
MY 2014 GOALS

Key Questions:

1. What worked or “filled you” in 2013?
2. What didn’t work or “drained you” in 2013?
3. What will you wish you accomplished in 2014? (Imagine it’s December 2014, “look back” on your year. What will you wish you had done?)

Set Your Goals:

If you haven’t read my Mission Statements for Moms eBook, I highly recommend that you download it and work through it before setting your goals. It’s crucial that you know your overarching vision so that you can make sure your goals line up with it. Otherwise, you’ll just be on a merry go round of frustration.

Once you have started on your life mission statement, create your goals for 2014 by making them SMART:

- S - Specific
- M - Measureable
- A - Attainable
- R - Relevant
- T - Time Bound

My Goals for 2014

(Remember to write these in the present tense.)

Goal 1:

Goal 2:

Goal 3:

Goal 4: