



GOAL SETTING TIPS

1. **Write them down** or put on a vision board.
2. **Speak them out loud** and tell those close to you about them, they all of a sudden become real when you speak them into the world.
3. **Find your people.** You have to be connected to people that support you and believe in you. The ones that will ask you, help you and keep cheering you on.
4. **Ask for help!** Google, Pinterest do the research.
5. Know that **you will fail.** It's part of goal setting.
6. It **takes time.** You don't get there overnight. Break down into smaller.
7. **Don't feel ashamed** for what you want.
8. **Celebrate your goals.** Big and small. Because there is always the next level to reach for.
9. **Be flexible** there is so much that you can't control.
10. Stay **committed and consistent.**

Every year create a vision board. Find your "word" for the year and keep it in a visual place so you are reminded of what you want.

GETTING SPECIFIC

saying

YES TO

NO TO



wanting

MORE

LESS



2023

Word of the year: _____

CAREER

HEALTH/WELLNESS

RELATIONSHIPS

FINANCIAL

EXPERIENCES

SPIRITUAL

**EMOTIONAL/
MENTAL**

**EDUCATIONAL/
SELF GROWTH**

OTHER



MY MOTTO:

GOAL #1:

WHEN TO COMPLETE:

1:

2:

3:

4:

5:

ACCOUNTABILITY:

GOAL #2:

WHEN TO COMPLETE:

1:

2:

3:

4:

5:

ACCOUNTABILITY:

GOAL #3:

WHEN TO COMPLETE:

1:

2:

3:

4:

5:

ACCOUNTABILITY:

GOAL #4:

WHEN TO COMPLETE:

1:

2:

3:

4:

5:

ACCOUNTABILITY:

GOAL #5:

WHEN TO COMPLETE:

1:

2:

3:

4:

5:

ACCOUNTABILITY:

GOAL #6:

WHEN TO COMPLETE:

1:

2:

3:

4:

5:

ACCOUNTABILITY: