

# 2023 GOALS

start date: \_\_\_\_\_ / \_\_\_\_\_ / 2023

## visualize your happiest year and make it happen

Committing to your goals by writing them down is a key step in accomplishing them. Writing down at least one action that will get you started is a great way to break the logjam to help you take action.

This sheet will help you visualize what you want to accomplish and take action on it. Select the areas that you would like to work on in 2023.

**HOME**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**HEALTH**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**FITNESS**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**WORK**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**RELATIONSHIPS**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**HOBBIES**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

# GOAL PLANNER

start date: \_\_\_\_\_ / \_\_\_\_\_ / 2023

## reach your goals through planning and reflection

This worksheet can help you to more robustly plan your goals. With each goal from the **2023 Goals** sheet, identify more specific steps, potential obstacles, desired time frame and how achieving this goal will make you feel.

Picturing yourself achieving your goal and monitoring your progress are two things that you can do to help you succeed. This sheet will help you do both.

### MY GOAL IS :

I WANT TO ACHIEVE THIS GOAL BY THIS DATE :

### 5 STEPS I CAN TAKE TO REACH THIS GOAL :

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

OBSTACLES TO ADDRESS :

### HOW WILL ACHIEVING THIS GOAL MAKE ME FEEL?

# BUILD A BETTER YEAR

## looking back to reach the goals ahead

The Stop-Start-Continue model is an incredibly effective tool to help you accomplish your goals. Think about your goals for 2023. What bad habits or behaviors do you need to stop because they will be hinder achieving your goals? What new habits or behaviors do you need to develop to support your goals? And what is working for you that you need to continue to do? Be honest with yourself so increase your chances to having the future you desire.

### STOP

### START

### CONTINUE

# 66 DAYS

## to a healthy new habit

start date: \_\_\_\_\_ / \_\_\_\_\_ / 2023

GOAL: \_\_\_\_\_

Research shows that it takes at least 66 days to create and establish a new habit. If you've resolved to start a healthy new habit, this sheet will help you stay on track with it,

Each day, write one word about how you did with your goal, how you felt about it, or even just a smiley or frowny face. It will help you keep your mind on your goal until you lock it in. You've got this!!!

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	You're halfway to locking in your healthy new habit!!!	

What's been your biggest challenge so far? \_\_\_\_\_

What are you most proud of so far? \_\_\_\_\_

DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47
DAY 48	DAY 49	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54
DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61
DAY 62	DAY 63	DAY 64	DAY 65	DAY 66	Congratulations! You did it!!!	

How do you feel? \_\_\_\_\_