



# Goals For 2025!

## *Why is Goal Setting Important?*

January is the time that everyone sets their intentions for the year. It's a psychological "fresh start." It's refreshing to feel like we are making start on the things we've been wanting to accomplish. But, in order for goals to stick, we must know the why behind them. Yes, everyone knows we should renew the gym membership so that we can be healthier in the new year, but do we really think about the nitty gritty details like...it might feel really good to like what we see in the mirror, we may be able to get out of bed a little easier in the morning or we might be able to attract a new partner who is also health-minded.

Knowing your WHY is key and if you focus on this, you will have a chance of sticking to your goals and actually following through.

## *The Feelin Good Mama Goal Ritual:*

It's good to set goals for the year, for each 90 days, each week and then daily. Your BIG Annual Goals should get really clear on your WHY for.

Start with the BIG PICTURE first and then break it into manageable goals for 90 Days, Monthly, Weekly Benchmarks.

Don't be too hard on yourself. If you have a setback in the timeframe you had hoped, just take a breath. It's that simple. Give yourself grace.

Remember, LIFE HAPPENS! There will be setbacks. You're off course. Redirect when needed. Make adjustments when necessary.



# Goals For 2025!

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Knowing your WHY is key and if you focus on this, you will have a better chance of sticking to your goals and actually following through with them.

## *The Feelin Good Mama Goal Ritual:*

1. It's good to set goals for the year, for each 90 days, each month, each week and then daily. Your BIG Annual Goals should be the ones you get really clear on your WHY for.
2. Start with the BIG PICTURE first and then break this down to manageable goals for 90 Days, Monthly, Weekly and Daily benchmarks.
3. Don't be too hard on yourself. If you happen to not complete a given task in the timeframe you had hoped, just add it to the next time period. It's that simple. Give yourself grace and allow for there to be sidesteps.
4. Remember, LIFE HAPPENS! There will always be things to come up to set you off course. Redirect when you need to. Don't be afraid to make adjustments when you need to reset your intentions.
5. Most importantly, remember to have FUN and FEEL GOOD!



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# Top 10 Goals For 2025!

## 1. Brainstorming

- First off, brainstorm and write down all the things you would love to accomplish in 2025. These do not have to be in any specific order. Make sure to include the areas of *Health and Wellness, Work and Career, Relationships, Fun and Happiness and Spirituality*. If you are heavily driven in one or more of these categories, you can fill out the entire exercise in that area. But, make sure you are living a balanced life and be intentional in each of these areas. Don't hold back here! Write as much as you would like and be as BIG, BOLD and EXPANSIVE as you can possibly be! Print more pages if you need.

*Overall, I would like to make 2025 the year of.....*



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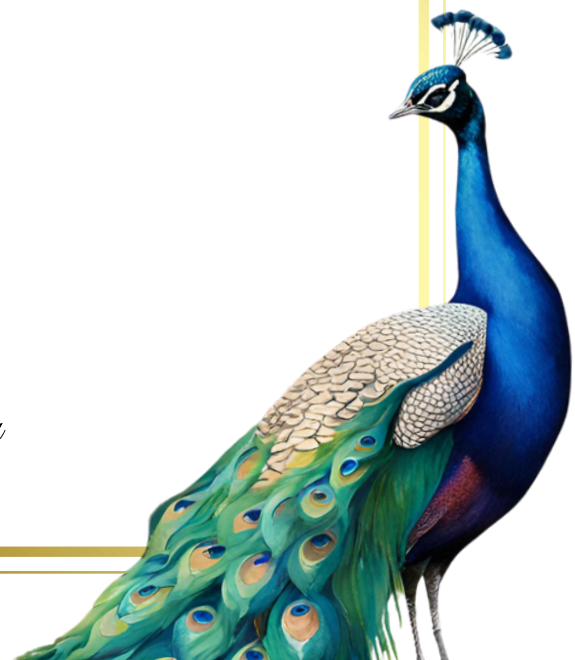


# Top 10 Goals For 2025!

## 1. Brainstorming Continued

Health and Wellness.

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# *Top 10 Goals For 2025!*

## *1. Brainstorming Continued*

*Work and Career*



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# Top 10 Goals For 2025!

1. Brainstorming Continued

Relationships

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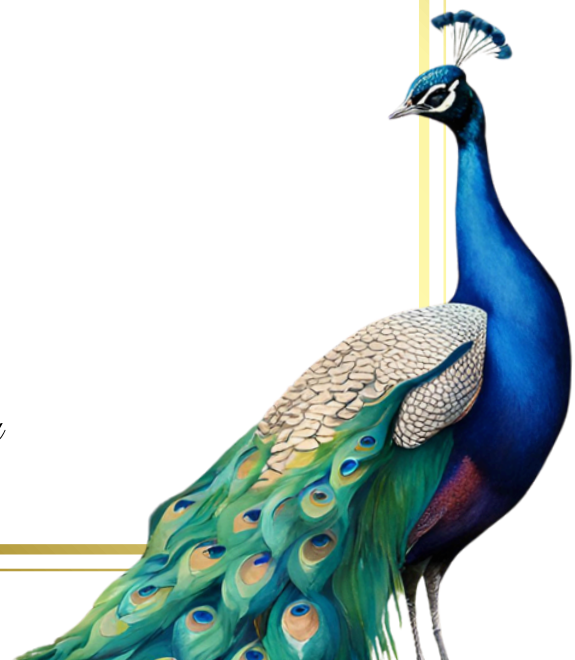


# *Top 10 Goals For 2025!*

## *1. Brainstorming Continued*

*Fun and Happiness*

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# *Top 10 Goals For 2025!*

## *1. Brainstorming Continued*

*Spirituality.*



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# Top 10 Goals For 2025!

## 2. Getting Clearer

- Now, it's time to get very clear about what you CAN accomplish in the next 12 months. Make a list of the things you think are realistically possible in 2025. Don't hold back too much here. We still want to be thinking big.
- Take this time to write down some things that might also get in the way of your plans on the following page. Be general here. There is never any way to fully prepare for what's ahead. It's good to know some things that might slow you down a bit, so you can mentally prepare for possible set-backs. But, don't get too caught up in thinking and worrying about set-backs. It's important to remain positive and optimistic.

What is Possible for 2025:

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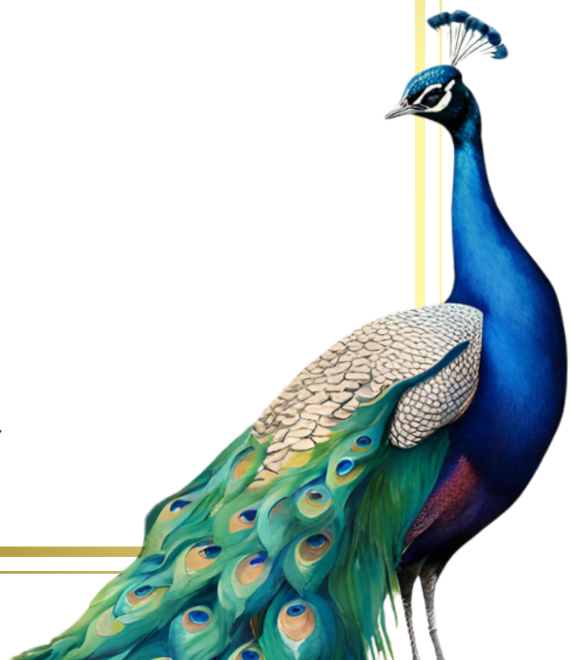


# Top 10 Goals For 2025!

## 2. Getting Clearer

What Can Get In My Way - Possible Obstacles?

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# Top 10 Goals For 2025!

## 2. Getting Clearer

- Now, take this time to write down 3-5 Goals in the areas of *Health and Wellness, Work and Career, Relationships, Fun and Happiness and Spirituality*. In the first column, you will jot them down. In the second, you will write them in order of importance.

### Health and Wellness

- 1.
- 2.
- 3.
- 4.
- 5.

### Work and Career

- 1.
- 2.
- 3.
- 4.
- 5.

### Relationships

- 1.
- 2.
- 3.
- 4.
- 5.

### Fun and Happiness

- 1.
- 2.
- 3.
- 4.
- 5.

### Spirituality

- 1.
- 2.
- 3.
- 4.
- 5.

### Health and Wellness

- 1.
- 2.
- 3.
- 4.
- 5.

### Work and Career

- 1.
- 2.
- 3.
- 4.
- 5.

### Relationships

- 1.
- 2.
- 3.
- 4.
- 5.

### Fun and Happiness

- 1.
- 2.
- 3.
- 4.
- 5.

### Spirituality

- 1.
- 2.
- 3.
- 4.
- 5.



# Top 10 Goals For 2025!

## 2. Getting Clearer

- Looking at the list from the previous page, from the blue section, pick the top 3 most important goals in each of your 5 Life categories.
- Then, from here, pick the TOP 3-5 of entire this group! These will be your main focus for the next year!

### TOP 10 Goals for 2025:

#### Health and Wellness

- 1.
- 2.
- 3.

#### Work and Career

- 1.
- 2.
- 3.

#### Relationships

- 1.
- 2.
- 3.

#### Fun and Happiness

- 1.
- 2.
- 3.

#### Spirituality

- 1.
- 2.
- 3.

### TOP 3 Overall BIG Goals for 2025 in Order of Importance:

- 1.
- 2.
- 3.
- 4.
- 5.

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# Top 10 Goals For 2025!

## 3. Finding Your Why.

- Now, it's time to get very clear about WHY these goals matter.
- Take this time to rewrite your TOP 5 Overall Goals. Think about the feelings behind each goal and get very detailed. "Will make me feel better" is not enough here. Put down real, concrete feelings, thoughts and realities that will come to fruition once this goal has been completed.

### TOP 3 BIG Goals for 2025 in Order of Importance:

1.

WHY?

2.

WHY?

3.

WHY?

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# Top 10 Goals For 2025!

## 3. Finding Your Why.

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- Take this time to rewrite your TOP 5 Overall Goals. Think about the feelings behind each goal and get very detailed. "Will make me feel better" is not enough here. Put down real, concrete feelings, thoughts and realities that will come to fruition once this goal has been completed.

TOP 3 BIG Goals for 2025 in  
Order of Importance:

4.

WHY?

5.

WHY?



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# Top 10 Goals For 2025!

## 4. 90 Day Goals

- Now, it's time to start breaking your goals down to bite size activities. Our first will be taking a year to 90 Day increments.
- We will be working with BIG Goal #1 first.
- Take this time to rewrite BIG Goal #1 goal and brainstorm 12 activities that should happen within a year to complete your goal.

BIG Goal # \_\_\_\_\_

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

Brainstorm 12 Tasks To Complete Within A Year To Make This Goal Happen:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

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# Top 10 Goals For 2025!

## 4. 90 Day Goals

- Now, break these 12 down to (4) 90 Day sections, in the order they should be accomplished.

BIG Goal # \_\_\_\_\_

### 90 Day Tasks for 2025

Place the 12 Listed Above In The Order They Should Occur Within the 4 Quarters of the Year:

1. *January - March*



1.

2.

3.

2. *April - June*



1.

2.

3.

3. *July - September*



1.

2.

3.

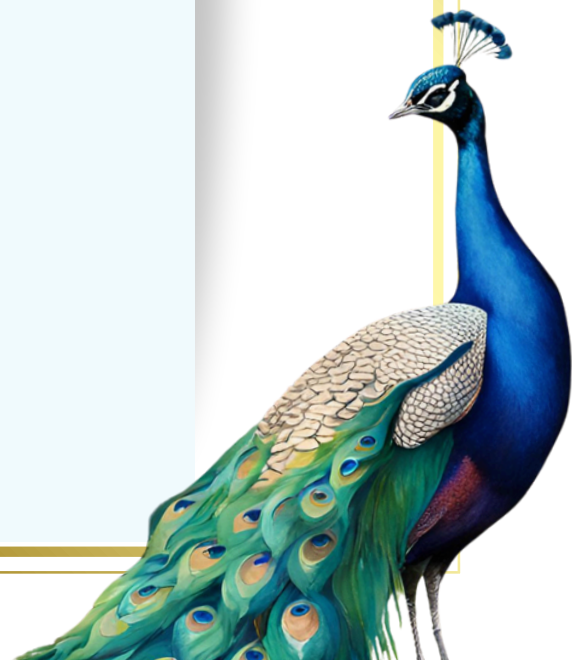
4. *September - December*



1.

2.

3.





# Top 10 Goals For 2025!

## 5. Monthly Goals

- Now, Take the list of 3 for each 90 Day Period and come up with 2 tasks for each month to see these through.

BIG Goal # \_\_\_\_\_

### 90 Day Tasks for 2025

#### 1. *January - March*

1.

2.

3.

#### 2. *April - June*

1.

2.

3.

### Monthly Tasks

#### January

1.

2.

#### February

1.

2.

#### March

1.

2.

#### April

1.

2.

#### May

1.

2.

#### June

1.

2.



2.

# Top 10 Goals For 2025!

## 5. Monthly Goals

- Now, Take the list of 3 for each 90 Day Period and come up with 2 tasks for each month to see these through.

BIG Goal # \_\_\_\_\_

### 90 Day Tasks for 2025

#### 3. July - September

- 1.
- 2.
- 3.

#### 4. September - December

- 1.
- 2.
- 3.

### Monthly Tasks

#### July

- 1.
- 2.

#### August

- 1.
- 2.

#### September

- 1.
- 2.

#### October

- 1.
- 2.

#### November

- 1.
- 2.

#### December

- 1.
- 2.



# Top 10 Goals For 2025!

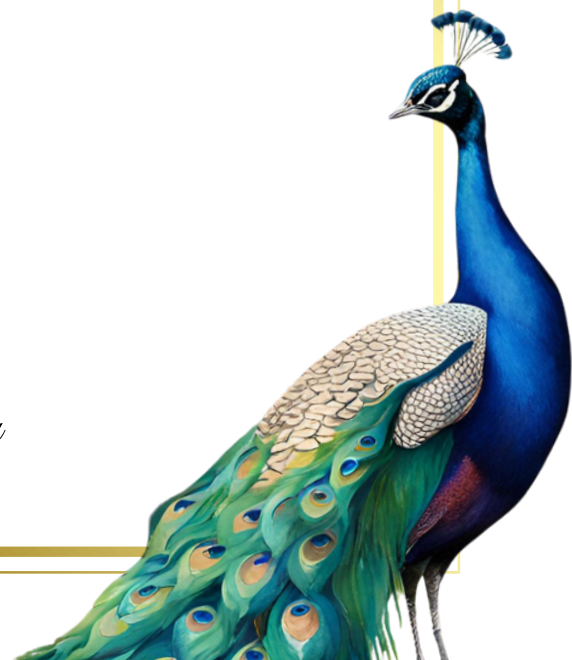
## 6. Weekly Goals

- Now it's time to refer back to the Monthly Tasks and break them down even further into 52 Weeks!
- Write 1-2 Weekly tasks for each Monthly Tasks.
- Don't forget your WHY as you do this! Write it down again if you need to.

BIG Goal # \_\_\_\_\_

WHY?

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# Top 10 Goals For 2025!

## 6. Weekly Goals - Weeks 1-10

BIG Goal # \_\_\_\_\_

### January

#### • Week 1

1.

2.

#### • Week 2

1.

2.

#### • Week 3

1.

2.

#### • Week 4

1.

2.

#### • Week 5

1.

2.

### February

#### • Week 6

1.

2.

#### • Week 7

1.

2.

#### • Week 8

1.

2.

#### • Week 9

1.

2.

#### • Week 10

1.

2.



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# Top 10 Goals For 2025!

## 6. Weekly Goals - Weeks 11-20

BIG Goal # \_\_\_\_\_

### March

• Week 11

2.

• Week 12

1.

2.

• Week 13

1.

2.

• Week 14

1.

2.

### April

• Week 15

1.

2.

• Week 16

1.

2.

• Week 17

1.

2.

• Week 18

1.

2.

### May

• Week 19

1.

2.

• Week 20

1.

2.

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# Top 10 Goals For 2025!

## 6. Weekly Goals - Weeks 21-30

BIG Goal # \_\_\_\_\_

• Week 21

1.

2.

• Week 22

1.

2.

June

• Week 23

1.

2.

• Week 24

1.

2.

• Week 25

1.

2.

• Week 26

1.

2.

July

• Week 27

1.

2.

• Week 28

1.

2.

• Week 29

1.

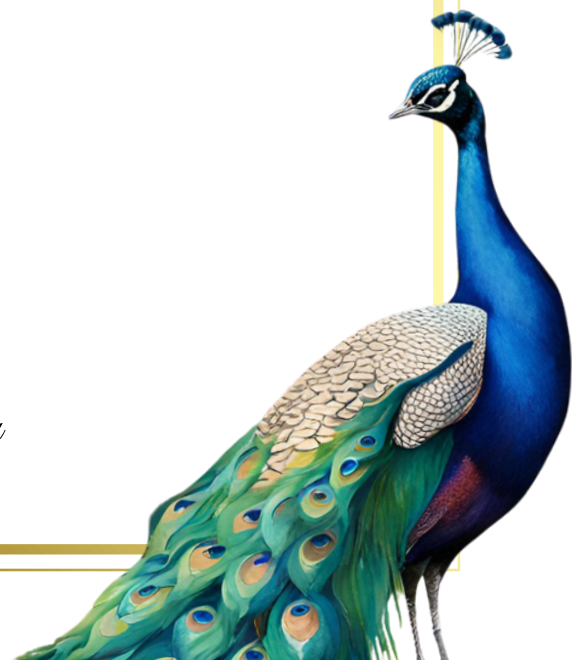
2.

• Week 30

1.

2.

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# Top 10 Goals For 2025!

## 6. Weekly Goals - Weeks 31-40

BIG Goal # \_\_\_\_\_

- |                  | September        |
|------------------|------------------|
| • <u>Week 31</u> | • <u>Week 36</u> |
| 1.               | 1.               |
| 2.               | 2.               |
| <u>August</u>    |                  |
| • <u>Week 32</u> | • <u>Week 37</u> |
| 1.               | 1.               |
| 2.               | 2.               |
| • <u>Week 33</u> | • <u>Week 38</u> |
| 1.               | 1.               |
| 2.               | 2.               |
| • <u>Week 34</u> | • <u>Week 39</u> |
| 1.               | 1.               |
| 2.               | 2.               |
| • <u>Week 35</u> | • <u>Week 40</u> |
| 1.               | 1.               |
| 2.               | 2.               |



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# Top 10 Goals For 2025!

## 6. Weekly Goals - Weeks 41-50

BIG Goal # \_\_\_\_\_

### October

#### • Week 41

1.

2.

#### • Week 42

1.

2.

#### • Week 43

1.

2.

#### • Week 44

1.

2.

### November

#### • Week 45

1.

2.

#### • Week 46

1.

2.

#### • Week 47

1.

2.

#### • Week 48

1.

2.

### December

#### • Week 49

1.

2.

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# Top 10 Goals For 2025!

## 6. Weekly Goals - Weeks 51-52

BIG Goal # \_\_\_\_\_

- Week 50

- 1.

- 2.

- Week 51

- 1.

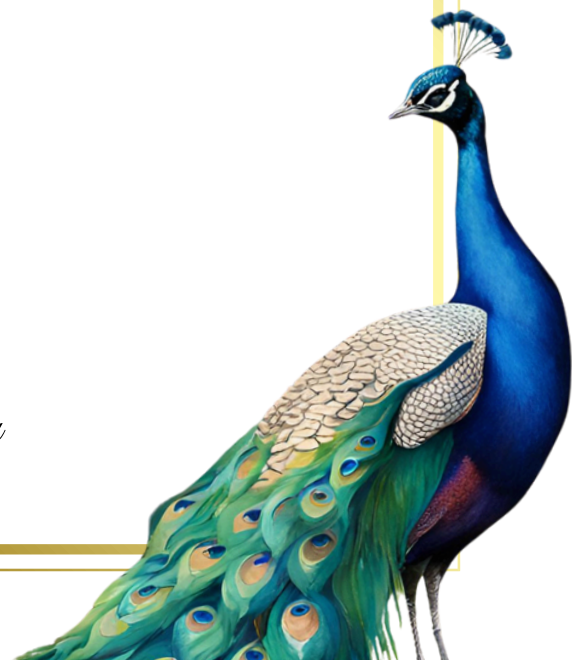
- 2.

- Week 52

- 1.

- 2.

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# Top 10 Goals For 2025!

## 6. Conclusion

- The Goal and Task pages are 13-23. Feel free to go back and print these to go through the process for all 3-5 BIG Goals.
- *Remember to be fluent and flexible with these plans.*
- *Life Happens.*
- *Don't forget your WHY as you do this!*

*If you'd like more tools and tips for how to get more organized and FEELIN GOOD, go to [www.thefeelingoodmama.com](http://www.thefeelingoodmama.com)*



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