



Wealthy Money

Weekly Goal Setting

This worksheet is meant to help you reach your income goals so you break the goal up into daily action plans that you will then review in the weekly self-check in worksheet.

You will start off by rewriting your 5 year income goal and then break it down to an annual goal and then break it down into a monthly income goal.

You will then decide on the money channels – how the money is going to come to you – what products you will sell and how much of each product you should sell.

For example:

If you make most of your income from writing and speaking and your monthly income goal is US\$2000.

Let's assume you charge US\$200 per article and US\$1,000 for speaking.

Then your channels could be:

Writing articles: 5 writing clients x US\$200 = US\$1,000

Speaking: 1 event x US\$1,000 = US\$1,000

Once you know your money channels you'll decide on how you will allocate and use the money at the end of the month.

You will then decide on the daily actions or once off actions you'll take for the week to make this income goal real. So in the example above your actions would focus on getting the writing clients and getting hired for the event. And then billing everyone.

You'll notice that there's a time for each task so you don't spend all your time on just one task.

When you complete each task you can cross it off on the worksheet for each day.

You'll notice that the worksheet has space for inner money work, self-care and relationships (family, romance and friends) actions you can take for various parts of your life. Because these are an integral of our success.

If you don't know what actions to take – there's a 30 minute journal prompt to help you. You can do this prompt every day for 30 minutes until your higher self-starts to tell you what actions you can take.

You will use this worksheet every week to keep track of your action and start to see where most of your time is going and start seeing if the actions you're taking are adding value to your finances.

If not then, you need to see what you need to shift.

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1. What's your 5 year income goal? Write the amount in the text box below:

2. What's your annual income goal? (Divide the amount in number 1 by 5)

3. What's your monthly income goal? (Divide the amount in number 2 by 12)

4. How will you make this money? List your money channels and how much money you will make from each channel below:

Money channel	Amount of money made from channel

5. How will you allocate your money this week? (This is just a general overview to make your income goal congruent but you can choose to do a more in depth budget)

Accounts/ Expenses	Amount put into account
Living expenses	
Fun/ Travel Account	
Emergency savings	
Investments	
Retirement investments	
Business	

6. If you feel stuck and overwhelmed about your income goal and where to start. Spend 30 minutes a day journaling and asking yourself these questions. Just write, don't censor yourself:

Who would I be if I was already making this income every month? What actions would I take every week if I was already making this income every month?

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7. Weekly action steps (put a cross under each day that you do the task)

i. Income related action steps (Work/ Business)

Actions/ Tasks	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

ii. Inner Money Work/ Practical Money Work

Actions/ Tasks	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

iii. Self-Care Action plans

Actions/ Tasks	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

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iv. Relationship action plans (Romance, Friendships, Family etc)

Actions/ Tasks	Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun