

goal setting planner

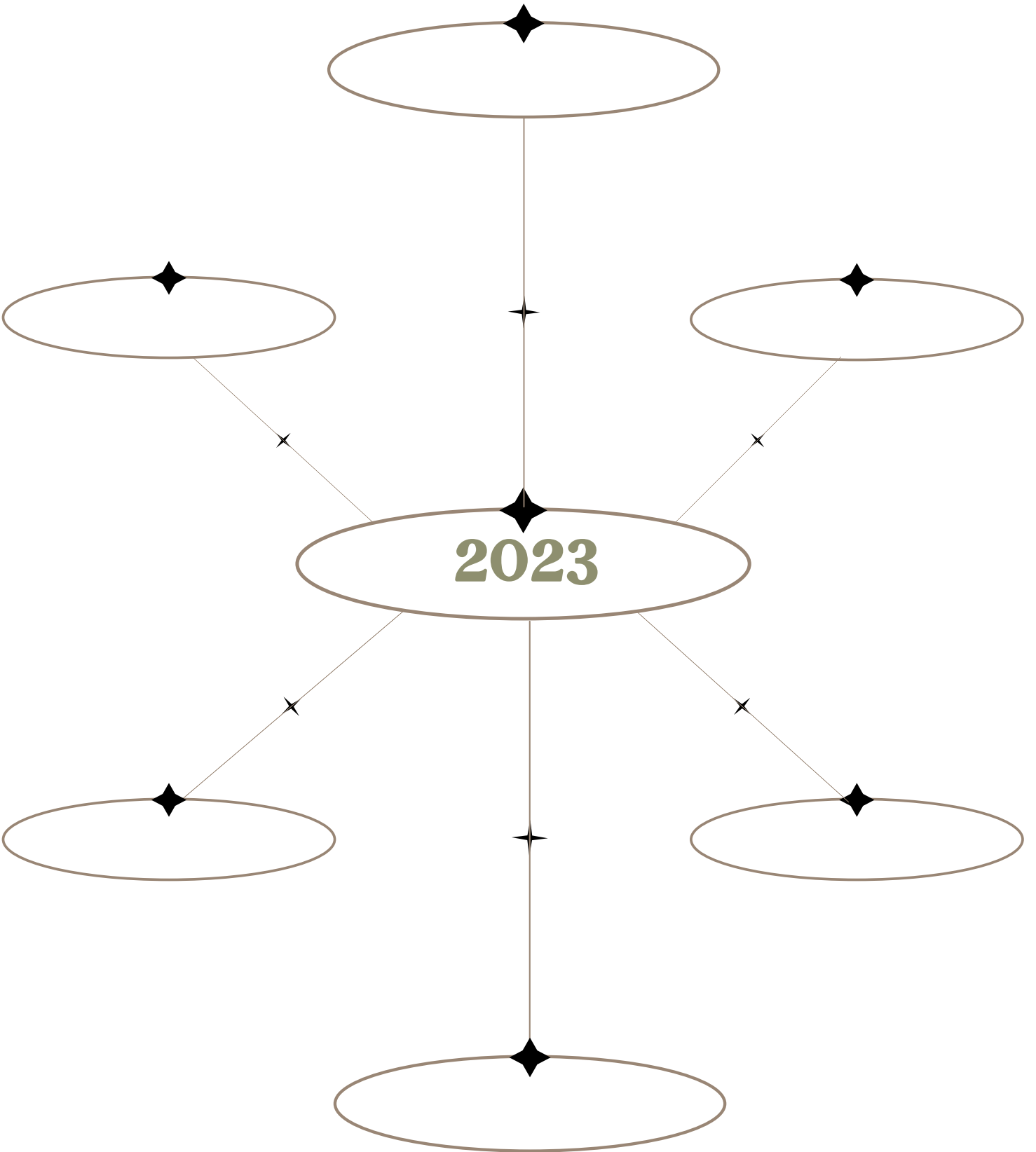
2023

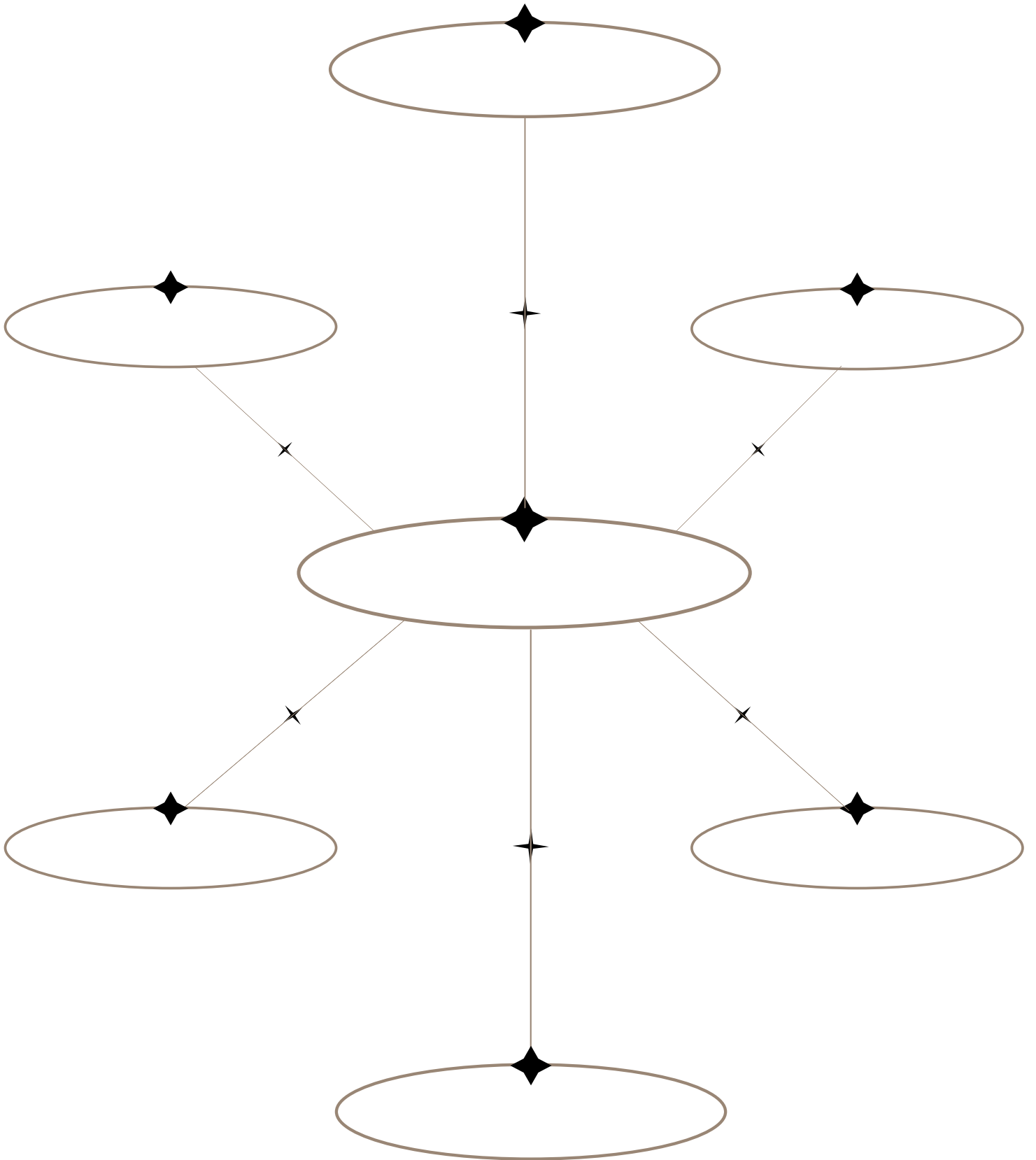
Use the following pages to set goals and create the life you desire for 2023.

Pages and prompts:

1. The first page is a flow writing reflection for all that you have accomplished in 2022. Write what you are grateful for from 2022.
2. Create a mind map for your goals in 2023. What are your top priorities? What are you calling in? Fill in the empty bubbles with themes of life (career, financial, health, personal development, experiences/adventure, relationships, etc.). Write short words, phrases, or add pictures that embody or elaborate on your goal for each bubble's theme. You can create more bubbles and bubbles can connect to each other.
3. Summarize your mind map on the next page.
 - a. Write out your overall theme of the year, this can be your main goal, how you want to feel moving through 2023, your word of the year, whatever you want to write that summarizes your goals for the upcoming year.
 - b. Write out a focus statement. This can be an affirmation, or a quote that you identify with. The focus statement should be roughly one sentence that you can return to again and again to remind you of your year's theme and your goals (you can also write this statement out and post it somewhere you will see it often as a reminder, like your mirror).
 - c. Write out your goals. Break them up into categories and create a bulleted list, or step by step of how you will achieve each one, what do you need to do to get there or be that person, be detailed here.
4. Break the year down month by month. Repeat the steps in the mind map and summarizing page for each individual month. This allows you to plan ahead and see your goals set out for the rest of the year. Break down the step-by-step for larger goals so each month will build on the next to reach your final destination. You can leave space here to add goals in as the year unfolds.
5. Write your month's theme on the month's calendar along with priority goals. The monthly calendar planner is designed to be taken out each month and posted somewhere you will see it (your desk, fridge, bathroom, etc). This allows you to see your theme and goals along with events happening that month.
6. The "who I have become" page is a free writing exercise for you to envision yourself at the end of 2023. Now that you have written out, planned, and envisioned your goals, what do you look like, feel like, have? What have you accomplished? Who are you in a December 2023?
7. The final mindmap is a prompt to create a vision board of this version of you. Put your name in the center, then add pictures, words, or phrases that embody the person you will become. Know that this person is within you, you are them. Keep this vision board somewhere you will see it everyday.







Monthly Planner

THEME:

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN

TOP PRIORITIES

- _____
- _____
- _____
- _____
- _____
- _____

NOTES



W H O I A M :

