

Goal Setting Guide

A step by step guide to plan for 2019

Ranata Reeder

Live a Beautiful Life

FINISHING STRONG

I love to plan. I always have. There's something so soothing about writing everything down. 2019 is here, and June is just around the corner. I know. That happened fast. Before we get further into 2019, let's assess where we are now and get rid of some lingering goals. What is a lingering goal? It's the goal you've had forever that you never get around to completing. It's also the goal you set at the beginning of this year that you haven't gotten around to making a plan for yet. Lingering goals never get the attention they deserve yet, have the power to shape our lives. So, before we get to mid-year, let's make a plan to complete what we set out to do in January. Happy planning!

Types of Goals

SHORT TERM

MID TERM

LONG TERM

PERSONAL

PROFESSIONAL

RELATIONSHIP

FINANCIAL

HEALTH

SPIRITUAL



Live a Beautiful Life

GOAL SETTING WORKSHEET

There are few things more rewarding than achieving a goal. There is something so satisfying about checking an item off the proverbial to do list. Similarly, lingering goals are the worst. So, let's complete a few of them together and finish 2019 strong. Using the worksheet below, identify seven lingering goals in at least one goal area and detail two action steps needed to achieve that goal. Let's get to work!

1. GOAL ONE: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

2. GOAL TWO: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

3. GOAL THREE: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

Live a Beautiful Life

4. GOAL FOUR: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

5. GOAL FIVE: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

6. GOAL SIX: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

7. GOAL SEVEN: _____

a. Step 1: _____

b. Step 2: _____

c. Notes: _____

RANATA REEDER

SHARE THE LOVE

Everyone loves a good thing. Did you enjoyed this free guide?
Share it with a friend!



LET'S MAKE IT OFFICIAL

FOLLOW ME ON SOCIAL MEDIA

BOOKMARK THE BLOG

SIGN UP FOR THE NEWSLETTER



