

# Brainstorming Yearly Goals



**YEAR:** *A worksheet to get you started...*

## **Define the “Big Picture” for your year:**

How do you want your days to feel? Do you desire more margin? More adventure? More creativity? More financial margin or simplified routines?

*Simple Answer:*

*Simple Action:*

## **Define what went well last year:**

Did you launch something new? Build better habits? Improve boundaries? Strengthen relationships? Increase your knowledge or skills? Save money? Prioritize health?

*Simple Answer:*

*Simple Action:*

## **Affirm your core values and purpose**

What values do I want every decision to reflect this year? Which values need to be strengthened? Which values were violated last year—and why? How does my purpose shape what I say yes or no to?

*Simple Answer:*

*Simple Action:*

## **Additional Questions to ask myself:**

## **Outline main goals for each Quarter**

Q1:

Q2:

Q3:

Q4:

*When lifestyle & value clarity comes first, your quarterly goals naturally support the life you want*

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