



## Simple Goal-Setting for 2018 in 5 Fives

You might look at these pages and think that goal-setting is anything but simple. But I'm all about keeping it simple while still accomplishing something worthwhile. The way to achieving great things in 2018 is by actually planning them. Planning doesn't have to be complicated or time-consuming; but needs to happen. Got a little free time now? Let's do it together!

I've got 5 categories of goals you can work on. As a side note, I did not include a section on business goals - work those into this list where appropriate or make a separate list of business goals. The goals here are geared toward personal achievements. I've also included a Sample Page at the end in case you are confused about any steps.

### Here are the 5 categories with some examples of what to include (it's really up to you):

- **Personal Accomplishments** - weight loss, organization, getting up earlier, etc.
- **Books to Read** - self help books, devotionals, novels, etc.
- **Household Projects** - organizing a closet, painting, meal planning, etc.
- **New Skills to Learn** - musical instrument, social media, crafts, etc.
- **Ways to Connect With or Help Others** - join a club, volunteer, host a social event, etc.

### Follow these simple steps to get you on your way to goal-setting & a great start to 2018:

- Print out pages and handwrite answers (the brain processes handwriting differently).
- Use the next page twice (either print 2 or use pencil).
- Brainstorm 5 goals for each of the 5 sections. Don't spend too much time. If you struggle to come up with 5, come up with at least 3. Make goals specific and measurable.
- Go through that page of goals again, but list the goals in each category in order of priority or in the order you prefer to accomplish them.
- On the last page, list your number one goal from each category and include a deadline of no later than the end of the next month.
- List out up to 5 steps you will need to take in order to accomplish each goal.

**Now you have 5 things to work on (baby step it if you need to and pick just 1 goal to start with!).** You know when you should finish these goals and you have baby steps in order to accomplish them. As you complete goals, you can pick your number two in that category or in a different category and set a deadline and steps to take. Reevaluate your goals quarterly. You might change your mind on what is priority as life changes during the year.

**C'mon - let's work on our 5 Fives for 2018!**



### 1) Personal Accomplishments

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### 2) Books to Read

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### 3) Household Projects

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### 4) New Skills to Learn

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### 5) Ways to Connect With Or Help Others

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# Top 5 ~ 2018 Goals

## 1) Personal Accomplishments

Top Goal: \_\_\_\_\_ by \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 2) Books to Read

Top Goal: \_\_\_\_\_ by \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 3) Household Projects

Top Goal: \_\_\_\_\_ by \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 4) New Skills to Learn

Top Goal: \_\_\_\_\_ by \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 5) Ways to Connect With Or Help Others

Top Goal: \_\_\_\_\_ by \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## SAMPLE

### Brainstorm goals

#### 1) Personal Accomplishments

1. \_Lose 30 pounds\_\_\_\_\_
2. \_Get up at 6am every day\_\_\_\_\_
3. \_Create a weekly schedule to follow for home and work\_\_\_\_\_
4. \_Work out consistently on a weekly basis\_\_\_\_\_
5. \_Write a non fiction book\_\_\_\_\_

### Prioritize goals

#### 1) Personal Accomplishments

1. \_Get up at 6am every weekday\_\_\_\_\_
2. \_Create a weekly schedule to follow for home and work\_\_\_\_\_
3. \_Work out consistently on a weekly basis\_\_\_\_\_
4. \_Lose 30 pounds\_\_\_\_\_
5. \_Write a non fiction book\_\_\_\_\_

### Top goals and steps

#### 1) Personal Accomplishments

Top Goal: \_Get up at 6am every weekday\_\_\_\_\_ by \_2/28/18\_\_\_\_

1. \_Start going to bed earlier by 15 minutes each week until you are going to bed at least 60 minutes earlier.\_\_\_\_\_
2. \_Set alarm for 20 minutes ahead and snooze twice, then work to 10 minutes ahead with one snooze.\_\_\_\_\_
3. \_At 6am, get right up and make a cup of coffee.\_\_\_\_\_
4. \_Use Facebook and Instagram for some accountability and post when you get up.\_\_\_\_\_
5. \_Track all the days you succeed at getting up at 6am and give yourself a mini reward each time you get up early all 5 weekdays.\_\_\_\_\_