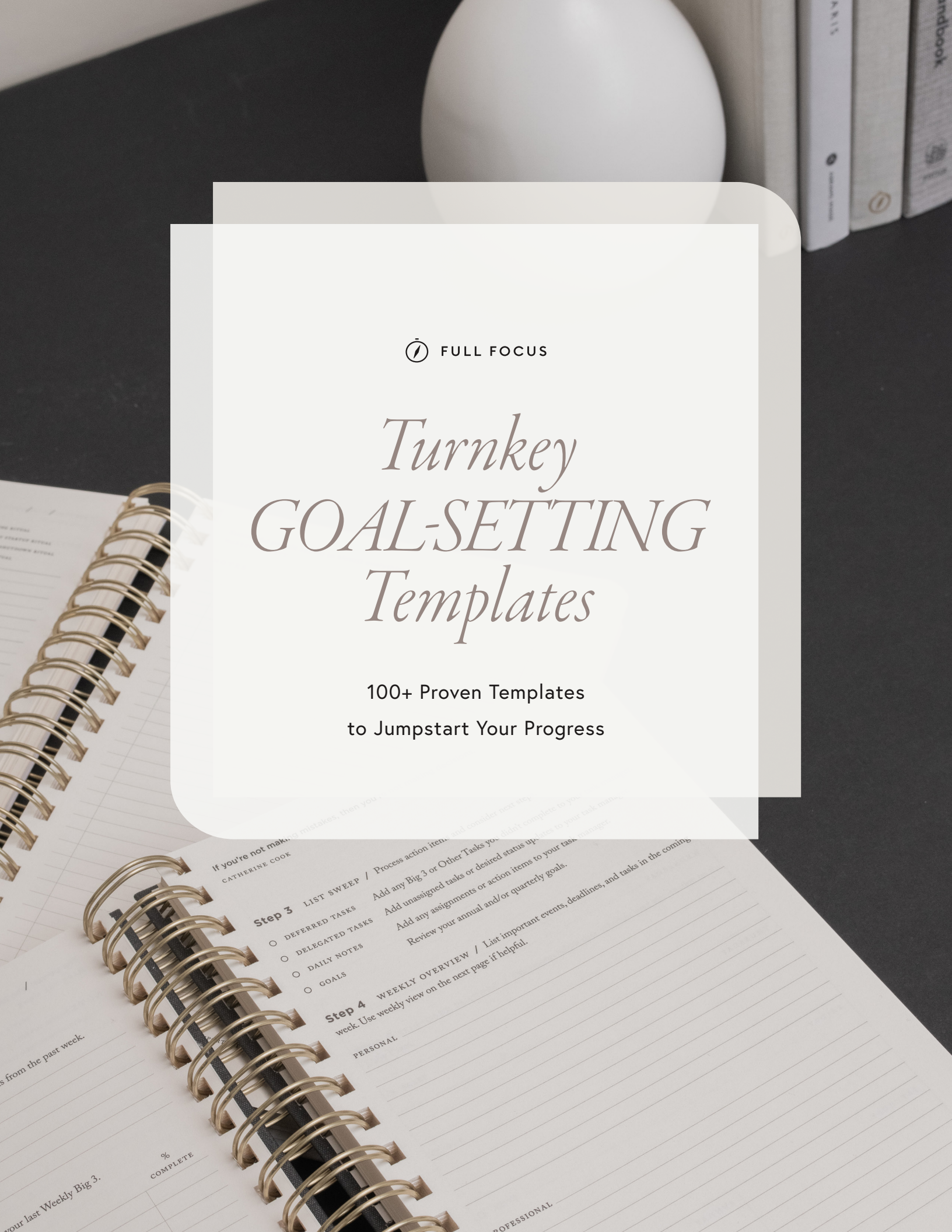




Turnkey **GOAL-SETTING** *Templates*

100+ Proven Templates
to Jumpstart Your Progress



INTRODUCTION

We all want the next year to be better than the last. But sometimes coming up with the specific goals we want to achieve can be tough.

The good news is that it doesn't have to be so hard. Templates can help you speed up the process and jumpstart your Best Year Ever. By sparking inspiring and imaginative ideas, these templates will allow you to set meaningful goals in the nine key life domains:

01 **BODY**

04 **LOVE**

07 **MONEY**

02 **MIND**

05 **FAMILY**

08 **WORK**

03 **SPIRIT**

06 **COMMUNITY**

09 **HOBBIES**

We've specially designed these fill-in-the-blank templates to streamline how you frame your goals and habits for the coming year. They follow the same SMARTER Goals® framework we use in **Full Focus Goal Setting**.

