

# \_\_\_\_\_ 's Goals for 2025!

What will you intentionally do in 2025 to make it the best year of your life? It's up to you!

Personal Goals-

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I will improve my mind, body & spirit in 2025 by:

Mind-

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Body

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Spirit

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Finances- I will improve my finances by doing these things:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Work- I want to accomplish this at work this year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 Places I would love to go:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 things I want to learn:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 things I want to do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 things I would love to have:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**SMART Goals**

- S Specific** → What do you want to achieve in your area of focus?
- M Meaningful** → Why is this goal important to you?
- A Action Oriented** → What steps will you take to achieve it?
- R Realistic** → How do you know that you can achieve this goal?
- T Timely** → By when do you want to achieve this goal?