

Goal Setting Planner



A simple, structured planner to help you set clear goals, stay focused, and take aligned action.

Use this planner to set clear, actionable goals, stay focused on your priorities, and take consistent, aligned steps toward achieving them.

1. Vision Clarity – What Do You Want to Create?

What is the big outcome you want to achieve?

Why is this important to you?

How will your life improve once you achieve this?

2. SMART Goal Builder

Specific – What exactly do you want to accomplish?

Measurable – How will you track progress?

Achievable – What resources or skills do you need?

Relevant – How does this support your bigger vision?

Time-Bound – What is your deadline?

3. Break Your Goal into Milestones

Milestone 1:

Milestone 2:

Milestone 3:

4. Weekly Action Plan

Action Step 1:

Action Step 2:

Action Step 3:

5. Potential Obstacles & Solutions

What challenges might come up?

What strategies will help you overcome them?

6. Motivation & Accountability

What will keep you motivated?

Who can support or hold you accountable?

7. Progress Reflection

How did this week go?

What worked well?

What needs improvement?

What is the next step?

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*Hope this exercise has proven useful!
We wish you a happy and fulfilled life!*

Warm regards from team at head2heart!!

Thank you!!