

Vision Board Planner



Setting Clear and Achievable Goals

Define Your Main Goal

What do you truly want to achieve?

What is my main goal right now?

Why is this goal important to me?

How will I feel once I accomplish it?

Make It Specific and Measurable

Turn your goal into something concrete, trackable, and observable.

What specific result am I aiming for?

How will I know when I've achieved it?

What indicators or metrics can I use to track my progress?

Set a Realistic Timeline

Giving your goal a deadline keeps you motivated.

When do I want to accomplish this goal?

Is this timeline realistic based on my current situation?

What smaller milestones or checkpoints can I set along the way?

Break It Down into Actionable Steps

Divide your goal into manageable tasks.

What specific steps do I need to take?

What is the very first step I can take today?

What resources do I need for each step (time, money, support, tools)?

Identify Obstacles and Solutions

Anticipate potential roadblocks and plan how to overcome them.

What challenges might get in my way?

How can I overcome or work around them?

Who can I turn to for help or support if needed?

Align with Your Core Values

Goals that reflect your values have more power and meaning.

Does this goal align with who I am and what I value?

How does it move me closer to the life I want to create?

Who else will benefit or be positively impacted by me reaching this goal?

Visualize Your Success

Connect emotionally to the outcome.

What will my life look like once I achieve this goal?

What will be different in my day-to-day routine?

What feelings do I want to experience when I reach this milestone?

FINAL REFLECTION

What am I willing to do today to get closer to my goal?

How will I stay motivated during tough days?

What small rewards can I give myself for reaching each milestone?

Dreams:

My goals:

MY VISION
BOARD

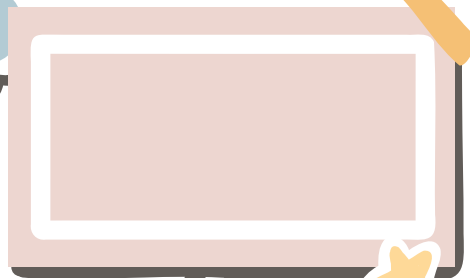
Places I' will go:

I want to try:

New Goals:

- _____
- _____
- _____
- _____

Places I will go:



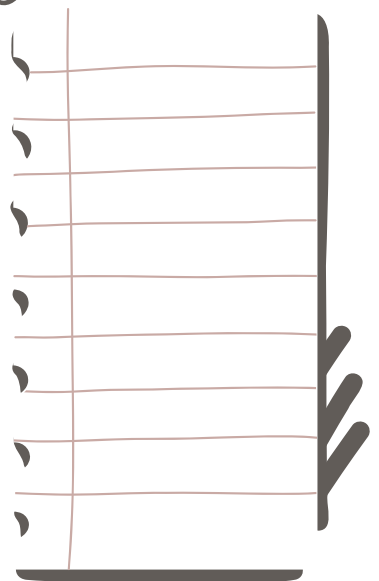
love
health
family
home

Dreams:



My VISION
BOARD

I want to try:



Weekly Planner

FILL OUT EACH DAY WITH ANY IMPORTANT PLANS OR APPOINTMENTS, AS WELL AS ANY TASKS YOU NEED TO GET DONE OVER THE WEEK IN THE "TO-DO" SECTION!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY / SUNDAY

TO-DO

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NOTES

Yearly Goals

JANUARY

FEBRUARY

GOAL:

START:

END:

ACTION STEPS

MARCH

APRIL

MAY

JUNE

MILESTONES

JULY

AUGUST

SEPTEMBER

OCTOBER

SUMMARY

NOVEMBER

DECEMBER

Goals

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT GOAL?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



