FolarraStudio

Goal Planner

dream · plan · achieve

UNDATED · PRINTABLE · GOALS, ACTION STEPS & HABITS

This Planner Belongs To

turn big goals into small steps

NAME _____

EMAIL / PHONE _____

STARTED ON _____

MY BIGGEST GOAL _____

MY MOTTO _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Goal Planner and Weekly Focus pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Write your vision first, then give each big goal its own Goal Planner page.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

Why my goals matter

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tap a title in the digital planner to jump to it

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Vision & Values

who I want to become

My vision

My values

- [ ]
- [ ]
- [ ]
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- [ ]

What I want more of

What I want less of

Life Areas Check-In

score each area from 1 to 10

AREA	SCORE NOW	GOAL SCORE	ONE STEP TO IMPROVE
Health			
Career			
Money			
Family			
Friends			
Love			
Growth			
Fun			
Home			
Purpose			

Yearly Goals

the big picture

YEAR _____ THEME _____

Personal

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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Health

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Career & money

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Relationships

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Goal Planner

big dreams, small steps

GOAL

DEADLINE

REWARD

Steps

- [ ]
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Why it matters

GOAL

DEADLINE

REWARD

Steps

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Why it matters

90-Day Plan

thirteen weeks of focused action

GOAL _____ START DATE _____

WEEK	FOCUS	ACTION STEPS	DONE
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐
11			☐
12			☐
13			☐

Monthly Goals

one step each month

MONTH	GOAL	RESULT	RATING
Jan			☆☆☆☆☆
Feb			☆☆☆☆☆
Mar			☆☆☆☆☆
Apr			☆☆☆☆☆
May			☆☆☆☆☆
Jun			☆☆☆☆☆
Jul			☆☆☆☆☆
Aug			☆☆☆☆☆
Sep			☆☆☆☆☆
Oct			☆☆☆☆☆
Nov			☆☆☆☆☆
Dec			☆☆☆☆☆

Weekly Focus

what moves me forward this week

WEEK OF _____ GOAL _____

Top 3 priorities

- [ ] _____
- [ ] _____
- [ ] _____
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Action steps

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Habits

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- [ ] _____
- [ ] _____
- [ ] _____

Wins & lessons

Habit Tracker

tick every day you show up

MONTH ______________________

HABIT	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

Progress Tracker

see how far you have come

DATE	GOAL	PROGRESS	% DONE	NEXT STEP

Wins Log

celebrate every step

DATE	WIN	HOW I CELEBRATED

Goal Review

reflect and reset

GOAL _____ DATE _____

What went well

What got in the way

What I learned

Next goals

- [ ]
- [ ]
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Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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