

GOAL PLANNER

*mind
money
mama* 

Goal Planner

Instructions

Write Down Your Top Goals

First, start by identifying the main goals you want to accomplish at the time. This could be as simple as workout 3 days per week, buy a rental property or your first home, or even get a new job. It's easy to set a goal and forget it, but with this guide, you will focus on creating SMART goals (specific, measurable, achievable, relevant, and time-bound) with an emphasis on setting a time frame. I believe this is the key to accomplishing any goal.

Create Your Action Plan

The next step is to create your action plan. You already identified your SMART goals in the first step. The planning stage is for recognizing what obstacles may prevent your success and how to work around any hiccups along the way. Set a start and end date and action plan for each goal. Your action steps could be specified to a certain task and date and then you can scribble in the progress bar which is oh so satisfying!

Break Down Your Goals By Month and Week

By now, all you really need to do is break down tasks to accomplish by week and month in order to meet your goal deadline. You can maintain a checklist of priorities and keep track of any important appointments.

Celebrate Your Victories and Set New Goals

CONGRATS! You set and crushed your goals! Now you can reflect on the process and get that dopamine boost (that's the achievement hormone). Get your happy hormones on and set new goals!

Let me know if you enjoyed this planner!
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YEARLY GOALS

CREATE SMART GOALS TO BE EFFECTIVE
specific, measurable, achievable, relevant, and time-bound

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5



MONTHLY CALENDAR

Month: _____

MONTHLY GOALS

- _____
- _____
- _____
- _____
- _____

NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

EVENTS

APPOINTMENTS



WEEKLY PLANNER

Weekly priorities

- _____
- _____
- _____
- _____
- _____

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Appointment

Reminder