

# Goals Journal



# Bucket List Idea Dump

Write down any and everything you want to do, see, read, think, feel...

(You get the gist. If you want it, write it down!)

On the following pages we'll sort through and show you how to achieve your goals  
and work on student debt prevention!

I know you don't lack for ideas, but if you need starter fluid, scroll to our pages below to get the fire poppin'.

# *Short-term Goals*

Think about the next 3 months- what you want to accomplish or have to get done. Write them here!

Remember to add any due dates to these goals. This will help you prioritize them.

A large grid of dotted lines forming diamond shapes, intended for writing short-term goals. The grid covers the majority of the page below the instructions.

# Short-term Goals

We're going to break down each goal into 3-5 steps of action.

Use the next 2 pages for short term breakdowns.

For example: Goal- Paint my bedroom. Step 1: Find paint swatches and decide on color.

Step 2: Buy painting supplies and materials ( tape, brushes, paint, rollers, buckets etc)

Step 3. Tape off room Step 4. Do cut-ins and trim. Step 5: Roll paint on the rest of walls - 2 coats

Again, add any due by dates to help keep you on track.

**This step is so IMPORTANT. It makes everything bite sized and manageable. This method helps you take steps to accomplish multiple goals and not feel overwhelmed with huge goals.**

# Long-term Goals

Here's where we spell out the year plus goals... For example, I'm planning a trip to California for a wedding and family vacation. You'll notice this is a bigger item. It requires more money and planning. They might not all be like this... could be "run a marathon". Obviously that can't happen over night. Takes prep and practice. Ok- get to it! Write 'em down! Break down the long term goals just like the short-term goals. It may take more then 3-5 steps. Keep in mind any dates that can be applied to this list and jot down if applicable.

# *Financial Goals*

Here's where we jot down any and all \$\$ related goals. Be it short or long term savings, retirement plans, opening a savings account, college savings,.. You get it, write it down!! Buy a car, a house, save for a trip... how do you balance it all?? Stick with me and you'll see how to figure out how to do it all! Add some due by dates. This will help you stay focused as you break down each goal step by step.

# *Travel Goals*

Ooo, this is the fun stuff... list a bunch of places- any where in the world you want to go. Overseas, stateside, you name- jot it down!

# *Fitness Goals*

This one's very self explanatory... Yep, you get it- write it down!



# *Nutrition Goals*

Often plopped into fitness goals, this area is its own beast. I, for one, am just trying to get into the habit of drinking 8 glasses of water a day. Your turn. Write'em down!

# *Personal Development Goals*

Say what?!! Yea, at 16,17, heck even twenty-something, I wasn't aware of myself enough to know of personal development. No biggie, you'll revisit this again soon I'm sure. But, I, for one like to jot down things like- read 1 book on being a better mom, or wife or biz leader etc...

# *Career Goals*

Whoaaaa! Hold up! I don't even know what i want to be when i grow up... how can i do this??? Ahh, here's where you jot down the ideal job for you. What kind of environment do you think you'd enjoy working in? What are you curious about career wise? This might be a short list and thats ok. Or it might be a really long list. Thats ok too! We'll work through it peeps!

# *Hobbies and Passions*

This is another fun page. We're going to explore this later in our career planning guides and series.

List any and all the things you like to do. Sports, art, music, read, you get it- Write'em down!

# *E-courses and workshops*

Writing down your goals is oh so important! With out it written, its just another thought floating around in space. In our career planning and financial literacy workshops, we'll build off this amazing Goals Journal.

Keep it handy and join us in our workshops and e-courses, COMING SOON!