



YEARLY GOAL PLANNER

MICHELLEWORDSWORTH.COM



GOAL PLANNER

12 MONTH GOAL PLANNER

Creating a 12 month plan helped me to complete my Wellness and Life Coaching studies 12 months ahead of schedule by having a plan and strategy that I could follow.



HOW THIS WORKS

Get clear on your goal!

Get clear on "WHY" you want it.

What is the desired outcome the benefits to you will be.

When do you want to achieve it by?

Work backwards from the date you want to accomplish it by.

List what actions need to happen each month that you need to take so that you reach your end result.

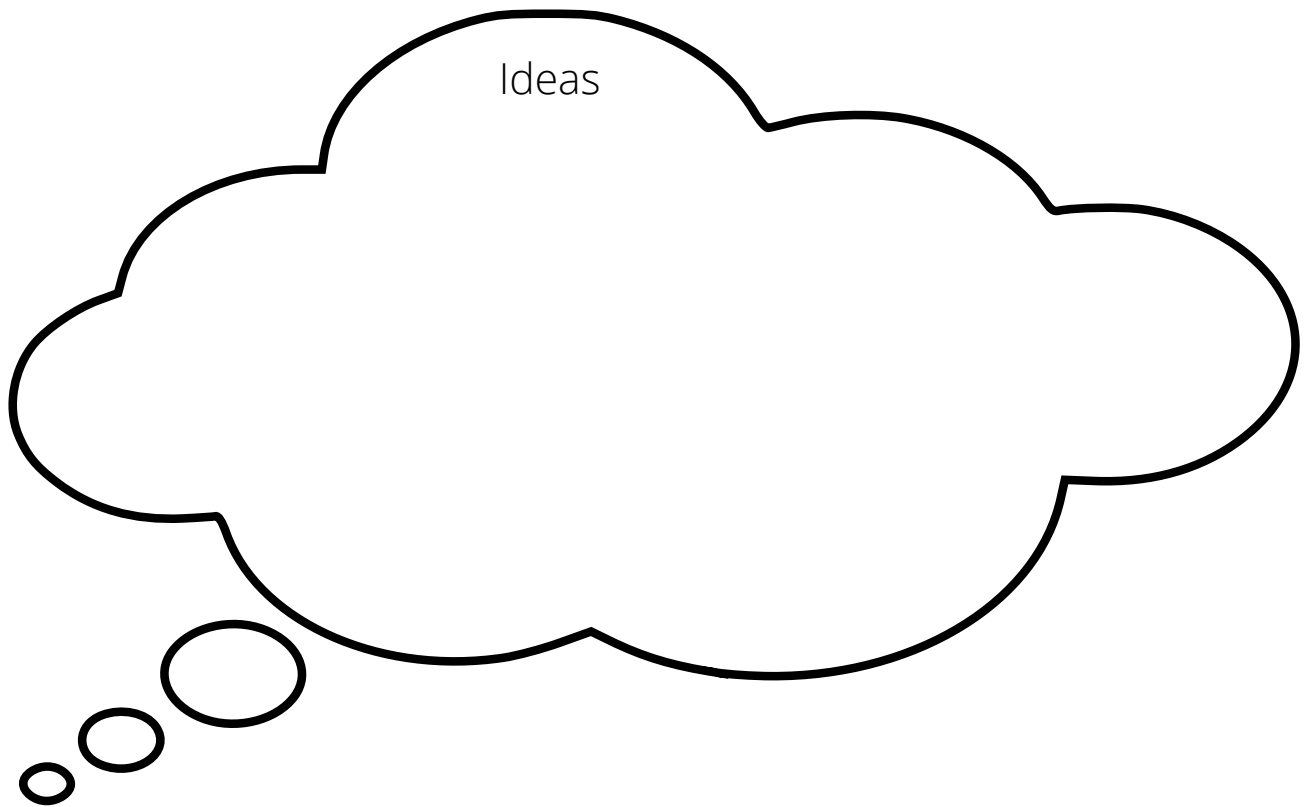
use this as a working guide to map out and create small bite size goals each month to get you to your desired end result.



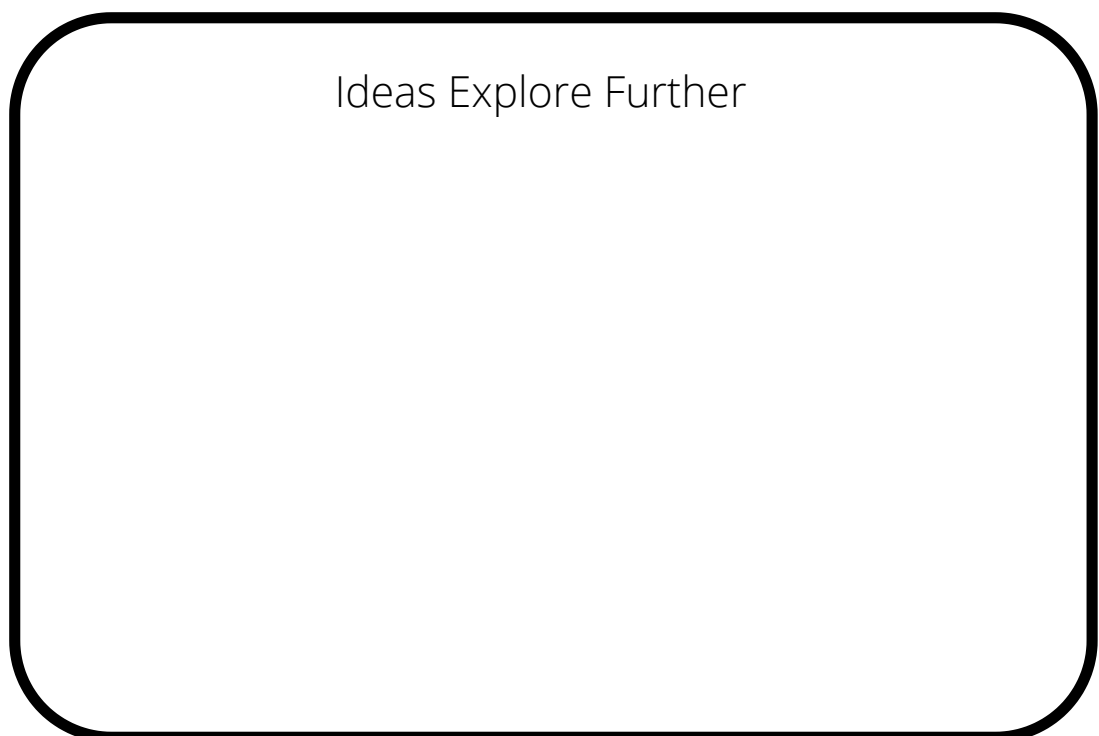
GOAL PLANNER

To have a successful goal it needs to be:

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



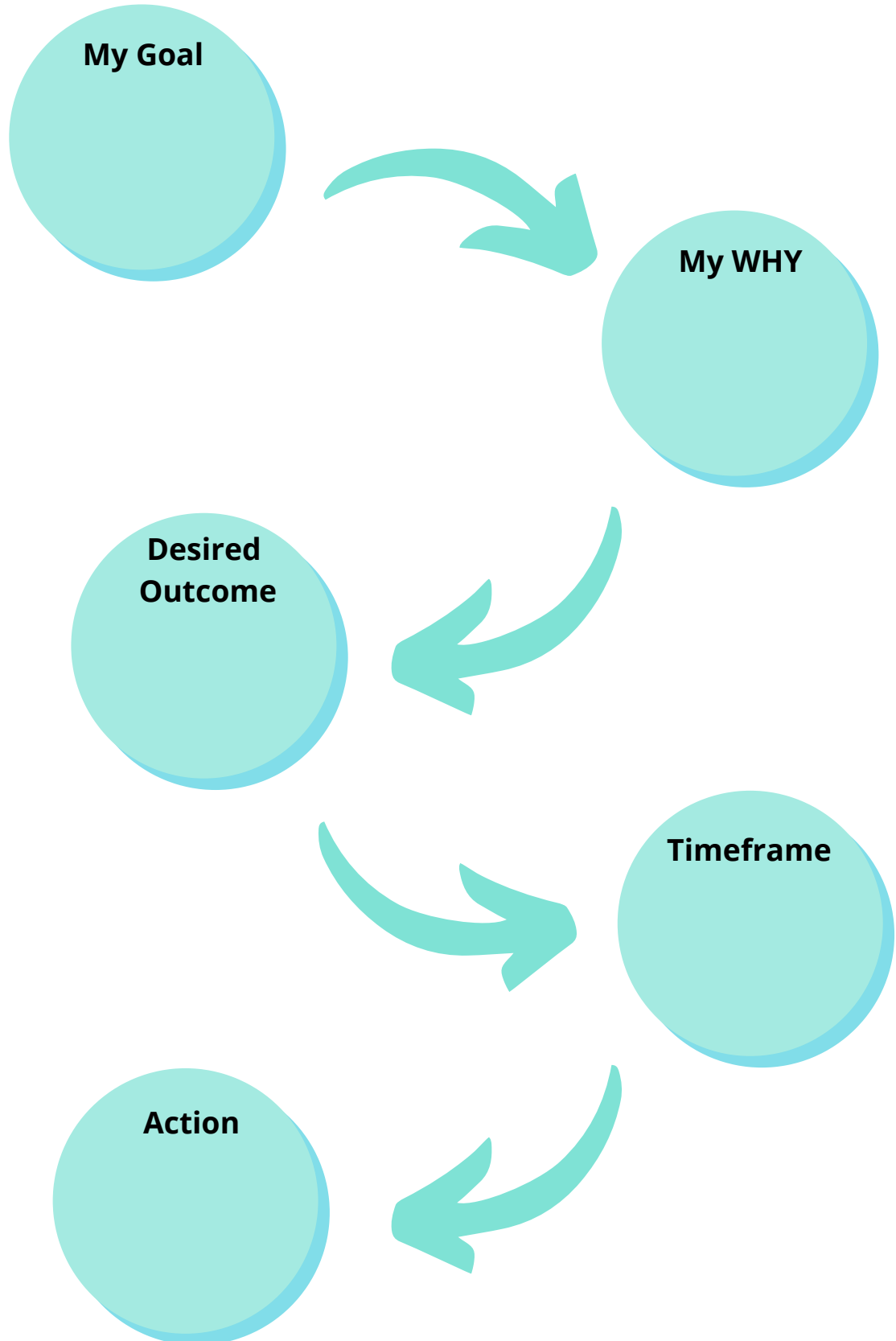
Ideas



Ideas Explore Further



GOAL PLANNER





GOAL PLANNER

Yearly Focus:

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GOAL PLANNER REVIEW

What Worked Well:

What Could Be Done Differently:

Notes:

Goals Reached:

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