



## Goals For 2024 - Part 1

*INSTRUCTIONS: You'll need a journal or workbook, your favorite cup of tea, coffee or something else that's wonderful, and a quiet place to be for a little bit. Also, it's better for stimulating your brain to write with pen and paper than type on a device.*

### PLANNING 2024

Take a moment to review all that you've written in your review of 2023.

Start thinking about what you want to achieve in 2024.

Are you noticing any themes or patterns?

You might want to start with those.

### PART 1 - IMAGINE THE FUTURE

Zoom out and imagine yourself at the end of 2024. It was a very successful year.

What did you accomplish to make it so? Write down 1-5 year-end goals.

As you create your 2024 goals consider the different categories of your life, such as:

- Family, friends and social scene
- Financial and career
- Physical health
- Emotional and mental
- Spiritual
- Personal skills and hobbies



## Goals For 2024 - Part 2 & 3

### **PART 2 - PLANNING YOUR ACHIEVEMENTS**

Looking at your year-end goals and looking backwards ...

- 1.) What will you have to have accomplished by June 30th, 2024 to be on track for hitting those goals?
  
- 2.) What will you have to have accomplished by March 31st, 2024?
  
- 3.) What will you have to have accomplished by January 31, 2024?

Write down 1-5 accomplishments or milestones.

### **PART 3 - TASKS TO ACHIEVE YOUR GOAL**

There are certain tasks you will have to complete in order to achieve your goals. Most success comes down to having the proper systems.

- 1.) Choose ONE goal and write down any tasks you know you need to complete in January.
  
- 2.) Then, write down a system to implement for that goal.



## Goals For 2024 - Examples

Here are various examples of systems you can utilize:

**HEALTH** - If you want to achieve peak physical health by the end of the year (goal), you will have to have a certain lifestyle involving an exercise routine and healthy eating (system). I set out to strength train 3 times a week, do yoga once a week, and go on a walk every day.

**RELATIONSHIPS** - If you want to become a better partner or parent (goal), you have to identify the behavior(s) to eliminate, to add, or to adjust, and stick to them every day in January (system).

**MINDFULNESS** - If you want to be more present and less distracted (goal), you have to identify where you're doing well and where you need to improve, and build a system around that starting in January. For example, disable all notifications and don't look at your phone/email for the first hour of your day (system).

**CAREER/BUSINESS** - If you want to get promoted or hit a milestone in your business (goal), you should know what's required of you to achieve that, what's in your way, and have a daily or weekly system to overcome that personal obstacle (system).

What tools or resources can you use to help you stay on track with your systems?  
Examples:

- Scheduling or Health Apps or other type of technology
- External accountability (friends, family, personal trainer, business coach)
- Remove Emotional or Mental Blocks (hypnotherapy)
- Physical Issues (massage, sauna, cold plunge, physical therapy, etc.)

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