Remember, that means these goals are specific, measurable, actionable, risky, timebound, exciting, and relevant to your life. By risky, I mean these goals are a bit outside your comfort zone. Don't settle for unchallenging goals. Timebound can refer to a deadline, frequency, start date, time trigger, or a streak target—anything that uses the calendar or clock to remind you to act and keep you moving.

How should you use this guide? The most effective way to proceed is to refer back to your LifeScore™, especially those areas where you can make significant gains in the coming year. Next, look at the suggestions for the relevant domains and check the ones that best apply.

Once you've adapted them to fit your needs, you're all set. We are confident these will accelerate your progress and improve your chances of success.



BODY

- 01 Sign up for [] sports team/running club/fitness class by [].
- 02 Bring down my blood pressure [] points by [].
- 03 Research and hire a nutritionist to complete a personalized meal plan by [].
- 04 Run/walk [] minutes/miles each day, [] days a week at [] a.m./p.m.
- 05 Research and hire a fitness coach to craft a personalized workout regimen by [].
- 06 Do strength training at the gym for [] minutes/hours, [] days a week, starting [].
- 07 Cut LDL cholesterol [] points by [].
- 08 Finish my first 5K race/half-marathon by [].
- 09 Complete a five-day detox program by [].
- 10 Improve my deadlift by [] pounds by [].
- 11 Choose a regular bedtime and get [] hours of sleep per night for the next [] days, beginning [].
- 12 Download a health-tracker app (e.g., MyFitnessPal), and begin inputting my daily caloric intake immediately after each meal or snack, starting on [] and ending on [].



MIND

- 01 Read [] books per month/quarter, starting [].
- 02 Audit a college class on the subject of [] during the [] quarter/semester.
- 03 Select [] conferences to attend, and register by [].
- 04 Go back to school in [] and get my Master's/JD/PhD by [].
- 05 Join/start a book club to read through [] of Penguin's 100 Must-Read Classic Books list by [].
- 06 Sign up for an online art/history/science class by [].
- 07 Complete my college degree by [].
- 08 Read [] minutes each morning/night at [] a.m/p.m.
- 09 Buy a foreign-language program and learn [] by [].
- 10 Participate in an educational trip to the state/country of [] by [].
- 11 Visit [] museums of art/history/natural science by [].
- 12 Research and write my book on [] by [].



SPIRIT

- ⁰¹ Set aside [] minutes in the morning, [] days a week, for reading and prayer, starting [].
- ⁰² Ask my friends, pastor, spouse, etc. about their favorite spiritual books. Pick [] and read one each [], beginning [].
- ⁰³ Find a yearly Bible reading plan, and follow it each day, beginning [].
- ⁰⁴ Read the Bible [] chapters/minutes each [], starting [].
- ⁰⁵ Keep a daily prayer journal. Start by [].
- ⁰⁶ Choose a mentor/counselor, and meet with him/her [] times per month.
- ⁰⁷ Identify [] conferences this year, and make the necessary arrangements to attend by [].
- ⁰⁸ Find a retreat sponsored by my church, and make plans to attend by [].
- ⁰⁹ Attend church [] times a month, beginning [].
- ¹⁰ Give up [] for Advent or Lent this year. Abstain from [] until [].
- ¹¹ Meditate for [] minutes each day, [] days a week, beginning [].
- ¹² Journal at least [] minutes at the end of each day, starting [].



LOVE

- 01 Schedule a monthly flower delivery for my significant other by [REDACTED].
- 02 Create a date-night profile on Netflix, and load up our favorites for a weekly date, beginning [REDACTED].
- 03 Plan [REDACTED] regular dates each month, and get them on the calendar by [REDACTED].
- 04 Pick out [REDACTED] books (fiction and nonfiction) to read together by [REDACTED].
- 05 Book all reservations for an anniversary trip to [REDACTED] by [REDACTED].
- 06 Attend the [REDACTED] marriage conference on [REDACTED].
- 07 Handwrite an encouraging note every [REDACTED] (day of the week), for 52 weeks, beginning on [REDACTED].
- 08 Select an out-of-town getaway each [REDACTED], and schedule them, beginning [REDACTED].
- 09 Set a regular "budget-review date" with my spouse, and review our finances and pay bills together every [REDACTED], starting [REDACTED].
- 10 Pick [REDACTED] things my significant other regularly does each day that he/she doesn't enjoy. Do one each day for him/her, beginning [REDACTED].
- 11 Write a list of my significant other's favorite qualities. Read it once daily, and pick one to focus on for the day for [REDACTED] days, beginning on [REDACTED].
- 12 Pray together. Set aside regular time each [REDACTED], beginning [REDACTED].



