day?
- Is there a particular measurement you can use (i.e. a number for your budget, a number of hours dedicated to a new skill each day, one book a month, etc.)
- *Why* are you setting this goal? What will keep you motivated to keep working towards it?
- Make sure that your expectations match the goal timeline (1-3 weeks vs. 1-2 years).

Once you have the categories you'd like to use to breakdown your goals, you can get started by putting them into the timelines:

Short-term goals (1-4 weeks):

(keep in mind while planning: how, why, what measurement, realistic expectations)

1. Career

_____
_____.

2. Personal

_____
_____.

3. Fitness/ health

_____
_____.

4. Savings/ budget

_____
_____.

5. Travel

_____
_____.

6. Household

_____
_____.

Mid-term goals (4-16 weeks):

1. Career

_____
_____.

2. Personal

_____
_____.

3. Fitness/ health

_____
_____.

4. Savings/ budget

_____
_____.

5. Travel

_____
_____.

6. Household

_____
_____.

Long-term goals (1-2 years):

1. Career

_____
_____.

2. Personal

_____
_____.

3. Fitness/ health

_____

_____.

4. Savings/ budget

_____

_____.

5. Travel

_____

_____.

6. Household

_____

_____.

     *Remember to refer back to this template every 2-3 weeks to make sure that you are still on track with your timeline or if you need to modify at all.

Good luck!!