



# Goal Setting Worksheet



Word of the Year

Month

## Focus Areas

| ● Goals | ● ● Action Steps | ● ● Rewards |
|---------|------------------|-------------|
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |
|         | ●                | ●           |