FAMILY

- ⁰¹ Leave the office by [] p.m. to have enough time for dinner with my family, starting [].
- ⁰² Interview my kids about their dreams. Pick one to accomplish together by [].
- ⁰³ Pick a board/card game with my family and a regular time to play once a week by [].
- ⁰⁴ Establish a rotating date schedule with each of my siblings by [].
- ⁰⁵ Hold a family meeting, and draft a Family Constitution (a list of values) by [].
Review as a family each [].
- ⁰⁶ Cook [] meals at home each week, beginning [].
- ⁰⁷ Have the kids brainstorm [] meals. Cook at least [] meals together each week, beginning [].
- ⁰⁸ Select one member of my family each week/month, and write a letter expressing [], beginning [].
- ⁰⁹ Set aside [] vacation days to spend with my family at my spouse's/kids' favorite location. Schedule by [].
- ¹⁰ Build/assemble a model/puzzle/fort with my kids [] times each month, beginning [].
- ¹¹ Schedule a photographer for new family photos by [].
- ¹² Attend [] parenting seminar(s)/conference(s) by [].



COMMUNITY

- 01 Schedule a call with a friend/family member [] times each [], starting [].
- 02 Join or start a supper club with friends from my neighborhood by [].
- 03 Join an athletic club/training group to meet new people by [].
- 04 Host/join a weekly/monthly discussion group/book club, beginning [].
- 05 Visit a local retirement home once a week/month, starting [].
- 06 Plan a girls' trip/guys' trip with [] of my friends. Book it by [].
- 07 Host a group study with friends from church by [].
- 08 Volunteer with Habitat for Humanity on a local build by [].
- 09 Take a painting/wine-tasting class to meet new people by [].
- 10 Schedule [] lunches/coffee dates with [] friends by [].
- 11 Host [] families/friends at my home for dinner [] night(s) each month, starting in [].
- 12 Invite friends over for a weekly/monthly movie/game night, beginning [].



MONEY

- ⁰¹ Improve net worth by \$ _____ / _____ % by _____.
- ⁰² Pay off remainder of my car loan in the amount of \$ _____ by _____.
- ⁰³ Create a monthly income and expense budget by _____, and forecast the next 6/12/18/24 months.
- ⁰⁴ Reduce eating out to _____ meals each _____, beginning _____.
- ⁰⁵ Pay down \$ _____ in credit card debt by _____.
- ⁰⁶ Budget next Christmas, and begin saving \$ _____ each month toward my plan, beginning _____.
- ⁰⁷ Give \$ _____ each month/year to _____ (preferred charity).
- ⁰⁸ Save an additional \$ _____ / _____ % from each paycheck for an emergency fund, starting _____.
- ⁰⁹ Plan for my next house/car/major project by saving \$ _____ each _____, beginning _____.
- ¹⁰ Increase monthly 401(k)/retirement savings by \$ _____ / _____ %, starting _____.
- ¹¹ Get taxes done early this year. Assemble all necessary paperwork by _____, and complete forms by _____.
- ¹² Start saving \$ _____ each month toward my next vacation, beginning _____.



WORK

- ⁰¹ Increase revenue in [] area/department by \$ [] / [] % by [].
- ⁰² Launch [] new product/service by [].
- ⁰³ Write new proposal/business plan for [] by [].
- ⁰⁴ Quit job, and launch new business by [].
- ⁰⁵ Identify [] new potential leads this month, and contact them by [].
- ⁰⁶ Organize [] files/accounts by [].
- ⁰⁷ Increase [] subscribers/followers/fans [] % by [].
- ⁰⁸ Cut [] expenses in [] area/department by \$ [] / [] % by [].
- ⁰⁹ Lower [] bounce/attrition rate by [] % by [].
- ¹⁰ Improve [] rating by [] % by [].
- ¹¹ Research the top business books in my area of expertise, and read [] each [], beginning [].
- ¹² Get certified in [] by [].



HOBBIES

- ⁰¹ Improve my [] score/game by [] points/% no later than [].
- ⁰² Visit one new state each [] until I've visited them all.
- ⁰³ Volunteer for [], beginning [].
- ⁰⁴ Visit [] new restaurants each []. Make a list by [].
- ⁰⁵ Get [] minutes of sun each day, starting [].
- ⁰⁶ Ask someone close about their favorite memoir, novel, or history books.
Pick [] and read one each [], beginning [].
- ⁰⁷ Plan some out-of-state hiking trips. Identify [] of the coolest locations, and get at least [] on the calendar by [].
- ⁰⁸ Learn to fly fish. Get lessons by [], and plan an outing by [].
- ⁰⁹ Research the 20 best action/comedy/drama/romantic comedies ever filmed, and watch [] each [], beginning [].
- ¹⁰ Research a local soccer/softball/basketball/volleyball league. Join up and start playing by [].
- ¹¹ Take first-ever Caribbean/Alaskan/Mediterranean cruise by [].
- ¹² Buy a hammock, and plan a nap every [], beginning [].