

SET YOUR GOALS FOR 2021

WHAT DO YOU WANT TO ACCOMPLISH IN 2021

Write down anything you'd like to accomplish in the next year, big or small. Brain dump here!

WHY DO YOU HAVE THESE GOALS? WHAT IS YOUR WHY?

I want to...

I want to...

I want to...

Because...

Because...

Because...

GOAL #1

What would I like to accomplish by the end of the year:

GOAL #1 BREAKDOWN

Break your goal into small bite-sized steps so that it's easy to get started. For example: if your goal for this year is to cultivate a healthier lifestyle, today you can start with drinking 2 extra cups of water than you normally do.

What can I do this month to work toward this goal?

What can I do this week to work towards this month's goal?

What can I do today to work towards this week's goal?

GOAL #2

What would I like to accomplish by the end of the year:

GOAL #2 BREAKDOWN

Break your goal into small bite-sized steps so that it's easy to get started. For example: if your goal for this year is to cultivate a healthier lifestyle, today you can start with drinking 2 extra cups of water than you normally do.

What can I do this month to work toward this goal?

What can I do this week to work towards this month's goal?

What can I do today to work towards this week's goal?

GOAL #3

What would I like to accomplish by the end of the year:

GOAL #3 BREAKDOWN

Break your goal into small bite-sized steps so that it's easy to get started. For example: if your goal for this year is to cultivate a healthier lifestyle, today you can start with drinking 2 extra cups of water than you normally do.

What can I do this month to work toward this goal?

What can I do this week to work towards this month's goal?

What can I do today to work towards this week's goal?