



MONTHLY GOAL SETTING

PLAN. FOCUS. COMMIT. ACHIEVE.

MONTH: _____

DATE: _____



FOCUS THEME / WORD: _____

THIS MONTH, I AM FOCUSING ON...

My top 3 priorities this month.

1. _____
2. _____
3. _____

MY SMART GOALS

Specific, Measurable, Achievable, Relevant, Time-bound

GOAL	WHY IT MATTERS	ACTION STEPS	TARGET DATE
1.			
2.			
3.			

HABITS I WILL BUILD

Small daily habits that create big change.

- _____
- _____
- _____
- _____
- _____

I AM EXCITED ABOUT...

What I'm most looking forward to this month.

HOW I WILL FEEL WHEN I ACHIEVE MY GOALS

Visualize the best version of this month.



THINGS I WILL RELEASE

What no longer serves me.

- _____
- _____
- _____
- _____

POTENTIAL CHALLENGES

What might get in the way?

MY SOLUTIONS

How I will handle them.

AFFIRMATION FOR THE MONTH

“ _____ ”



BALANCE YOUR BODY, MIND, AND PASSPORT

VISION WHEEL

A BALANCED LIFE. INSIDE & OUT.

*"When one area grows,
your whole life expands."*



HOW TO USE

Rate each area of your life from 1 (needs attention) to 10 (thriving).

Reflect, set intentions, and take aligned action.



PERSONAL GROWTH
Learning, mindset,
personal development

MENTAL & EMOTIONAL WELL-BEING
Peace, clarity,
confidence

RELATIONSHIPS
Love, connection,
family, friendships

FUN & RECREATION
Joy, hobbies, travel,
adventures

HEALTH & FITNESS
Energy, movement,
strength, endurance

NUTRITION
Healthy eating,
fueling my body

FINANCES
Financial stability,
abundance, freedom

REFLECTION

What 1-2 areas need more focus right now?

What strengths am I grateful for?

What's one step I can take this month?



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