

2019 GOAL SETTING WORKSHEET

Whether you're making resolutions or setting goals, the start of a New Year is a great time to reflect back on your prior year and channel energies into what you desire for your future journey into 2019 and beyond. Set aside some quiet time, grab a pen, and get started mapping out an outline for your 2019 Goals.

Reflections	Thoughts
Are you happy and content with things in your life? What's working in your life?	(1). When thinking of your life in general, how do you feel you are doing at this point in time? <div style="background-color: #c8e6c9; height: 60px;"></div>
Your future self: A new business owner? Increased finances?	(2). What vision of yourself do you want to see manifest in 2019? <div style="background-color: #c8e6c9; height: 60px;"></div>
Are there key changes you need to make?	(3). What are some key things you need to do to start this manifestation? <div style="background-color: #c8e6c9; height: 60px;"></div>
List some skills you may need to acquire to get to your next level.	(4). What are some key skills you may need/desire to acquire in 2019? <div style="background-color: #c8e6c9; height: 60px;"></div>
What is your desired result?	(5). How will you know when you've achieved your goals? <div style="background-color: #c8e6c9; height: 60px;"></div>
Goals are often created in unison with others.	(6). Increase your network of Key People. List at least two people to use as your accountability partner. <div style="background-color: #c8e6c9; height: 60px;"></div>
Set your 6 month deadline to check in with yourself on your goals path.	(7). What do you want to have achieved 6 months from now? <div style="background-color: #c8e6c9; height: 60px;"></div>

