

# go for the GOAL

100 TOTALLY DOABLE GOALS FOR THE NEW YEAR...AND ALL YEAR!

## FOOD & DIET

1. Eat one plant based meal each day
2. Track water consumption
3. Complete a Whole30 Challenge
4. Decrease caffeine intake
5. Create and keep a recipe journal
6. Decrease/eliminate refined sugar
7. Collect and organize traditional family recipes
8. Start meal planning
9. Make a recipe you saw on Instagram
10. Decrease take out/restaurant/fast food meals
11. Grow an herb garden
12. Purge unused, uninspiring cookbooks
13. Make coffee at home
14. Eat breakfast every morning!

## SELF CARE & WELLNESS

15. Wash your face before bed
16. Five minute morning meditation
17. Get a pedicure once a month
18. Moisturize hands each night before bed
19. Journal one line a day (or more!)
20. Get a massage once a month
21. Pick a bedtime, and stick to it
22. No makeup once a week
23. Establish a morning routine
24. Write a letter to yourself each season
25. Go to the movie (alone or with a friend!)
26. Enroll in therapy
27. Start dry brushing
28. Write a personal manifesto
29. Write a sentence of gratitude each day
30. Create a personal motto - keep it short!
31. Set up a creative space in your home
32. Begin a bible study routine
33. Start using a planner

## HEALTH & FITNESS

34. Walk 10,000 steps each day
35. Take one fitness class a week
36. Increase flexibility
37. Run a 5K race
38. Take a daily multivitamin
39. Schedule and keep routine physician appointments

## LEARNING

40. Learn how to sew a dress, how to doodle, how to brush letter (or other new hobby)
41. Listen to a podcast episode each week
42. Read one book each month
43. Attend a creative workshop each month (online or in-person)
44. Read more informative articles
45. Subscribe to a journal or magazine you love
46. Learn how to say hello and/or thank you in five different languages

## FINANCES

47. Reach \$10,000 in savings
48. Reduce debt
49. 30 Day No Spend Challenge
50. Increase Credit Score by XX points
51. Eliminate/negotiate one monthly expense
52. Review monthly bank statements
53. Keep a piggy bank of all your loose change
54. Spend cash only for one week each month

## DIGITAL MEDIA

55. Organize your passwords
56. Print out photos the photos on your phone
57. Unsubscribe to any unwanted emails/newsletters
58. Grow Facebook/IG/newsletter following to XXXX
59. Delete unused apps from your phone
60. Follow five new truly inspiring people/accounts
61. Sleep with phone in another room
62. Write/publish an E-Book

## COMMUNITY/SERVICE

63. Volunteer once each month
64. Donate Clothing
65. Adopt a Family
66. Donate money to a favorite charity
67. Day of Random Acts of Kindness

## FAMILY & FRIENDS

68. Eat family dinner at the table once per week
69. Five minutes of undistracted vplay time with kids each day
70. Mail out birthday cards to friends and family
71. Take a family photo once a month (even if it's a selfie!)
72. Plan a monthly date night
73. Send out a monthly family newsletter
74. Plan a quarterly "Girls-Night-In"
75. Take a girl's trip
76. Host a holiday party (you pick the holiday!)

## HOME

77. Ten minutes of cleaning before bedtime
78. Make bed every morning
79. Keep a plant alive
80. Purchase fresh flowers once a week
81. Organize the pantry each month (donate what you're not using!)
82. Create a gallery wall
83. Paint a room/wall
84. Organize the kid's toys
85. Purge/donate toys that are no longer used
86. Decorate for major holidays (you pick which ones!)

## WORK & BUSINESS

87. Pitch one new client a month
88. Attend two work/business related conferences
89. Negotiate a raise/higher rates
90. Find a mentor
91. Attend a local networking event
92. Update your resume or media kit
93. Take professional headshots twice a year
94. Write a business manifesto
95. Invite a client to lunch
96. Respond to emails daily
97. Support and encourage others in your industry
98. Open an online shop
99. Do a craft fair/market booth
100. Teach a workshop(s)

## OTHER IDEAS?

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# THIS IS YOUR *year*

A SIMPLE GOAL SETTING WORKSHEET FOR HUSTLERS WHO MAKE THINGS HAPPEN

GOAL: *(keep it specific and realistic)*

1

WHY: *(why is this important?)*

2

ACTION STEP 1:

3

DATE: / /

POSSIBLE HURDLE:

HURDLE PLAN:

ACTION STEP 2:

DATE: / /

POSSIBLE HURDLE:

HURDLE PLAN:

ACTION STEP 3:

DATE: / /

POSSIBLE HURDLE:

HURDLE PLAN:

ACTION STEP 4:

DATE: / /

POSSIBLE HURDLE:

HURDLE PLAN:

4

*all* **DONE!**

DATE: / /

5

ACHIEVING ONE GOAL, OFTEN LEADS TO SETTING ANOTHER! WHAT'S NEXT?

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