

Annual Goal Worksheet

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2018

Name:

Today's Date:

2017 Recap

Three moments that defined 2017 for me:

2017 accomplishment I'm most proud of:

Most fun moment in 2017:

Thing I'm most grateful for in 2017:

Most important lesson I learned in 2017:

2018 Goal Setting

Guidelines: Goal setting is an exercise in broadening your horizons, thinking BIG, and dreaming of what could be. There are no limitations to how big or small your goals can be. If you need ideas, try doing a brainstorm first. Once you do nail down some goals, make them **specific** (exactly how will you know if you've gotten the goal or not?) and **measurable** (i.e. "eat 4 fruits a day" instead of "eat better"). Write them down with a pen and paper. Ok, go for it!

Next to each goal, state your confidence level on a scale of 1-10 that you can achieve it. 1 = low confidence, 10 = very confident you can do it.

My three main goals with my HEALTH AND WELLNESS are:

My three main goals with FITNESS are:

My three main goals with FAMILY are:

My three main goals with my CAREER are:

My three main goals with my FINANCES are:

My three main goals with the MENTAL/EMOTIONAL part of my life are:

My three main goals with FUN are:

My three main goals with _____ (fill in your own) are:

What is the #1 most important goal for 2018? Why do you want to achieve it?

What is the best thing you can do to help yourself get there?

Ok, now keep this sheet of paper in a place where you can see it regularly.
Check in with your progress throughout 2018. You got this!