

Goal Setting Guide

A step by step guide to plan for 2019

Ranata Reeder

Live a Beautiful Life

STARTING STRONG

I love to plan. I always have. There's something so soothing about writing everything down and organizing it just the way I like it. 2019 is here! I know. That happened fast. Before I start really planning for 2019, I want to get rid of some lingering goals. What is a lingering goal? I'm glad you asked. It's the goal you've had forever that you never get around to completing. Lingering goals are those small goals that never get the attention they deserve yet, have the power to shape our lives. So, before we really get into 2019, let's lay a good foundation by accomplishing a few things in January. Happy planning!

Types of Goals

SHORT TERM

MID TERM

LONG TERM

PERSONAL

PROFESSIONAL

RELATIONSHIP

FINANCIAL

HEALTH

SPIRITUAL



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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 this month and start 2019 off 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: _____

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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: _____

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WHAT'S UP NEXT

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