

2023 GOAL PLANNING

Brainstorming Worksheet

RELATIONSHIP GOALS

Use the space below to brainstorm what your ideal relationship looks like. Spend time reflecting on your relationship's strengths and weaknesses!

TRAVEL GOALS

Use the space below to brainstorm some places you'd like to travel or visit this year. This can be big vacations or even fun local spots!

CAREER GOALS

Use the space below to brainstorm what you'd like your work life to look like over the next year. This can be income-related, a new job title or starting a business!

FAMILY/LIFE GOALS

Use the space below to brainstorm how you can pour into your family (both immediate and extended!) this year.

HEALTH GOALS

Use the space below to brainstorm how you can practice self care through your physical and mental health this year.

My 2023 Goals

Write out your final goals and keep this list somewhere you'll see it everyday as a reminder!

RELATIONSHIP GOALS

1. _____
2. _____
3. _____

TRAVEL GOALS

1. _____
2. _____
3. _____

CAREER GOALS

1. _____
2. _____
3. _____

FAMILY/LIFE GOALS

1. _____
2. _____
3. _____

HEALTH GOALS

1. _____
2. _____
3. _____