Hello Bombshell Goal Setting Worksheet

Fill with 1-2 core goals in each category.
It's best to focus on fewer goals each month. Don't bite off more than you can chew.

Life Categories	***Example***	**Intimate Relationship**	**Finances**	**Health + Physical**	**Spiritual + Intellectual**	**Family + Friends**	**Career + Contribution**	**Fun**
Priority this month: What number priority is each category this month?	*1*							
Ulltimate Long Term; What do I want? What's the specific outcome I'm after within 5-10 years? How about this year? What's the specific measurable result?	*To be heart healthy and powerfully fit. To be around and healthy until 100 years old.*							
Short Term; What do I want? What's the specific outcome I'm after this month? What's the specific measurable result?	*To run on the treadmill 15 mins without stopping or being completely out of breath.*							
When by?	*January 31, 2020*							
Is it measurable?	*Yes*							
Ultimate Show of Achievement	*Run NYC Marathon November 2020*							
Why do I want it?	*Because I'm sick and tired of feeling lethargic daily, or not being able to dance all night without running out of breath.*							
How will I achieve this? Who/what resources can I leverage?	*Jump rope training 30 mins every Monday, Wednesday, and Friday from 7-8 AM* *5k Training iPhone App*							
Next actionable steps for month of: . _____ When should each step be completed by?	*Purchase jump rope on Amazon.* *Create workout playlist.*							
Is it scheduled on my calendar/agenda?	*Yes*							
Monthly Progress Check In	***Mark once completed.*** *Jan Feb Mar Apr May Jun* *X X X X X X* *Jul Aug Sep Oct Nov Dec* *X X X X X X*	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X	**Mark once completed.** Jan Feb Mar Apr May Jun X X X X X X Jul Aug Sep Oct Nov Dec X X X X X X
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