



# 2025 GOAL SETTING TEMPLATE



# TEMPLATE CONTENT

## **1. Goal Title**

Write a clear and concise title for your goal.

## **2. Why This Goal Matters**

Explain why this goal is important to you.

## **3. Specific Actions**

List the steps or actions needed to achieve this goal.

## **4. Timeline**

Set a deadline for achieving your goal. Include key milestones.

## **5. Resources Needed**

Identify any resources or support you will need.

## **6. Potential Challenges**

Outline potential obstacles and how you plan to overcome them.

## **7. Progress Tracking**

Describe how you will measure progress.

## **8. Celebrate Success**

Plan how you will celebrate once you achieve this goal.



## **GOAL TITLE**

## **WHY THIS GOAL MATTERS**



## ACTION STEPS



# TIMELINE & MILESTONES

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## RESOURCES NEEDED

it is recommended to have an accountability partner as one of your resources.

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## POTENTIAL CHALLENGES

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## PROGRESS TRACKING

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## **CELEBRATE SUCCESS**

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## **ADDITIONAL NOTES**

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**“A GOAL WITHOUT A  
PLAN IS JUST A WISH.”**

Antoine de Saint-Exupéry