# my 2027 goals

start here. one word, three goals, and why they matter to you.

## MY WORD FOR 2027

## HOW I WANT THIS YEAR TO FEEL

## MY 3 BIG GOALS

Goal 1

Why it matters to me

Goal 2

Why it matters to me

Goal 3

Why it matters to me

## LIFE AREAS CHECK (CIRCLE THE 2 THAT NEED THE MOST LOVE)

- ◯ Health + body
- ◯ Money
- ◯ Work + growth
- ◯ Home
- ◯ People
- ◯ Fun + rest

# goal breakdown

turn each big goal into steps small enough to start this week.

## GOAL 1

Done looks like _____

First tiny step _____

What might get in the way _____

My plan for that _____

## GOAL 2

Done looks like _____

First tiny step _____

What might get in the way _____

My plan for that _____

## GOAL 3

Done looks like _____

First tiny step _____

What might get in the way _____

My plan for that _____

# quarterly plan

one milestone per goal, per quarter. that's 12 checkpoints for the year.

## Q1 (JAN - MAR)

- [ ] Goal 1 milestone
- [ ] Goal 2 milestone
- [ ] Goal 3 milestone

Quarter win: _____

## Q2 (APR - JUN)

- [ ] Goal 1 milestone
- [ ] Goal 2 milestone
- [ ] Goal 3 milestone

Quarter win: _____

## Q3 (JUL - SEP)

- [ ] Goal 1 milestone
- [ ] Goal 2 milestone
- [ ] Goal 3 milestone

Quarter win: _____

## Q4 (OCT - DEC)

- [ ] Goal 1 milestone
- [ ] Goal 2 milestone
- [ ] Goal 3 milestone

Quarter win: _____

# monthly check-in

15 minutes on the last sunday of the month. print 12 copies.

Month: _____

## WHAT WENT WELL

## WHAT GOT IN THE WAY

## PROGRESS ON EACH GOAL (1-10)

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Goal 1 | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Goal 2 | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Goal 3 | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

## ONE THING I'LL CHANGE NEXT MONTH

## SOMETHING I'M PROUD OF

# 12-week tracker

fill in a dot each week you take action on a goal. aim for 9 out of 12.

| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 | W11 | W12 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **GOAL 1** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| habit: _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| habit: _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **GOAL 2** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| habit: _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| habit: _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **GOAL 3** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| habit: _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| habit: _____ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

**END OF 12 WEEKS: WHAT I LEARNED**