



FAMILY



VISION BOARD 2025

Self-care
IS EMPOWERMENT

Chase your Passion



Never Give up



do it for you





Goal Setting

A goal-setting planner is like a roadmap to your personal treasure trove of achievements! Let's break down your goals:

Goal Number One:

What is my goal?

What purpose does this goal serve in my big-picture plan?
Why do I want to achieve this?

How often will I work on it?

Action Steps:

Goal Number Two:

What is my goal?

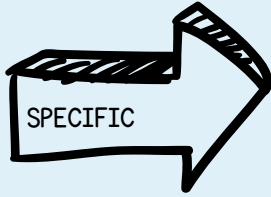
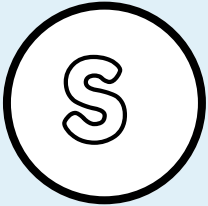
What purpose does this goal serve in my big-picture plan?
Why do I want to achieve this?

How often will I work on it?

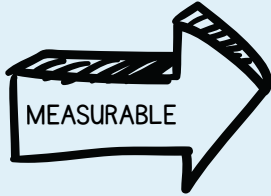
Action Steps:

Make your goals...

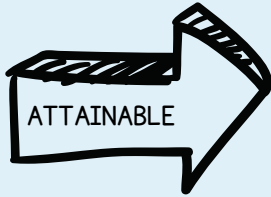
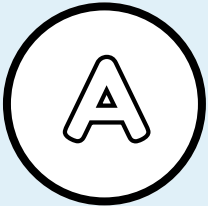
SMART



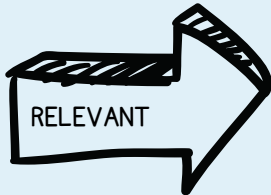
What exactly do I want to accomplish? Be specific.



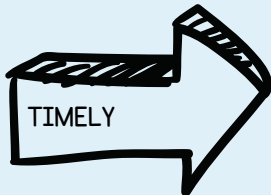
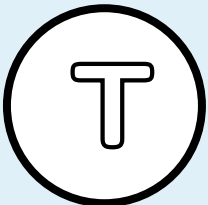
How will I know when I meet my goal? How can I measure my success?



Is it possible to meet this goal with the effort, resources, and time I can put into it? If not, how can I get them?



Is this goal worth working hard to accomplish? Does it help me with my long-term goals?



What is the deadline I have set for myself to meet this goal?

My Goal

**Choose one or two
words to focus on**

