

# 2025 GOAL PLANNER



EMPOWERING YOUR SUCCESS

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**THIS BOOK BELONGS TO**

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# 2025 Calendar

## January

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Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## February

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Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## March

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Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## April

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Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## May

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Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## June

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Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## July

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Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## August

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Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## September

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Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## October

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Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## November

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Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## December

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Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# January 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25.	26.
27.	28.	29.	30.	31.		

## Notes

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# February 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1.	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.		

## Notes

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# March 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1.	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.	29.	30.
31.						

**Notes**

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# April 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.	13.
14.	15.	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.	29.	30.				

## Notes

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# May 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1.	2.	3.	4.
5.	6.	7.	8.	9.	10.	11.
12.	13.	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.	25.
26.	27.	28.	29.	30.	31.	

## Notes

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# June 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1.
2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15.
16.	17.	18.	19.	20.	21.	22.
23.	24.	25.	26.	27.	28.	29.
30.						

**Notes**

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# July 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.	13.
14.	15.	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.	29.	30.	31.			

## Notes

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# August 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1.	2.	3.
4.	5.	6.	7.	8.	9.	10.
11.	12.	13.	14.	15.	16.	17.
18.	19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.	31.

## Notes

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# September 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.	2.	3	4.	5.	6.	7.
8.	9.	10	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.					

## Notes

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# October 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25.	26.
27.	28.	29.	30.	31.		

## Notes

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# November 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1.	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.	29.	30.

**Notes**

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# December 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.	2.	3	4.	5.	6.	7.
8.	9.	10	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.	31.				

## Notes

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# Goal Planner

Date

Title

My Goals

Why?

Milestones

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Action

Goal Date

Achieved

Action	Goal Date	Achieved



# GOAL TRACKER

## MAIN GOAL

### ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## GOAL 2

### ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## GOAL 3

### ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## GOAL 4

### ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## GOAL 5

### ACTION STEPS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

# GOALS JOURNAL

<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY DO I WANT TO ACHIEVE MY GOALS?

HOW CAN I ACHIEVE THEM?

REMINDER

NOTE



# MY GOALS



**GOAL:**

**REASON**

**MOTIVATION**

**STEPS TO TAKE**



**GOAL:**

**REASON**

**MOTIVATION**

**STEPS TO TAKE**



**GOAL:**

**REASON**

**MOTIVATION**

**STEPS TO TAKE**



# DAILY GOALS

REACH YOUR GOALS

THE GOAL \_\_\_\_\_

DESCRIPTION

ACCOUNTABILITY

ACTION STEPS
1. _____ <input type="checkbox"/>
2. _____ <input type="checkbox"/>
3. _____ <input type="checkbox"/>
4. _____ <input type="checkbox"/>
5. _____ <input type="checkbox"/>
6. _____ <input type="checkbox"/>
7. _____ <input type="checkbox"/>
8. _____ <input type="checkbox"/>
9. _____ <input type="checkbox"/>

PURPOSE & MOTIVATION

THE CHALLENGES

NOTES :
_____
_____
_____

YOUR CELEBRATION

# Weekly Goals

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday
Sunday		
Notes		

# WEEKLY GOAL PLAN

DATE : .....

## WEEKLY GOAL

TOP PRIORITY:

NOTES :

## SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# WEEKLY MEAL GOAL

MONTH OF :

	BREAKFAST	LUNCH	DINNER	OTHER	NOTES
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					







s m t w t f s

Month: \_\_\_\_\_

# GOAL SETTING

Start Date:

Deadline:

Goals



Why

Four horizontal, rounded rectangular input fields stacked vertically, intended for writing reasons for the goal.

What

Four horizontal, rounded rectangular input fields stacked vertically, intended for writing specific actions or steps.

