

2024 Goals

PLANNER

health is wealth

eat
well,
live well

love life

be unapologetically authentic

BE PRESENT IN
THE MOMENTS

cherish people

be kind to yourself

SELF AWARENESS

BE
CURIOUS

live without regrets

set boundaries

the more we talk through it,
the more we understand

don't kill the fiddle fig

2024 Goals PLANNER

My Pledge to My Goals & Myself

I, _____, am committing to achieving all of my goals. When I face challenges, I will be kind to myself by showing grace. I will take breaks whenever necessary, but I will not give up. When I need assistance, I will not hesitate to ask for help. Above all, I will celebrate each accomplishment along the way, because I understand there is a bigger reward once I achieve what I set my heart and mind to do.

2024 Goal Planner, Goal-setting and achievement shouldn't be overly complicated. We've created a simple planner to guide you in realizing your objectives for the year 2024.

Achieving Your Goals:

To accomplish your objectives, begin with the "My Goals This Year" page to identify specific targets. Then, use the "Action Plans" pages to create and keep track of action plans that will aid you in achieving your goals. Also use the To Do List to map out all of things you must do to accomplish your goals.

2024 *calendar*

january

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

february

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

march

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

april

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

may

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

june

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

july

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

august

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

september

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

october

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

november

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

december

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

my goals this YEAR

Setting SMART goals is crucial for growth. SMART goals increase the likelihood of success and help achieve your dreams. SMART stands for:

- **Specific:** Clearly define what you want to achieve
- **Measurable:** How will you track your progress
- **Achievable:** Must be within your reach
- **Relevant:** Aligned with your values
- **Time-bound:** Set a deadline for completion.

Goal #1

S ☐ _____

M ☐ _____

A ☐ _____

R ☐ _____

T ☐ _____

Goal #2

S ☐ _____

M ☐ _____

A ☐ _____

R ☐ _____

T ☐ _____

Goal #3

S ☐

M ☐

A ☐

R ☐

T ☐

Goal #4

S ☐

M ☐

A ☐

R ☐

T ☐

Notes

ACTION

plan

START DATE: _____

DUE DATE: _____

MOTIVATION

GOAL

GOAL PROGRESS:

0%

--	--	--	--	--	--	--	--	--	--	--	--	--

100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

TO DO *list*

[illegible]

[illegible]

ACTION

plan

START DATE: _____

DUE DATE: _____

MOTIVATION

GOAL

GOAL PROGRESS:

0%

--	--	--	--	--	--	--	--	--	--	--	--	--

100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

TO DO *list*

[illegible]

[illegible]

ACTION

plan

START DATE: _____

DUE DATE: _____

MOTIVATION

GOAL

GOAL PROGRESS:

0%

--	--	--	--	--	--	--	--	--	--	--	--	--

100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

TO DO *list*

[illegible]

[illegible]

ACTION

plan

START DATE: _____

DUE DATE: _____

MOTIVATION

GOAL

GOAL PROGRESS:

0%

--	--	--	--	--	--	--	--	--	--	--	--	--

100%

ACTION STEPS

POSSIBLE OBSTACLES

HOW TO OVERCOME OBSTACLES

TO DO *list*

[illegible]

[illegible]

REFLECTION

end of year

As we near the end of the year, take a moment to reflect on the journey so far.

Here are five questions to inspire your reflection:

What did you learn about yourself this year?

What accomplishments are you most proud of this year?

What challenges did you overcome this year?

What relationships did you nurture or build this year?

What are you grateful for this year?

TA'MARA LYNNA

tl

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@TAMARALYNNA