



# goal setting planner

LEARN TO IDENTIFY, SET, AND  
ACHIEVE MEANINGFUL GOALS

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# Goal Journal Prompts

Setting meaningful and intentional goals isn't about forcing yourself to push through a tasks that you secretly don't want to do. It's about finding your why and setting realistic goals that are aligned to who you are. Use the following journal prompts to identify any blocks that may be preventing you from reaching the next goal in your life.

What goals are you struggling to reach?

Why have you yet to achieve them?

What's holding you back?

What's preventing you from moving forward?

# Dream action plan

THE GOAL (WHAT | HOW | WHY):

MEASURED BY (LIST TWO):

BY WHEN:

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MILESTONE	25%	50%	75%	100%
REWARD	25%	50%	75%	100%