



Goal Setting Worksheet

2025

A cup of coffee with latte art, a glass vase with dried flowers, and a notebook.

a goal
without a plan
is just
a wish

Antoine de Saint-Exupéry

2024 RECAP

Three words that sum up 2024:

What lit me up most in 2024, or gave me the most joy or excitement:

One moment I felt truly proud of myself, and what that moment reveals about my strengths:

Where I've changed or grown most:

What worked:

What didn't work:



2024 RECAP

My biggest wins of 2024:

What was most challenging:

Did I accomplish my 2024 goals?

What held me back most? (i.e. fear, self doubt, lack of focus, overwhelm, procrastination, self sabotage, inner critic, avoidance, over-complicating...)

My lessons and takeaways from 2024:



2025 GAMEPLAN

My theme or word for 2025 (i.e Growth, Ease, Spaciousness, Creativity, Abundance, Consistency, Courage, Self Care, Health, Freedom...)

My Core Values (i.e. Connection, Authenticity, Learning, Adventure, Security, Family, Contribution, Playfulness...)

My Growth and Learning Goals for 2025: (make sure every goal below is SMART; Specific, Measurable, Actionable, Realistic and Time-Bound)

Health Goals:

Business and Career Goals:



2025 GAMEPLAN

Wealth Goals:

Family Goals:

Relationship Goals:

Friendship Goals:

Experience, Adventure and FUN Goals:



ACTION BRAINSTORM

Choose 1-2 KEY goals from above, and brainstorm the following, to set you up for success.

MY GOAL:

STOP DOING:

DO LESS OF:

KEEP DOING:

DO MORE OF:

START DOING:



ACTION BRAINSTORM

Choose 1-2 KEY goals from above, and brainstorm the following, to set you up for success.

MY GOAL:

STOP DOING:

DO LESS OF:

KEEP DOING:

DO MORE OF:

START DOING:



GOAL SETTING

Use this template (optional!) to plan out your key actions and milestones in the next 90 days.

MY 90 DAY GOAL:

ACTION STEPS

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

INCENTIVES

S

M

A

R

T

☐☐☐☐☐

GOAL SETTING

Use this template (optional!) to plan out your key actions and milestones in the next 90 days.

MY 90 DAY GOAL:

ACTION STEPS

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

INCENTIVES

S

M

A

R

T

☐☐☐☐☐

a dedicated

NOTES SPACE

[illegible]



Well Done Superstar!

I hope you found this worksheet super-useful to help you reflect, take inventory of the year that was, and plan your year ahead with clarity and intention.

Now comes the fun part - **MAKING IT HAPPEN!**

Pull out your planner, diary or calendar and begin adding action items, reminders, coaching sessions, appointments to actually map out the next 90 days.

Review every 30-90 days so you can course-correct as needed.

Always cheering for you!

Esther xo ❤️

