

goal setting

identifying what you want to accomplish
and creating a plan to help you get there

*2020 taught you that you're resilient. you're capable of big things.
Make sure your goals reflect that.*

MY 2021 GOALS

Goal setting is like anything else: to be successful, you need to be committed and consistent. That's why you complete this goal setting sheet every month. Your grit grows your gains, and gains call for new, more challenging goals.

Big Picture Goal

To accomplish my goal, my overall focus this month is:

My superpowers that will help me accomplish my goals:

write your strengths!

Week 1 goals:

Week 2 goals:

Week 3 goals:

Week 4 goals:

CELEBRATE WINS

Going after big goals takes time. Don't lose sight of small wins along the way. Write down how you'll reward yourself after you accomplish this month's goals.

LEAN ON YOUR WHY

To set yourself up for success, identify your why, or your purpose. This will become your strongest source of motivation.

Why do you want to accomplish these goals?

Why is that important to you?

Why is that important to you?

There's your purpose!

refresh your routine

BE GOOD TO YOU, BE GOOD TO YOUR GOALS

Physical

- Walking, running, hiking, biking
- Being in nature
- Yoga, stretching
- Competing
- Balanced eating
- Staying hydrated
- Sleeping and resting

Mental

- Adjusting self-talk
- Cultivating your confidence
- Engaging stress management skills
- Meditating and being mindful
- Using your purpose

Emotional

- Leaning on support network
- Journaling to build self-awareness
- Journaling to release stress
- Creating boundaries and saying no

Circle yours!