Action Plan

A large, empty rounded rectangular box with a thick blue border, intended for writing a detailed action plan.



s m t w t f s

Month: \_\_\_\_\_

# DAILY ROUTINE

## Morning

Habits	S	M	T	W	T	F	S

## Afternoon

Habits	S	M	T	W	T	F	S

## Evening

Habits	S	M	T	W	T	F	S



# Financial Goal

MY GOAL:

---

STARTING  
BALANCE:

---

REQUIRED  
NUMBER:

---

Per  
DAY: \_\_\_\_\_

Per  
MONTH: \_\_\_\_\_

DUE  
DATE:

---

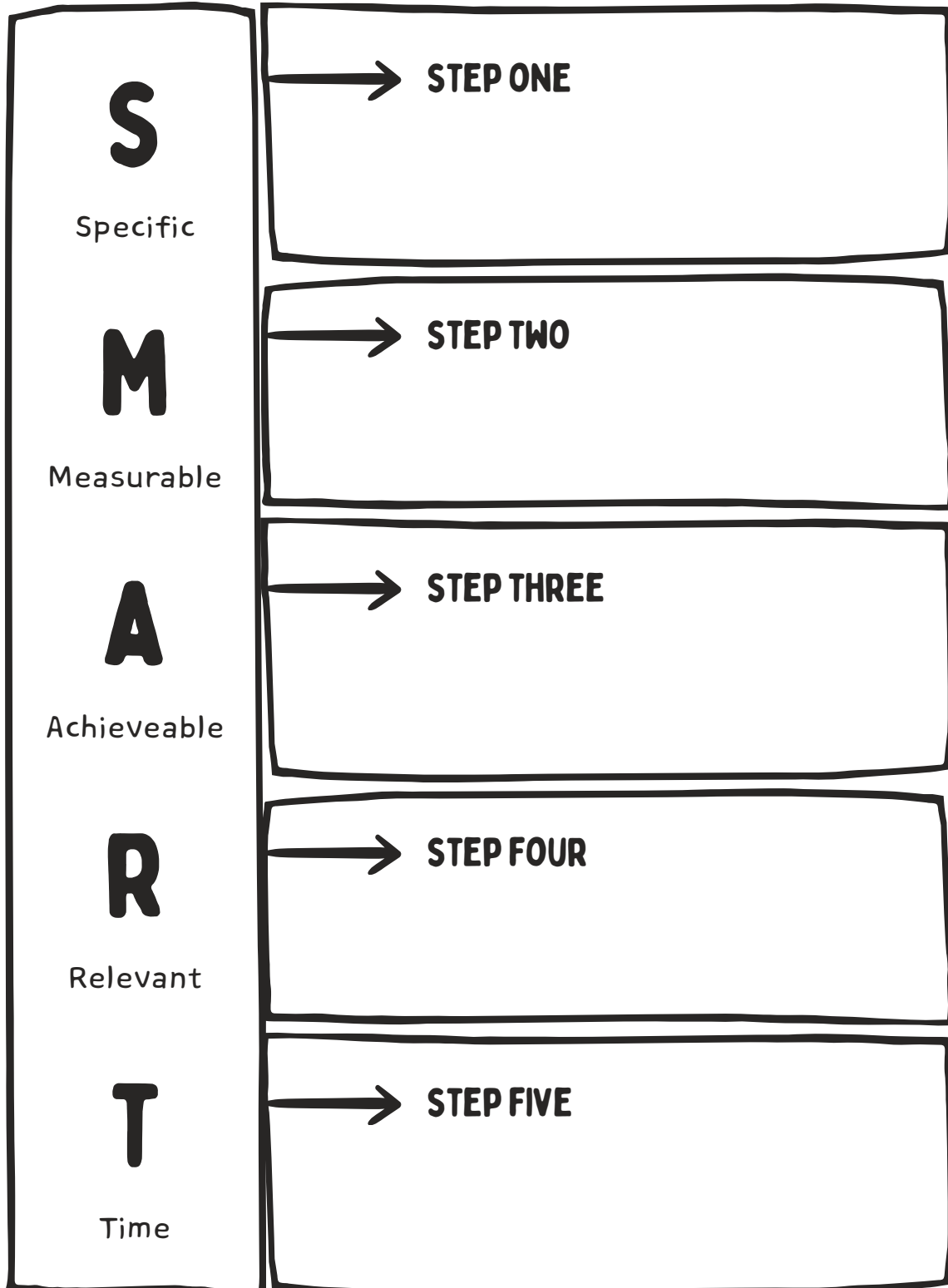
REMEMBER!

