

2025
GOAL
PLANNER



MONTHLY PLANNER

Month _____

SUN	MON	TUE	WED	THU	FRI	SAT

GOAL OVERVIEW

Goal

Steps
●

●

●

●

●

●

Reward

People nearby

Result

Goal

Steps
●

●

●

●

●

●

Reward

People nearby

Result

MONTHLY REFLECTIONS

Month _____

How was this month?

My achievements

I'm grateful for

Next Month Goals

Start

Continue

Finish

Next month i will

GOAL SETTING

Goal

Why i want to achieve it

Is the goal within your power to accomplish?

Do i need someone else's help? If so, who?

How long does it take to reach?

MONTHLY TASKS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

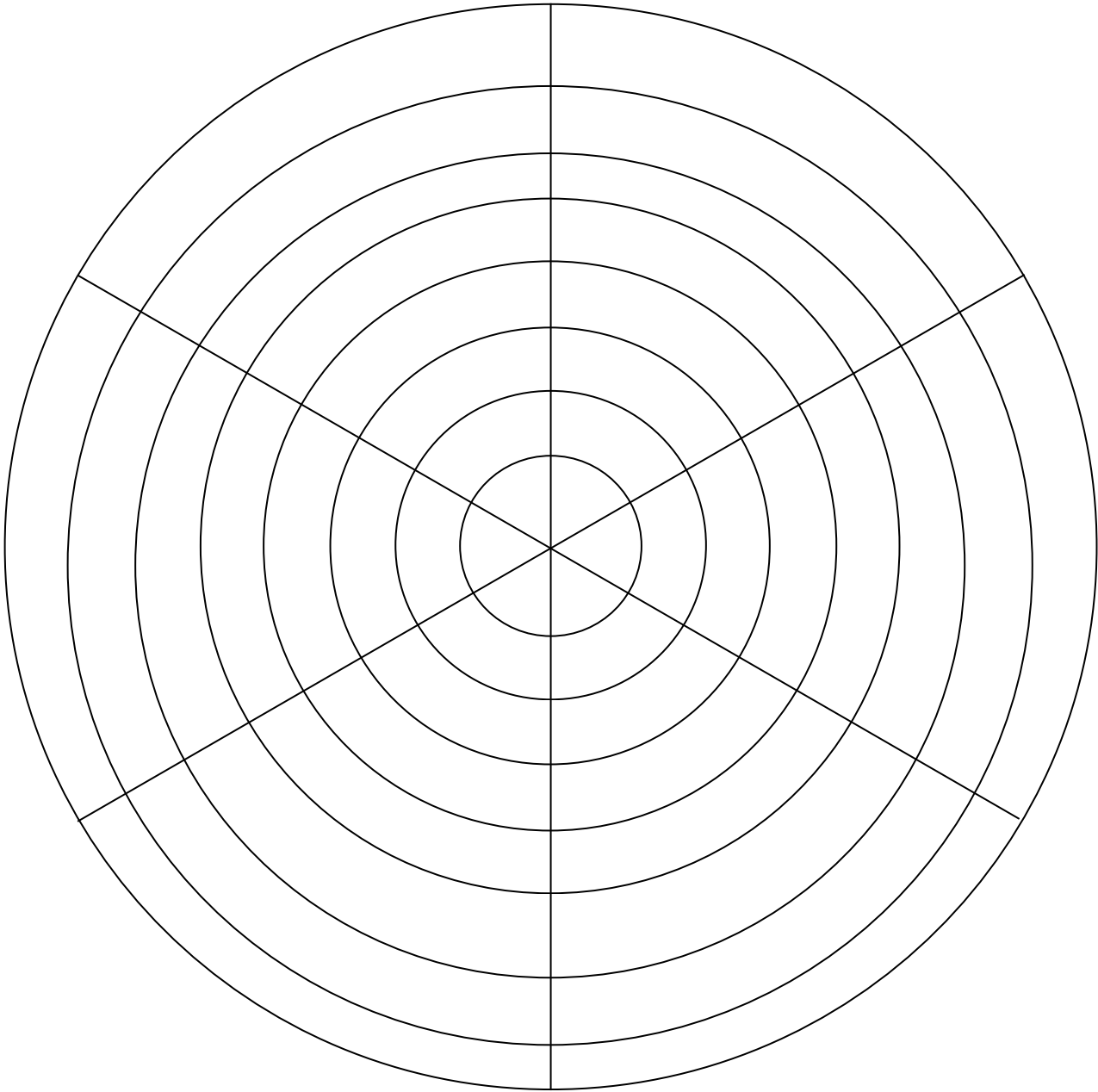
SEP

OCT

NOV


DEC

BALANCE OF GOALS



BALANCE OF GOALS

Health



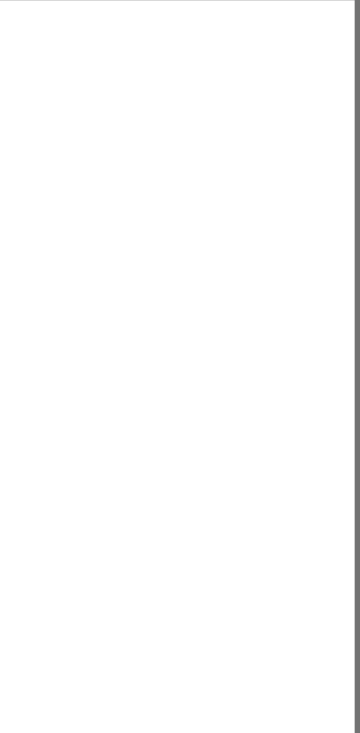
Family




Friends



Career



Personal



Study



MY POSSIBILITIES

GOAL 1

GOAL 2

GOAL 3

What skills do i need for this?

What resources do i need for this?

What difficulties may arise?

MY GOAL PLAN

Goal

Reason

Ideas

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Action steps

Start

Finish

Result

Reward

ANNUAL GOALS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Compliments of
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