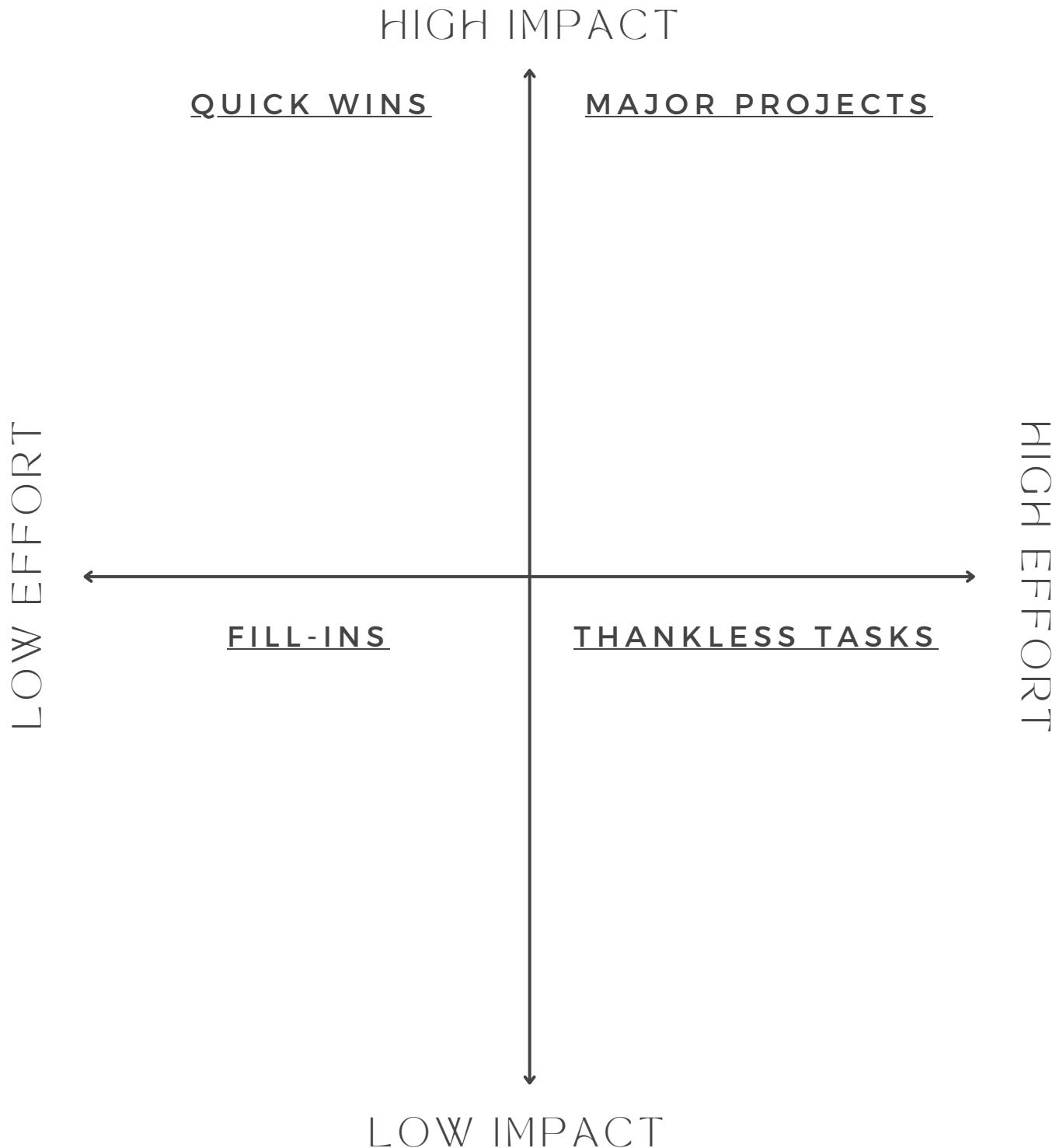
AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?

