



The Ninja Mom Blog

# Goal setting worksheet

Category: Personal Growth

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓



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# Goal setting worksheet

Category: Health & Fitness

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓



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# Goal setting worksheet

Category: Family & Relationships

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓



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# Goal setting worksheet

Category: Financial Goals

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓



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# Goal setting worksheet

Category: Career

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓



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# Goal setting worksheet

Category: Hobbies & Fun

Date:

My goal for this year

Why I want to achieve this

Problems that may appear

Possible solutions

What will I do to achieve my goals?

How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