

YEARLY GOALS 2024

MY MANTRA OF THE YEAR

GOAL N.1

GOAL N.2

GOAL N.3

GOAL N.4

TO START OK → DELAY / STUCK ✕ CANCEL

VISION BOARD

MAKE IT HAPPEN

WEALTH

Progression : ○○○○

PASSION

Progression : ○○○○

HEALTH

Progression : ○○○○

LOVE

Progression : ○○○○

FAMILY

Progression : ○○○○

CAREER

Progression : ○○○○

WEEKLY PLANNER

WEEK _____

MON

TUE

WED

THU

FRI

SAT

SUN

PRIORITY OF THE WEEK

- _____
- _____
- _____
- _____
- _____

WATER INTAKE



TO CALL / TO EMAIL

- _____
- _____
- _____
- _____

APPOINTMENTS

- _____
- _____
- _____
- _____
- _____

GOAL SETTING WORKSHEET

My name:

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