
THE GOAL PLANNER KIT

THIS PLANNER BELONGS TO

YEARLY *Goals*

THIS YEAR:

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

MY MOTTO THIS YEAR

YEAR AT *Glance*

THIS YEAR:

PERSONAL

HEALTH & FITNESS

FINANCE

CAREER & BUSINESS

RELATIONSHIP

FAMILY & FRIEND

STUDY

HOME

OTHERS

YEAR AT *Glance*

THIS YEAR:

GOAL ACTION *Plan*

MY GOAL

MY REASON WHY

MY REWARD

START DATE:

ACCOMPLISH BY:

MY RESOURCES

STEPS TO GET THERE

NEXT ACTIONS

-
-
-
-
-
-
-

NOTE

GOAL ACTION *Plan*

START DATE: _____

END DATE: _____

MY GOAL:

MY REASON WHY:

MY REWARD:

ACTION STEPS

MILESTONE 1

1. _____
2. _____
3. _____
4. _____



MILESTONE 2

1. _____
2. _____
3. _____
4. _____



MILESTONE 3

1. _____
2. _____
3. _____
4. _____



MILESTONE 4

1. _____
2. _____
3. _____
4. _____



MONTHLY *Goals*

MONTH:

AFFIRMATION:

MON TUE WED THU FRI SAT SUN

GOAL

STRATEGY

GOAL

STRATEGY

GOAL

STRATEGY

GOAL

STRATEGY

NOTE

MONTHLY *Planner*

THIS MONTH:

MOTTO OF THE MONTH:

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

NOTES

MONTHLY *Review*

WEEK OF:

PRODUCTIVITY:



MY BIG WINS

THIS MONTH IN A FEW WORDS

WHAT DIDN'T WORK AND WHY

THINGS I WANT TO REMEMBER

HOW I'LL IMPROVE

I'M GRATEFUL FOR...

WEEKLY Goals

WEEK OF:

GOALS:

NOTES:

TO-DO LIST

- | | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

TOP 3 FOCUS AREAS FOR THE WEEK

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WEEKLY Planner

WEEK OF:

REMINDERS:

TOP GOALS:

-
-
-
-
-

HABITS

M T W T F S S

_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF CARE:

MON

TUE

WED

THU

FRI

SAT

SUN

WEEKLY *Review*

WEEK OF:

PRODUCTIVITY:



MY BIG WINS

WHAT DIDN'T WORK AND WHY

HOW I'LL IMPROVE

DAILY Planner

DATE:

TOP 3 TASKS

TO-DO LIST:

-
-
-
-
-

TODAY I'M GRATEFUL FOR:

I'M FEELING...



AWFUL  PERFECT

SCHEDULE:

- 8:00 _____
- 9:00 _____
- 10:00 _____
- 11:00 _____
- 12:00 _____
- 13:00 _____
- 14:00 _____
- 15:00 _____
- 16:00 _____
- 17:00 _____
- 18:00 _____
- 19:00 _____
- 20:00 _____
- 21:00 _____
- 22:00 _____
- 23:00 _____

APPOINTMENT:

HABIT *Tracker*

THIS MONTH:

HABIT

30 DAYS FOCUSED

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

JOURNAL PAGE

A grid of 25 rows and 30 columns of small dots, intended for journaling or note-taking.