

My 2023 Goals



My Motto For This Year Is _____

Goal #1



Why do I want to accomplish this goal?

What action steps do I need to take to accomplish this goal?	How will I know when I reached my goal? (What milestones will I hit?!)	What support will I need to make sure I can achieve this goal?
①	①	①
②	②	②
③	③	③
④	④	④
⑤	⑤	⑤
⑥	⑥	⑥

My 2023 Goals

Goal #2



Why do I want to accomplish this goal?

What action steps do I need to take to accomplish this goal?	How will I know when I reached my goal? (What milestones will I hit?!)	What support will I need to make sure I can achieve this goal?
①	①	①
②	②	②
③	③	③
④	④	④
⑤	⑤	⑤
⑥	⑥	⑥



Important Notes:

My 2023 Goals

Goal #3



Why do I want to accomplish this goal?

What action steps do I need to take to accomplish this goal?	How will I know when I reached my goal? (What milestones will I hit?!)	What support will I need to make sure I can achieve this goal?
①	①	①
②	②	②
③	③	③
④	④	④
⑤	⑤	⑤
⑥	⑥	⑥



Important Notes:








Inspiration Exercise

Not sure what you want your goal to be just yet? No problem! Fill out the information below to get clear on what you want to accomplish.

My Goals Are....

(Choose all that apply)

- Professional (career, job, finances) 
- Physical (body, health, energy) 
- Personal (relationships, family, romantic, friendly) 
- Well-being (mental health, emotions) 
- Experiences (travel, hobbies, trying new things) 

Break It Down

Long-term Goals	Short-term Goals

What Matters Most To Me?