*Set savings milestones and  
visualize your progress.*

NOTES

*KEEP UP THE GOOD WORK, AMAZING ONE!*

# SET UP YOUR GOALS





Month: .....

Start Date: .....

# GOAL SETTING

## Goals

## What

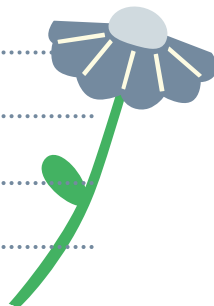
.....  
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.....  
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.....  
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## Action Plan

.....  
.....  
.....  
.....  
.....



# 3 MONTH GOAL

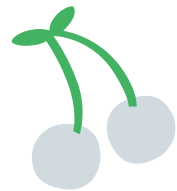
January

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February



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March



.....

.....

.....

# GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

NOTES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# FITNESS GOAL

START DATE :	DURATION :	END DATE :
START WEIGHT :	GOAL WEIGHT :	FINAL BMI :
START BMI :	GOAL BMI :	FINAL WEIGHT :

**HABIT**

**NEW HABITS TO BUILD**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**BAD HABITS TO CUT**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

MEASUREMENTS		
↓		
START		END
BUST		
WAIST		
HIPS		
CHEST		
THIGHS		
ARM		

**MOTIVATION/BIG WHY**

<b>NOTES</b>	
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# BUSINESS GOAL

Action Steps

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Goals

Problems & Solution ▾

Start      Progress      Due

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# FINANCIAL GOALS

DUE DATE



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INCOME

---

---

---

EXPENSE


TOTAL INCOME

---

---

TOTAL EXPENSE

---

---

---

---

BUDGET

---

---

---

TOTAL SAVINGS

---

---

---

NOTES

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# QUARTER GOALS

## 1ST MONTH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 2ND MONTH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3RD MONTH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 4TH MONTH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# INCOME GOALS

DATE:

M T W T F S S

MONTH	INCOME	EXPENSES	PROFIT	BALANCE
JAN				
FEB				
MAR				
APR				
MAY				
JUN				
JUL				
AGU				
SEP				
OCT				
NOV				
DEC				



S ● M ● T ● W ● T ● F ● S ●

# Coaching Goals

Write down each goal you want to achieve, the reason why it is important to you, and the measurable outcome.

Goal 1:

Why it's important:

Measurable Outcome:

Goal 2:

Why it's important:

Measurable Outcome:

S ● M ● T ● W ● T ● F ● S ●

# Achieving Goals

What are my short-term goals?

Why do I want to achieve them?

What habits do I need to keep in order to achieve them?

What habits might slow me down in achieving them?

# My Goal Planning Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

## My Goals

1

2

3

## How I will meet them

1

2

3

## When I will meet them

1

2

3

I met my goals



# MY LEARNING GOALS

I am doing well with..

I would like to get better at..

Three things I will do to reach my goal:

1.

2.

3.

# My Big Goal

School year 2024-2025

Name: \_\_\_\_\_

Section: \_\_\_\_\_

This school year, I want to be able to:

To get to my big goal, first I have to:

Step

1

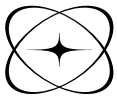
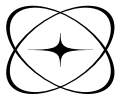
Step

2

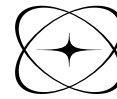
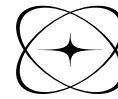
Step

3

# VISION BOARD



MAKE IT HAPPEN



**WEALTH**

Progression : ○○○○

**PASSION**

Progression : ○○○○

**HEALTH**

Progression : ○○○○

**LOVE**

Progression : ○○○○

**FAMILY**

Progression : ○○○○

**CAREER**

Progression : ○○○○

# Self-Care GOALS

S M T W T F S

What does self care mean to me?

What is the purpose behind my self care goals?

What motivates me to achieve them?

Habits to start

Habits to stop







Thank  
you!



EMPOWERING YOUR SUCCESS

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