

Year	Goals with quarterly milestones	My Word / Theme for 2024 ²⁰²³ year	Date Started
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WHAT DOES A GREAT YEAR LOOK LIKE? (WRITE YOUR VISION IN 2-3 SENTENCES)

GOAL 1

Goal Statement	Specific and measurable - what exactly do you want to achieve?		
Why It Matters	Your reason - the deeper motivation behind this goal		
Category	Career / Health / Finance / Learning / Other	Deadline	
Q1 Milestone		Q2 Milestone	
Q3 Milestone		Q4 Milestone	
Biggest Obstacle		Plan to Overcome	

GOAL 2

Goal Statement	Specific and measurable - what exactly do you want to achieve?		
Why It Matters	Your reason - the deeper motivation behind this goal		
Category	Career / Health / Finance / Learning / Other	Deadline	
Q1 Milestone		Q2 Milestone	
Q3 Milestone		Q4 Milestone	
Biggest Obstacle		Plan to Overcome	

GOAL 3

Goal Statement	Specific and measurable - what exactly do you want to achieve?		
Why It Matters	Your reason - the deeper motivation behind this goal		
Category	Career / Health / Finance / Learning / Other	Deadline	
Q1 Milestone		Q2 Milestone	
Q3 Milestone		Q4 Milestone	
Biggest Obstacle		Plan to Overcome	

Set four meaningful goals with quarterly milestones, obstacles, and a year-end review

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Why It Matters	Your reason - the deeper motivation behind this goal		
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Q1 Milestone		Q2 Milestone	
Q3 Milestone		Q4 Milestone	
Biggest Obstacle		Plan to Overcome	

Set four meaningful goals with quarterly milestones, obstacles, and a year-end review

QUARTERLY CHECK-INS

Quarter	Goal 1 Progress	Goal 2 Progress	Goal 3 Progress	Goal 4 Progress
Q1 (Jan-Mar)				
Q2 (Apr-Jun)				
Q3 (Jul-Sep)				
Q4 (Oct-Dec)				

YEAR-END REVIEW

Goals Completed	/ 4	Goals in Progress	/ 4	Goals Abandoned	/ 4
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WHAT WENT WELL THIS YEAR?

WHAT WOULD YOU DO DIFFERENTLY?

CARRY-FORWARD TO NEXT YEAR