Strategic Action Planner

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



SMART GOALS

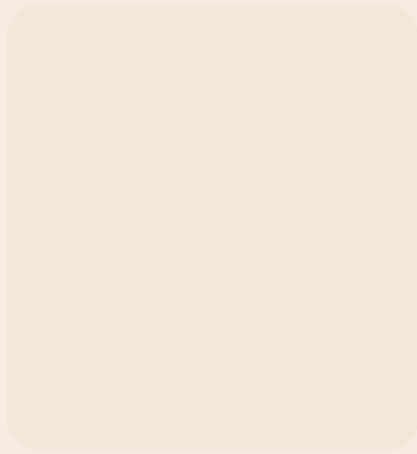
WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE.
USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	

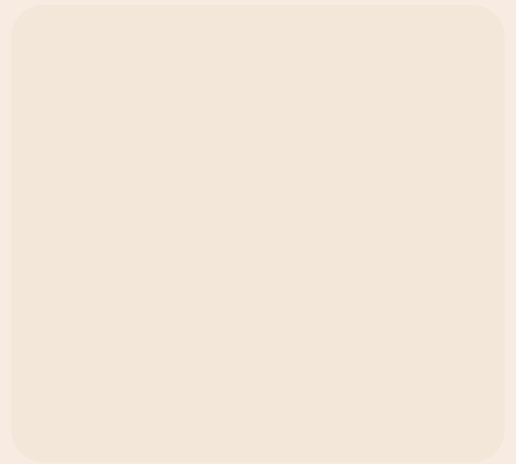
SWOT ANALYSIS

A SWOT ANALYSIS IS A SIMPLE TECHNIQUE TO IDENTIFY YOUR STRENGTHS, WEAKNESSES, OPPORTUNITIES AND THREATS. FILL OUT THE BOXES BELOW TO FIND OUT YOURS!

STRENGTHS



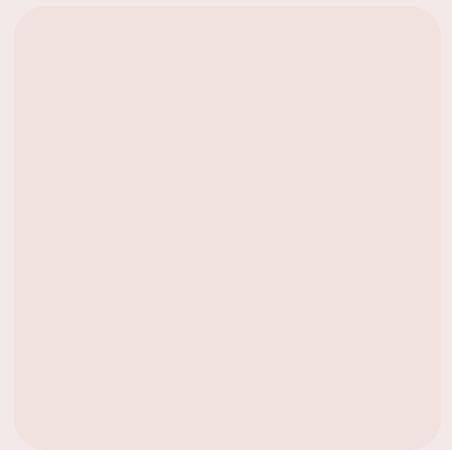
WEAKNESSES



OPPORTUNITIES



THREATS



MONTH: _____

YEAR: _____

GOALS LIST

MY GOALS

☐☐☐☐☐☐

ACTIONS I NEED TO MAKE

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GOALS PLANNER

PLAN YOUR FITNESS GOALS, LOG WORKOUTS, TRACK SLEEP, CALORIES, HABITS, SLEEP, PLAN AHEAD HEALTHY MEALS AND GROCERIES, AND SO MUCH MORE. EVERYTHING YOU NEED TO GET FIT AND TAKE YOUR HEALTH TO THE NEXT LEVEL!

MAIN GOAL

EXERCISE AND NUTRITION

THINGS TO ACHIEVE THIS WEEK

HABITS

01

02

03

04

05

05

S	M	T	W	T	F	S

WHAT'S IMPORTANT?

RANK THE TOP 10 MOST IMPORTANT THINGS IN YOUR JOURNEY AND
ESTIMATE HOW MUCH TIME YOU SPEND ON THEM WEEKLY.

	IMPORTANT THING IN YOUR LIFE	
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

REFLECTION NOTES

LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
HEALTH			
EXERCISE			
NUTRITION			
DIET			
WEIGHT			
REST			

7 days Habit Tracker

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

STEPS:

01

02

03

04

05

06

07

08

09

10

11

12

S	M	T	W	T	F	S
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REFLECTION NOTES

Weekly Goals Tracker

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>

Goals Planner

START

END

NOTES

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-
-
-
-

GOALS

ACTION STEPS

GOALS	ACTION STEPS

ACTION REVIEW

GOALS

ACTION STEPS

GOALS	ACTION STEPS

ACTION REVIEW