

Goal Setting Journal

A companion to your guided meditation

Name:

Start Date:

How to Use This Journal

This journal is designed to help you transform insights from your meditation practice into meaningful goals and daily habits. It follows a three-part structure:

1. Reflect

Begin by reflecting on your meditation experience. What insights arose? What patterns did you notice? What feels aligned or misaligned in your life? This foundation will guide your goal-setting process.

2. Framework

Based on your reflections, create structured goals that align with your inner wisdom. The framework helps you clarify why each goal matters, what specifically you want to achieve, and how you'll accomplish it.

3. Practice

Transform your goals into daily habits and practices. This section helps you integrate your intentions into everyday life through morning rituals, evening reflections, and consistent tracking.

Tips for Success

- Set aside dedicated time each day to work with your journal.
- Be honest with yourself in your reflections and goal-setting.
- Start small with achievable goals and build momentum.
- Review your progress weekly and adjust as needed.
- Celebrate your wins, no matter how small they may seem.

- Be compassionate with yourself when you face challenges.

1. Reflect

Capturing insights from your meditation practice

Meditation Insights

What insights, images, or feelings arose during your meditation? What patterns did you notice?

Current State

How would you describe your current state of being? What feels aligned or misaligned in your life?

Desired Future

What vision of your future self emerged during meditation?
What qualities or experiences do you desire?

Obstacles & Challenges

What obstacles or resistance did you notice? What might stand in your way?

Key Themes

What themes or patterns emerge from your reflections? What seems most important?

2. Framework

Creating structured goals aligned with your inner wisdom

Goal #1

Goal Title:

Why is this goal important to you?

What specifically do you want to achieve?

How will you accomplish this goal?

When will you work on this goal?

Goal #1 (continued)

What obstacles might you face?

How will you overcome these obstacles?

What support do you need?

How will you measure progress?

Key milestones:

☐

☐

☐

☐

Goal #2

Goal Title:

Why is this goal important to you?

What specifically do you want to achieve?

How will you accomplish this goal?

When will you work on this goal?

Goal #2 (continued)

What obstacles might you face?

How will you overcome these obstacles?

What support do you need?

How will you measure progress?

Key milestones:

☐ _____

☐ _____

☐ _____

☐ _____

Goal #3

Goal Title:

Why is this goal important to you?

What specifically do you want to achieve?

How will you accomplish this goal?

When will you work on this goal?

Goal #3 (continued)

What obstacles might you face?

How will you overcome these obstacles?

What support do you need?

How will you measure progress?

Key milestones:

☐ _____

☐ _____

☐ _____

☐ _____

3. Practice

Transforming goals into daily habits

Morning Ritual

Design a morning practice that sets the tone for your day and aligns with your goals.

Morning Checklist:

☐

☐

☐

☐

☐

Evening Reflection

Create an evening practice to reflect on your day and reconnect with your intentions.

Evening Checklist:

☐

☐

☐



Weekly Review

Schedule a time each week to review your progress and adjust your approach as needed.

Review Day:

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday
☐ Thursday ☐ Friday ☐ Saturday

Review Questions:

Accountability

Create structures to help you stay accountable to your goals and practices.

Accountability Partner:

Check-in Frequency:

☐ Daily ☐ Weekly ☐ Bi-weekly ☐ Monthly

Celebration Plan:

Monthly Habit Tracker

Track your consistency with daily practices to build momentum.

Month: _____

Habit	Day of Month																								
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

Habit Key:

Weekly Reflection

Use this page to reflect on your progress each week.

Week of: _____

What went well this week?

What challenges did you face?

What did you learn?

What adjustments will you make next week?

What are you grateful for this week?

Notes

Use this page for additional thoughts, ideas, or reflections.

