

30-DAY GOALS

Write your monthly goals below. Keep it simple. A health goal may be to increase workouts to 3 times per week or go to bed 30 minutes earlier. A relationship goal could be to have a weekly date night with your significant other or to attend a social event, while a mindfulness goal may be to meditate for 5 minutes per day. A professional goal could be to complete tasks related to a project or to read a book specific to your profession. Under the financial section, list savings goals for specific things, such as \$100 toward an Ireland trip or kitchen remodel.

Personal
• Health:
• _____
• Relationships/Social:
• _____
• Spiritual/Mindfulness:
• _____

Professional
• Career Goal #1:
• _____
• Career Goal #2:
• _____
• Career Goal #3:
• _____

Financial
• Savings Goals:
• _____
• _____
• Investment Goals
• _____
• _____

Action Steps I will Take This Month:

- 1) _____
- 2) _____
- 3) _____

Additional Notes:
