

# 2024 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 2024 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. \_\_\_\_\_