

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

