



January

Goal Setting and
Accountability
Workbook

**“NEW YEAR—A NEW CHAPTER,
NEW VERSE, OR JUST THE SAME
OLD STORY? ULTIMATELY WE
WRITE IT. THE CHOICE IS OURS.”**



GOAL SETTING: BREAK IT DOWN!

GOAL

MONTH

WHY

YEAR

write your top goal for the month, your "why", the month and year above and then finish the sentences below:

If I complete this goal this month, the result will be....

I know I might encounter obstacles along the way. Here are some I anticipate....

I can conquer this goal by committing to these 4 different action steps every week:

1

2

3

4

Accountability



5 ways I will hold myself accountable this month

☐☐☐☐☐

Rewards



4 Rewards I will treat myself to for accomplishing my goals this month (one per week)

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Goals I accomplished



5 wins, big or small, that I had last month

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Big Dreams



4 Big, outrageous dreams I want to turn in reality

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