



Michelle
Wordsworth

LIVE A LIFE YOU LOVE

12 Month
GOAL
Planner

Yearly Focus:

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Key Dates:

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Notes:

Goals:

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This system helped me to complete my studies 10 months ahead of schedule by having a plan and strategy that I could follow.

HOW THIS WORKS:

Get clear on your goal!
What is the outcome you want?
What is the timeframe for completion?
What do I need to do each month to get me closer to my goal?

- Write your end goal in the month you want to be completed by.
- Work backwards in each month to the present month, listing the actions that you need to take to reach your end goal.
- Use this as a working guide to create small, bite-sized goals each month to get you to your desired end result.

FOR A GOAL TO BE SUCCESSFUL, IT NEEDS TO BE:

Specific **M**easureable **A**ttainable **R**ealistic **T**imely

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Review

What Worked Well:

What Could Be Done Differently:

Notes:

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