

2025 Goal Setting



Use this worksheet to reflect on your goals, visualise success, and create a plan for achievement. Take time to complete each section thoughtfully and revisit it regularly to stay on track.

Step Away from Screens and Dream Big

Set aside time for reflection (date/time/location):

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What is one BIG personal goal you want to achieve in 2025?

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What is one BIG work-related goal you want to achieve in 2025?

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Where and when do you get your best ideas? (e.g., walking, early mornings, quiet moments)

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How will you capture your thoughts when inspiration strikes?

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Visualize Success and Define Your Timeline

Imagine yourself achieving your goal—describe how it feels and what it means to you:

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Set a clear date for achieving your goal:

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Break Down Your Goal into Manageable Steps

What are the key milestones needed to achieve your goal? Set time frames for each milestone:

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Short-term challenge: What is one 30-day or 90-day action you can take?

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Engage with Your Goals Daily

How will you remind yourself of your goal daily? (e.g., journaling, vision board, affirmations)

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Write a statement as if you have already achieved your goal:

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Plan Your Week for Success

When will you plan your week? (e.g., Sunday evenings)

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What planning tool will you use? (e.g., paper planner, digital calendar)

Shift Your Mindset and Harness the Power of Flow

What distractions will you minimize to enter a flow state?

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What time of day are you most productive?

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Approach Your Goals with Gratitude

List three things you are grateful for in your journey toward achieving this goal:

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Choose Positive Words When Communicating

Rewrite a limiting belief into a positive, proactive statement:

Example: Instead of "I need to improve my skills," write "I am committed to improving my skills."

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Celebrate Wins and Build a Support Network

How will you celebrate your achievements?

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Who can support you on this journey? (mentors, friends, accountability partners)

Commitment Statement

"I commit to taking consistent action toward my goals in 2025. I will stay focused, celebrate progress, and embrace growth opportunities. I am excited about my journey and confident in my ability to succeed."

Signature:

Date:

