

◆ Inspired Self ◆

My Goal-Setting Worksheet

Intentional Living · Inspired Self

Set with intention. Live with purpose.

My Name:

Date:

My Word of the Year:

Use this worksheet to set meaningful, heartfelt goals across every area of your life. Be specific, be honest, and most importantly — be kind to yourself. There are no wrong answers here. This is your space.



◆ YOUR LIFE GOALS ◆

01

Health & Body

"What does your healthiest, most energized self look like?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

02

Emotional Well-Being

"How do you want to feel on a daily basis, and what supports that?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

03

Career & Purpose

"What work lights you up and what do you want to achieve professionally?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

04

Finances & Abundance

"What does financial freedom look like for you this year?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

05

Relationships & Connection

"Who do you want to show up for, and how do you want to nurture your relationships?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

06



Home & Environment

"What does your ideal home feel like, and what would make it even more 'you'?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

07



Hobbies & Creativity

"What creative outlets bring you joy and how can you make more time for them?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

08

Fun & Adventure

"What experiences, trips, or moments do you want to create this year?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year

09

Personal Growth & Learning

"Who do you want to become and what do you want to learn or let go of?"

My goal:

Why it matters:

One small step I can take this week:

How I'll celebrate progress:

My timeline:

30 Days 90 Days 6 Months 1 Year



◆ MY BIG PICTURE ◆

My Big Picture Intention

In one paragraph, describe the life you are intentionally creating this year. Write it in present tense as if it's already happening.

I am becoming someone who...

I give myself permission to...

My non-negotiables this year are...

You've got this, Jill. 🌸 One intentional choice at a time.

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