

GOAL SETTING AND CHECKLIST

USE THIS TEMPLATE TO HELP
YOU KEEP TRACK OF YOUR
GOALS

- Read one book per month
- Start Meditating
- Begin a gratitude journal
- Volunteer
- Learn something new
- Meatless Monday
- Random Act of Kindness
- Save \$50 more per paycheck

GOAL CHECKLIST

PUT A CHECK NEXT TO THE
ONES YOU ACHIEVED THIS
YEAR.
