

Goal Setting: Summary sheets

1 Month goal setting summary

Current date: Goal end date:

Category:

Category:

Category:

As you achieve the goals tick them off.

12 Month goal setting summary

Current date:

Goal end date:

Category:

Category:

Category:

As you achieve the goals tick them off.

2 to 5 years goal setting summary example

Current date:

Goal end date:

Category:

Category:

Category:

Goal setting tips:

As you move along you might decide to scrap some goals and strike them out. You might add some or change them.

Any that you don't achieve in the month that you still wish to achieve can be transferred over to the next month.

Make sure you update these sheets each month and stay on top of your goal setting.