



The Ultimate Goal-Setting Guide

1 Reflect

Looking back on last year, what are:

3 Habits I Liked

3 Things I'm Good At

3 Habits to Try

3 Things to Improve

2 The Big Picture

What is your end goal for the year? What is the MAIN thing you want to achieve?

3 The "How"

Think of one or two small actions you can take each day to help reach your end goal.

4 Make a Plan

This will be your plan of action. Remember to give yourself a timeline so it is easy to keep track of.
